

# Health Home 101

**The First Steps**

**January, 2015**

**The Journey Begins . . .**

# Background

## Health Homes for Children with SED

Approximately one out of 10 children in the United States has a serious emotional disorder, and mental health conditions represent the most costly health condition among children. The health home provision of the Affordable Care Act (ACA) provides an opportunity for Oklahoma to improve the quality and cost of care for these children using intensive care coordination with high fidelity Wraparound.

# Health Home Services

- Comprehensive Care Management
- Care Coordination
- Health Promotion
- Comprehensive Transitional Care
- Individual and Family Supports
- Referral to Community and Social Support Services if relevant

# Risk Categories

There are two risk categories (or levels of care coordination) for which payment is made for eligible children:

Category 1:	Moderate resource use
Category 2:	High intensity (Wraparound) resource use

The risk categories are based on criteria determined by ODMHSAS, and intended to reflect the overall level of:

- Activity in the **Comprehensive**, Person Centered Care Plan;
- Provision of at least the minimum qualified Health Home Services;
- Frequency of contacts (face-to-face visits, phone calls, referrals, or care coordination)

# Clinical Criteria

Oklahoma currently uses the CAR rating scale for service placement, and will incorporate the Ohio Scales tool to support the payment risk category.

Children who meet the definition of SED generally have CAR scores that result in Level 3 or 4 placement.

Children with lower CAR scores may be more appropriate in Oklahoma's Medical Home program (SoonerCare Choice).

# Risk Category 1: Moderate Resource Use – G9009

Children and adolescents appropriate for this category require extensive system coordination and more significant engagement by behavioral health providers and at least one other child serving agency. Service coordination is an important aspect of this category for maintaining the child or adolescent in the community.

## Eligibility:

Most likely the CAR scores equate to level 3. (Intensive Service Coordination).

# Risk Category 2:

## High Intensity Resource Use – G9010

- This level of care coordination is for individuals that meet the medical necessity criteria for Wraparound services.
- Typically a child or adolescent's service needs must require the involvement of multiple components within the system of care. For example, an adolescent may require the services of a probation officer, a mental health clinician, a child and adolescent psychiatrist, and a special education teacher to be maintained in the community.
- These children and adolescents, therefore, need intensive, clinically informed case management to coordinate multi-system and multidisciplinary interventions. \*
- The Care Coordinator maintains a caseload of 8-10 families with a minimum of **12 hours of service contact** per month per family to include weekly face-to-face contacts with the youth and family.
- \* *Source: CALOCUS Instrument, 2010*

# Medical Necessity Criteria Wraparound

**In order to receive the rate for the Wraparound level of coordination:**

- **Individual's Client Assessment Record (CAR) score equates to a Level 4, and a clinician rated Ohio scale shows significant clinical impairment, and at least one of the following conditions:**
  - Hospitalization within the past three months;
  - Multiple hospitalizations, ED use and/or crisis center admissions;
  - Intensive array of services are in place, including case management, therapy, medication management, and family support services, at a minimum;
  - Chronic physical health condition, such as diabetes or asthma or other chronic physical health condition;
  - Child was in the custody of OKDHS or OJA within the past six months.
  - At high risk of out of home/out of community placement as indicated by an attestation signed by a LBHP (form provided by the State). Attestation will include a narrative explaining the changes and challenges in function and the circumstances surrounding imminent out of home/community placement and an updated psychosocial assessment with supporting CAR scores.

# Health Homes for Adults with SMI (low to moderate risk & intensity)

- The health home option is intended to create health care delivery approaches that facilitate access to and coordination of physical and behavioral health (mental health and substance use) care and community-based social services and supports for both children and adults with chronic conditions.

# Qualified Health Home Services

- Comprehensive Care Management
- Care Coordination
- Health Promotion
- Comprehensive Transitional Care
- Individual and Family Supports
- Referral to Community and Social Support Services if relevant

# Risk Category 1:

## Moderate Resource Use – G9002

This level of care coordination is intended for individuals whose behavioral health needs have stabilized and have transitioned to a lower level of care (treatment and service needs do not require intense supervision or very frequent contact; **CAR score < Level 4**); typically co-morbid physical health conditions exist or have potential to develop ( such as diabetes; member needs to come in once a month for medication management). Medical conditions may exist which may adversely affect the course of the presenting disorder.

At this level, the *HH team seeks* to improve upon access to primary care/physical health services. The goal is to prevent onset of disease or treat a physical health disease to avoid serious complications. An additional goal is to promote wellness through positive life changes in diet, exercise, social activity, etc.

These individuals will also have access to wellness programs, peer support/nurse lines, as well as pharmacy interventions and preventive services.

# High Risk, High Resource Use – Adults G-9005

This level of care coordination is intended for the most chronically ill, and highest cost consumers; it is typically for adults that exhibit problems that are indicators of a need for continuous high level of services (i.e., greater than eight hours per month) by multiple members of the multi-disciplinary health home team. (Refer to medical necessity criteria).

# Medical Necessity Criteria

## Highest Level Risk and Intensity - Adult

In order to receive the rate for the highest intensity of services within Health Home:

- A Car Score Equating to Level 4; and
- A history of multiple (a minimum of two) hospitalizations and/or admissions to community-based structured crisis care over the past 24 months, with at least three (3) of the following:
  - Persistent or recurrent severe affective, psychotic or suicidal symptoms;
  - Coexisting substance abuse disorder greater than six (6) months;
  - High risk of or criminal justice involvement over the past 24 months which may include frequent contact with law enforcement personnel, incarcerations, parole or probation;
  - Homeless, imminent risk of being homeless or residing in substandard or unsafe housing: (Continued)
- Coming in the future: Standardized tool to help determine level

# Medical Necessity Criteria (Continued)

- Residing in supported housing but clinically assessed to be able to live in a more independent living situation if intensive services are provided; or requiring supported housing if more intensive service are not available;
- Inability to participate in traditional office-based services or evidence that they required a more assertive and frequent non-office based service in order to meet their clinical needs;
- Inability to consistently perform the range of practical daily living tasks required for basic adult functioning in the community.

# Movement Between Categories

- Based on the needs and preferences of the customer, they may move between categories; higher intensity to lower or lower intensity to higher.
- Typically the **RC** will not change from month to month, between **RC 1 and RC 2**, but does change when the customer and/or their caregivers consistently demonstrate a high intensity or moderate level Health Home need.