

**GENERAL FUND - DEFINED BEHAVIORAL HEALTH BENEFITS**

**April 21, 2009**

All services described are funded through the use of State of Michigan General Fund dollars. These funds are limited and all services will be provided based on severity and urgency of need. As a result, services received may be limited in nature and persons may be placed on a waiting list for services depending on funding availability. Some services will have limited access due to funding limitations (ex., Respite Services) and access to other services (Individual Therapy) may require documentation that other modalities (Group Therapy) have not been effective.

| SERVICE DESCRIPTION  | SERVICE DESCRIPTION DETAIL   |
|--|--|
| <b>Crisis Stabilization and response including a 24-hour, 7-day per week, crisis emergency service that is prepared to respond to persons in crisis.</b> |  |
| EMERGENCY ROOM   | Evaluation in an emergency room to determine the need for hospitalization of inpatient alternatives.   |
| CRISIS INTERVENTION SERVICE<br><br>CRISIS INTERVENTION,<br>PER HOUR  | <b>Crisis Intervention Services</b> are unscheduled individual or group services aimed at reducing or eliminating the impact of unexpected events on mental health and well-being.   |
| CRISIS RESIDENTIAL SERVICES  | <b>Crisis Residential Services</b> are short term alternatives to inpatient hospitalization provided in a licensed residential setting. Crisis Residential Services provide medical, psychological, and therapeutic services to stabilize your mental health condition.  |
| INTENSIVE CRISIS STABILIZATION   | <b>Intensive Crisis Stabilization</b> is another alternative to inpatient hospitalization. Intensive Crisis Stabilization Services are structured treatment and support activities provided by a mental health crisis team in your home or in another community setting. |
| <b>Identification, assessment, and diagnosis to determine the specific needs of the recipient and to develop an individual plan of services.</b>         |  |
| PSYCHIATRIC EVALUATION /<br>INTAKE ASSESSMENT / INITIAL<br>ASSESSMENT  | <b>Assessment &amp; Evaluation</b> may include a comprehensive psychiatric evaluation, psychological testing, substance abuse screening, and other assessments done to determine your level of functioning and your need for mental health services.                     |
| PSYCHOLOGICAL TESTING<br>PER HR – FF   |  |
| MENTAL HEALTH ASSESSMENT<br>BY NON-PHYSICIAN   |  |
| COMPREHENSIVE MULTI-<br>DISCIPLINARY EVALUATION  |  |
| NURSING ASSESSMENT /<br>EVALUATION   | <b>Health Assessment Services</b> provided by MCCMH may include nursing assessment and professional treatment monitoring of health conditions that are impacted by your mental health condition.   |
| SPEECH & LANGUAGE<br>EVALUATION  | <b>Speech and Language Assessment</b> includes the evaluation by a speech therapist of your ability to use and understand language and communicate with others, and / or your ability to swallow.  |
| PHYSICAL THERAPY<br>EVALUATION   | <b>Physical Therapy Assessment:</b> The evaluation by a physical therapist of your physical abilities, such as the way you move, use your arms or hands, or hold your body.  |
| OCCUPATIONAL THERAPY<br>EVALUATION   | <b>Occupational Therapy Assessment:</b> Includes the evaluation by an occupational therapist of your ability to do things that you need to do to take care of yourself every day.  |

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| <b>Planning, linking, coordinating, follow-up and monitoring to assist the recipient in gaining access to services.</b> |   |
| TREATMENT PLANNING / SERVICE REVIEW BY NON-PHYSICIAN  | The development and review of your individual plan of services.   |
| SPECIALIZED WRAPAROUND FACILITATION, 15 MIN   | <b>Wraparound Services</b> are a combined set of services that include treatment and support custom-designed for each family. Wraparound services may be provided by several agencies working together so that a child with serious emotional disturbance (SED) can remain at home. The facilitator's role is to help pull these services together and make sure they work for the family.  |
| CASE MANAGEMENT, 15 MIN   | <b>Supports Coordination, Case Management, or Targeted Case Management</b> services can connect you to resources for employment, community living, education, public benefits, or recreational activities. A supports coordinator / case manager will also work with other systems on your behalf, to make sure that all your services work together smoothly.  |
| TARGETED CASE MANAGEMENT, 15 MIN  |   |
| ALL INCLUSIVE (INPATIENT) ROOM AND BOARD PLUS ANCILLARIES   | <b>Community Inpatient Services:</b> Hospital services may be used to stabilize a mental health condition in the event of a significant change in symptoms, or in a mental health emergency. Community Hospital services are provided in licensed psychiatric hospitals and in licensed psychiatric units of general hospitals. Community Inpatient services include evaluation in an emergency room to determine the need for hospitalization or inpatient alternatives. |
| INPATIENT DAY   |   |
| ROOM AND BOARD FOR PSYCHIATRIC INPATIENT, SEMI-PRIVATE  |   |
| ROOM AND BOARD FOR PSYCHIATRIC INPATIENT, 3-4 BEDS  |   |
| PARTIAL HOSPITALIZATION   | <b>Partial Hospital Services:</b> These services, which may include psychiatric, psychological, social, occupational, nursing, music therapy, and therapeutic recreational services, are typically provided to adults with mental illness or children with serious emotional disturbance in a hospital setting, under a doctor's supervision. Partial hospital services are provided during the day – participants go home at night.                                      |
| MEDICATION REVIEW   | <b>Medication Review:</b> This is the evaluation and monitoring of medicines used to treat your mental health condition, including their effects and the need to change your medicines.   |
| ELECTROCONVULSIVE THERAPY (ECT)   | <b>ECT is a specialized treatment procedure</b> administered only as an integral part of the consumer's treatment plan. It is used for the treatment of identified mental health conditions, typically when the consumer is unresponsive to other forms of treatment. ECT requires specific consumer consent and specific clinical monitoring, in accordance with MCO Policy 2-023.   |

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| ASSERTIVE COMMUNITY TREATMENT - 15 MIN - FF  | <b>ACT</b> provides basic services and supports essential for persons with serious mental illness to maintain independence in the community. An ACT Team will provide mental health therapy and supports, and medication, as well as help to access services and supports needed to participate in social, educational or vocational activities. ACT services are provided using a team model, in individual homes or other community settings.   |
| INDIVIDUAL THERAPY, ADULT OR CHILD, 20-44 MIN<br>LIMITED ACCESS – DOCUMENTED NEED FOR INDIVIDUAL IN LIEU OF GROUP THERAPY REQUIRED | <p><b>Mental Health Therapy and Counseling For Adults, Children and Families:</b> Includes child therapy, family therapy, individual or group therapy, designed to help improve your functioning and your relationships with other people.</p> <p align="center"><b>LIMITED ACCESS – DOCUMENTED NEED FOR INDIVIDUAL IN LIEU OF GROUP THERAPY REQUIRED</b></p>   |
| INDIVIDUAL THERAPY, ADULT OR CHILD, 45-74 MIN<br>LIMITED ACCESS – DOCUMENTED NEED FOR INDIVIDUAL IN LIEU OF GROUP THERAPY REQUIRED |   |
| FAMILY THERAPY W/O CONSUMER PRESENT – PER SESSION  |   |
| FAMILY THERAPY W/CONSUMER PER SESSION  |   |
| HOME-BASED SERVICES – COMMUNITY PSYCHIATRIC SUPPORTIVE TREATMENT   | <b>Home-Based Services for Children and Families:</b> Home-based services are provided in the family home or in another community setting. Services are designed individually for each family, and can include things like individual therapy, family therapy, group therapy, crisis intervention, service coordination, or other supports to the family.   |
| PEER-DELIVERED SERVICES  | <p><b>Peer-Delivered or Peer-Operated Support Services</b> are entirely run by consumers of mental health services. They may offer help with food, clothing, socialization, housing, and support to begin or maintain mental health treatment. These services include things like Clubhouses and Drop-In Centers.</p> <p><b>Peer Specialist Services</b> are activities designed to help persons with serious mental illness in their individual recovery journey and are provided by individuals who are themselves in recovery from serious mental illness.</p> |

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| <b>Socialization and Adaptive Skill and Coping Skill Training</b> |   |
| HOME CARE TRAINING, FAMILY, PER SESSION                           | <b>Family Skills Training</b> is education and counseling for families who live with and or care for a family member who is eligible for speciality mental health services or the Children's Waiver Program. Family Skills Training provides knowledge and skills needed to meet the challenges of daily life and to strengthen family unity. |
| MEDICATION TRAINING AND SUPPORT, PER 15 MIN                       | When you receive medicines or prescriptions for medicines from MCCMH, we will teach you about how to use them and work out a plan with you to help you keep track of your medicines.  |
| PATIENT EDUCATION BY A NON-PHYSICIAN, GROUP SESSION               | <b>Patient Education</b> typically includes group services for consumers, designed to improve individual coping and problem solving skills and reduce the likelihood of need for mental health services in the future.  |
| MENTAL HEALTH CLUBHOUSE SERVICES                                  | <b>Clubhouse Programs:</b> In a Clubhouse, members and staff work side by side to operate the clubhouse and to encourage participation in the greater community. Clubhouses focus on fostering recovery, competency, and social supports, as well as vocational skills and opportunities.   |
| RESPITE CARE SERVICES   | <b>Respite Care Services:</b> Respite provides short-term, temporary relief to the unpaid primary caregivers of persons eligible for CMH services. Service availability is limited.   |
| <b>Pre-Vocational and Vocational Services</b>                     |   |
| SKILLS TRAINING AND DEVELOPMENT                                   | <b>Skill-Building Assistance</b> includes supports, services and training to help you participate actively at school, work, volunteer, or community settings, or to learn social skills you may need to support yourself or to get around in the community.   |
| SUPPORTED EMPLOYMENT, PER 15 MIN                                  | <b>Supported / Integrated Employment Services</b> provide initial and ongoing supports, services and training, usually at the job site, to help adults who are eligible for CMH services find and keep paid employment in the community.  |
| <b>Health and Rehabilitative Services</b>                         |   |
| RN SERVICES, UP TO 15 MINUTES                                     | <b>Nursing / Health Services</b> include assessment, treatment, and professional treatment monitoring of health conditions that are related to or impacted by your mental health condition.   |
| SPEECH/HEARING THERAPY  | <b>Speech / Language and Hearing Therapies</b> may include evaluation, treatments, and/or the development of alternative strategies to help enhance your speech, communication, or swallowing.  |
| SELF CARE MANAGEMENT, TRAINING                                    | <b>Self Care Management Training</b> is training and support to learn and maintain basic self-care skills such as bathing and dressing, as well as basic home care and meal preparation. This service must be provided directly by a PT or OT. Per 15 minutes.  |
| THERAPEUTIC EXERCISES (OT, PT)                                    | <b>Therapeutic Activities and Exercises:</b> These may include individual or group PT and/or OT activities and exercises designed to improve your or your child's physical abilities (such as the way you move or hold your body), and your ability to do the things you need to do to take care of yourself every day.                       |

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**SERVICE DESCRIPTION**

**SERVICE DESCRIPTION DETAIL**

**Family Training**

FAMILY PSYCHO-EDUCATION:  
FAMILY PROBLEM SOLVING  
GROUPS (B 3 SERVICE)

The **Family Psycho-Education Program** uses a structured problem solving model to enhance the consumer's recovery process and to strengthen the relationships between consumers and their natural support systems, including family and friends. FPE problem solving groups include several persons with mental illness and their respective family members, and meet every other week for at least a year. Members enter the FPE groups through participation in preliminary joining sessions with the facilitators and in a one skills workshop.

FAMILY PSYCHO-EDUCATION:  
SKILLS WORKSHOP (B 3 SERVICE)

FAMILY PSYCHO-EDUCATION:  
JOINING (B 3 SERVICE)

**Mental Health Advocacy**

RECIPIENT RIGHTS SERVICES /  
PROTECTIONS

Access to the rights protection, customer service, and grievance systems, as well as alternative language supports and reasonable accommodation for disability, are entitlements for all MCCMH consumers, regardless of fund source.

CUSTOMER SERVICES /  
OMBUDSMAN

**Prevention**

PREVENTION SERVICES

**Prevention Services:** These are typically group services designed to reduce the likelihood of need for mental health services in the future. Some examples include illness related education activities, as well as other group-based activities designed to improve individual coping and problem solving skills.

CRISIS CENTER

**Crisis Counseling:** trained counselors are available by phone to provide support to callers facing any situation. Counselors provide referrals to many community resources, listen to concerns, and help find solutions.

**Community Education:** The Crisis Center offers on-site presentations to groups in the community. Topics include suicide awareness and sexual assault prevention.

**Macomb Emergency Response Group (MERG):** MERG offers trained crisis teams who respond on-site to community disasters affecting groups of people. MERG helps to stabilize the work, school, or community setting by responding immediately to the stress of unexpected community crises.

**Survivors of Suicide (SOS):** Professional facilitators lead a peer support group for family and friends of persons who have died by suicide. SOS aids the healing process by providing information and resources and by allowing members to share their feelings in a non-judgmental, confidential setting.