

## **New Behavioral Health Services from the Children’s Medicaid Transformation**

Since January 1, 2019, New York State has been actively transforming the Children’s Medicaid Health and Behavioral Health System in accordance with Medicaid Redesign Team recommendations. New York has received CMS approval providing authority to enroll more high needs children into Medicaid Managed Care plans and provide more services for these children through the Medicaid managed care delivery system. Through collaboration among NY State agencies including the Department of Health (DOH), Office of Mental Health (OMH), Office of Alcoholism and Substance Abuse Services (OASAS), Office of Children and Family Services (OFCS), Office for People with Developmental Disabilities (OPWDD) and stakeholders, New York has thus far implemented Health Homes Serving Children, implemented the first four of six new Medicaid State Plan Children and Family Support Services, consolidated the State’s six children 1915c waivers into an aligned array of Home and Community Based Services, and aligned the behavioral health benefit for Medicaid managed care enrollees under 21 years of age.

Effective January 1, 2019 children and adolescents under age 21 covered by Medicaid with mental health or substance use needs became eligible for new Children and Family Treatment Support Services (CFTSS) as part of their Medicaid benefit. These new services were the first of a number of new services (see below) that will be phased in over the remainder of 2019 and into 2020. Some of the services are new and emphasize identifying mental health or substance use needs earlier, providing support in the home and community, and overall reduction in the need for emergency room visits, hospital stays and other out of home placements.

### **Phase I**

**Effective 1/1/19:** The new CFTSS services are Other Licensed Practitioner Therapy Services; Psychosocial Rehabilitation Services; and Community Psychiatric Supports and Treatment.

- **Other Licensed Practitioner Therapy Services**, including assessments for mental health and/or substance use needs; identification of strengths and abilities through individual and group therapies; and provision of these services where individuals and families are most comfortable
- **Psychosocial Rehabilitation Services and Community Psychiatric Supports and Treatment**, including helping individuals and families incorporate therapy goals into everyday life and receive extra support managing medication; assisting patients and families to build relationships and communicate better with family, friends and others; and teaching self-care and how to use coping skills to better manage emotions

### **Phase II**

**Effective 7/1/19:** The new CFTSS service is called Family Peer Support Services:

- **Family Peer Support Services**, offers six areas of services. Outreach and information about available resources; engagement, bridging and placement transition support; self-advocacy,

self-efficacy and empowerment; community connections and natural supports enhancement; parent skill development; and promoting effective family-driven practice

Other changes effective 7/1/19 include:

1. **Behavioral Health** services already in Medicaid managed care for adults 21 and older is now available to individuals 18 to 20. These services include Assertive Community Treatment (ACT), Personalized Recovery-Oriented Services (PROS), Partial Hospitalization, Continuing Day Treatment (CDT), and the Comprehensive Psychiatric Emergency Program (CPEP).
2. **Substance Use** services already in Medicaid managed care for adults 21 and older is now available to individuals 18 to 20. These services include OASAS Outpatient and Opioid Treatment Program (OTP) services; OASAS Outpatient Rehabilitation services, and OASAS Residential services.
3. **OMH licensed Seriously Emotionally Disturbed (SED)** designated clinics became a part of Medicaid managed care.
4. **Children with SSI benefits** became eligible for all Children's Medicaid Transformation programs.

### **Phase III**

**Effective 10/1/19**, the Home and Community Based Services, formerly provided under the auspices of the 1915 (c) Children's Consolidated Waiver Services, will be added to the Medicaid managed care benefit package. Children/youth participating in the Children's Waiver will enroll in Medicaid managed care plans unless they qualify for another exemption or exclusion from enrollment (e.g., have comprehensive third-party health insurance).

These services will include the following:

- **Community Habilitation** is assistance with learning social and daily living skills and health related tasks.
- **Day Habilitation** is assistance in learning social and daily living skills in an agency setting.
- **Caregiver/Family Support and Services** where caregivers and families can get training, education and support to make informed and empowered choices for children with developmental, medical, mental health, and/or substance use needs.
- **Community Self Advocacy Training and Support** where children, youth and their families can get help and support in understanding developmental, medical, mental health, and/or substance use needs and how to advocate so that these services are obtained and utilized.
- **Pre-vocational Services** so youth aged 14 and older can learn skills to help get ready for paid work, or volunteer work that matches their interests.

- **Supported Employment** for youth aged 14 and older who are ready for a job can now get help to stay in a steady job that pays wages
- **Respite Services** offers two basic types. Planned respite services provide short term relief for families/caregivers and support the child's mental health, substance use and/or health care goals. Crisis respite is short term relief from a mental health, substance use and/or health care crisis event that without this support the child would need a higher level of care.
- **Palliative Care** is for children and youth with chronic or life-threatening illnesses. These services include: massage, art, music and play therapy; pain and symptom management to relieve and/or control suffering; and bereavement counseling
- **Environmental Modifications** involve changes to a child or youth's home to help with their health needs.
- **Vehicle Modifications** involve changes to a child or youth's vehicle to help with their health needs.
- **Adaptive and Assistive Equipment** include technological aids or other devices needed to support children/youth health, welfare, and safety.
- **Non-Medical Transportation** to services or activities that support goals (available as a fee-for-service benefit through the State).

**Please note additional services coming next year:**

Effective 1/1/20 **Youth Peer Support and Training** and **Crisis Intervention** will become available as State Plan, Children and Family Treatment and Support Services to fee-for-service and Medicaid managed care enrollees.

Effective 2/1/20 children placed with **Voluntary Foster Care Agencies** will enroll in Medicaid managed care, and the services provided by licensed Voluntary Foster Care Agencies will be added to the Medicaid Managed Care benefit package.

If you have patients who are under 21 and covered by Medicaid who would benefit from the services listed above, you or the patient/guardian can contact the Medicaid Managed Care Plan (**or CMO if patient is CMO managed**) with which the patient is affiliated – contact information can be found on the patient's Managed Medicaid health plan card.

Links to the three major health plans that Montefiore patients utilize are listed below:



**Healthfirst**

[www.Healthfirst.org/bh](http://www.Healthfirst.org/bh)  
[www.hfprovidermanual.org](http://www.hfprovidermanual.org)

**Emblem Health**

[www.emblemhealth.com/Providers/Provider-Resources/Learn-Online](http://www.emblemhealth.com/Providers/Provider-Resources/Learn-Online)  
[www.Emblemhealth.com/Providers/Provider-Manual](http://www.Emblemhealth.com/Providers/Provider-Manual)

**Empire**

[https://mediproviders.empireblue.com/Documents/NYNY\\_CAID\\_ProviderManual.pdf](https://mediproviders.empireblue.com/Documents/NYNY_CAID_ProviderManual.pdf)