



PROVIDER ALERT

July Provider Manual – Updates

June 1, 2021

Alert Summary: This alert provides notice of updates that will be included in the July 1, 2021 edition of the Provider Manual and about upcoming changes that will clarify when to use Crisis Psychotherapy.

Dear Provider,

Optum is excited to announce the following changes that will be effective July 1, 2021 and included in the July 1, 2021 edition of the Provider Manual:

- **Community Based Rehabilitation Specialist (CBRS) Qualifications:** The specific requirement of a bachelor's degree in a human services field will be removed. The qualifications will require a minimum of a bachelor's degree without specifying the field of study.
- **Health Behavior Assessment and Intervention (HBAI) Services:** The current 60-unit cap on HBAI services has been removed and a threshold implemented. Providers who identify that a member's needs exceed the 60 units can submit a service request form for authorization of additional units in advance of the provision of services.
- **Peer Services:**
 - The section on Peer Services (Peer Support, Family Support, Youth Support and Recovery Coaching) was revised to create more clarity on the requirements. The 15-day recovery plan requirement has been noted for all Peer Services to provide guidance, as previously it was only specified under Family Support Services.
 - Recovery Plans for Family Support should be updated every 90 days to align with that of Peer Support, Youth Support and Recovery Coaching. This 90-day time period also aligns with Child and Adolescent Needs and Strengths (CANS) updates. This change is intended to help streamline your workload. The audit tools are being updated accordingly as well to provide better clarity.
- **Clarification on Extended and Crisis Psychotherapy:**
 - Optum Idaho added Crisis Psychotherapy to the Fee Schedule in 2019 and this Provider Alert is to provide additional guidance and clarification on when to use the code. Extended Sessions and Crisis Psychotherapy are both included in the Optum National Supplemental Clinical Criteria: Extended Outpatient Psychotherapy, which is available on [Optum - Provider Express Home](#).
 - The policy communicates that Extended Psychotherapy is for specific identified conditions and modalities. It also communicates that Crisis Psychotherapy is to be used when the member is

experiencing an acute crisis associated with one of the identified conditions. The upcoming July 1, 2021 changes to the Optum Idaho Provider Manual clarify this and move Crisis Psychotherapy into the Extended Sessions Psychotherapy Section to more clearly align with the national policy.

- For members that are experiencing a crisis and do not meet the criteria for Extended Outpatient Crisis Psychotherapy, Crisis Response and Crisis Intervention services and codes are available.
- For additional information about Extended Sessions and Crisis Psychotherapy and for Crisis Response and Crisis Intervention please refer to the Optum Idaho Provider Manual.
- **Day Treatment:** Identifies Day Treatment Components (removed the component of Psych/Neuropsychological Testing), and optional services that can be billed outside of the bundled rate. Specifies that members cannot receive other outpatient services while engaged in a Day Treatment Program, with the exception of the noted optional services.
- **Intensive Outpatient Program (IOP):** Identifies required components of IOP, required program components that can be billed outside of the bundled rate, and the optional services that can be billed outside of the bundled rate. Specifies that Members cannot receive other outpatient services while engaged in the program with the exception of the noted optional services and Opioid Treatment Services (OTP). This means a member could participate in a MH IOP while also participating in an OTP if medically necessary and meets the requirements for both programs.
- **Partial Hospitalization Program (PHP):** Identifies required components of IOP, required program components that can be billed outside of the bundled rate, and optional services that can be billed outside of the bundled rate. Specifies that Members cannot receive other outpatient services while engaged in the program with the exception of the noted optional services and Opioid Treatment Services. This means a member could participate in a MH PHP while also participating in an OTP if medically necessary and meets the requirements for both programs.
- **Intensive Home and Community Based Services (IHCBS):** Identifies optional services that can be billed outside of the bundled rate
- **Comprehensive Diagnostic Assessment (CDA):** Provides a comprehensive and consistent description of the CDA aligning its requirements with other sections of the Provider Manual which also reference the CDA.
- **Case Management and TCC:** Updated to include that both services can be implemented 180 days prior to a member's discharge from residential treatment.
- **A Continuum of Care Grid** delineating the differences between the components of Day Treatment, IOP, and PHP has been created and will be included in the Provider Manual.

Should you have any questions, please contact your Optum Provider Relations Advocate.

Thank you,

The Optum Idaho Team