



PROVIDER ALERT

Skills Building Training is Coming Soon

April 13, 2018

Dear Provider:

We are excited to announce the upcoming provider training on Skills Building/CBRS in collaboration with the Psychiatric Rehabilitation Association (PRA) to offer a more robust continuum of care for children, adolescents, and adults. Skills Building for children and adolescents will be developed on the foundational concepts of the Youth Empowerment Services (YES) system of care.

Skills Building is a service that focuses on Members' identified strengths and functional needs. Specifically, Skills Building is behavioral, social, communication, rehabilitation, and/or basic living skills training designed to build a Member's competency and confidence while increasing functioning and decreasing mental health and/or behavioral symptoms. Training is related to goals identified in the individualized treatment plan. Examples of areas that may be addressed include: self-care, behavior, social decorum, avoidance of exploitation, anger management, budgeting, development of social support networks, and use of community resources.

In this first phase of implementation, we will focus on Skills Building intervention training that addresses the five most prevalent diagnostic groups for children and adolescents in Idaho: Trauma, ADHD, Conduct Disorder, Depression, and Anxiety. The training will also focus on interventions for adults diagnosed with Serious Mental Illness (SMI) and Serious and Persistent Mental Illness (SPMI).

Please join us as we discuss:

- Teaming approach between providers
- Definition of Skills Building and why we are transitioning
- Documentation - including treatment planning, Level of Care Guidelines, and Service Request forms
- Fee schedule and code changes

Your participation, as we enhance this benefit, is highly valued. Both clinicians and paraprofessionals will gain valuable information that will guide implementation and delivery of the new service. The web-based training is available on the dates below, and we strongly encourage all our network providers to join us by registering for one of the following sessions:

- **May 15, 2018**, 8:30-10:30 a.m. MT*
- **May 17, 2018**, 12:00-2:00 p.m. MT*

Attendees must pre-register for the web-based trainings. To register, please visit: optumidaho.com > "Network Providers" > "Provider Trainings."

Thank you,

The Optum Idaho Team

**Approximately one hour of content and one hour of Q&A*