

APPENDIX B:
Definitions of Inpatient and Outpatient Behavioral Health Services

<u>Inpatient Services</u> – 24-hour services, delivered in a licensed hospital setting, that provide clinical intervention for mental health or substance use diagnoses, or both.	
Service	Definition
Inpatient Mental Health Services	Hospital services to evaluate and treat an acute psychiatric condition which 1) has a relatively sudden onset; 2) has a short, severe course; 3) poses a significant danger to self or others; or 4) has resulted in marked psychosocial dysfunction or grave mental disability.
Inpatient Substance Use Disorder Services (Level IV)	Hospital services that provide a detoxification regimen of medically directed evaluation, care and treatment for psychoactive substance-abusing Enrollees in a medically managed setting.
Observation/Holding Beds	Hospital services, for a period of up to 24 hours, in order to assess, stabilize, and identify appropriate resources for Enrollees.
Administratively Necessary Day (AND) Services	A day or days of inpatient hospitalization provided to Enrollees when said Enrollees are clinically ready for discharge, but an appropriate setting is not available. Services shall include appropriate continuing clinical services.

<u>Outpatient Services</u> – Mental health and substance use disorder services provided in person in an ambulatory care setting such as a mental health center or substance use disorder clinic, hospital outpatient department, community health center, or practitioner’s office. The services may be provided at an Enrollee’s home or school.	
Service	Definition
Family Consultation	A meeting of at least 15 minutes’ duration, either in person or by telephone, with family members or others who are significant to the Enrollee and clinically relevant to an Enrollee’s treatment to: identify and plan for additional services; coordinate a treatment plan; review the individual’s progress; or revise the treatment plan, as required.
Case Consultation	An in-person or by telephone meeting of at least 15 minutes’ duration, between the treating Provider and other Behavioral Health clinicians or the Enrollee’s primary care physician, concerning an Enrollee who is a client of the Provider, to: identify and plan for additional services; coordinate a treatment plan; review the individual’s progress; and revise the treatment plan, as required. Case Consultation shall not include clinical supervision or consultation with other clinicians within the same Provider organization.
Diagnostic	An assessment of an Enrollee’s level of functioning, including physical,

Evaluation	psychological, social, educational and environmental strengths and challenges for the purpose of diagnosis and designing a treatment plan.
Psychiatric Consultation on an Inpatient Medical Unit	An in-person meeting of at least 15 minutes' duration between a psychiatrist or Advanced Practice Registered Nurse Clinical Specialist and an Enrollee at the request of the medical unit to assess the Enrollee's mental status and consult on a Behavioral Health or psychopharmacological plan with the medical staff on the unit.
Medication Visit	An individual visit specifically for psychopharmacological evaluation, prescription, review, and/or monitoring by a psychiatrist or R.N. Clinical Specialist for efficacy and side effects.
Couples/Family Treatment	The use of psychotherapeutic and counseling techniques in the treatment of an Enrollee and his/her partner and/or family simultaneously in the same session.
Group Treatment	The use of psychotherapeutic or counseling techniques in the treatment of a group, most of whom are not related by blood, marriage, or legal guardianship.
Individual Treatment	The use of psychotherapeutic or counseling techniques in the treatment of an individual on a one-to-one basis.
Inpatient-Outpatient Bridge Visit	A single-session consultation conducted by an outpatient Provider while an Enrollee remains on an inpatient psychiatric unit. The Inpatient-Outpatient Bridge Visit involves the outpatient Provider meeting with the Enrollee and the inpatient team or designated inpatient treatment team clinician.
Acupuncture Treatment	The insertion of metal needles through the skin at certain points on the body, with or without the use of herbs, an electric current, heat to the needles or skin, or both, as an aid to persons who are withdrawing from dependence on substances or in recovery from addiction.
Opioid Replacement Therapy	Medically monitored administration of methadone, Buprenorphine, or other U.S. Food and Drug Administration (FDA)-approved medications to opiate-addicted individuals, in conformance with FDA and Drug Enforcement Administration (DEA) regulations. This service combines medical and pharmacological interventions with counseling, educational and vocational services and is offered on a short-term (detoxification) and long-term (maintenance) basis.
Ambulatory Detoxification (Level II.d)	Behavioral Health Outpatient Services for Enrollees who are experiencing a serious episode of excessive substance use or withdrawal complications. Ambulatory Detoxification is provided under the direction of a physician and is designed to stabilize the Enrollee's

	medical condition under circumstances where neither life nor significant bodily functions are threatened. The severity of the individual's symptoms will determine the setting, as well as the amount of nursing and physician supervision necessary during the course of treatment.
Psychological Testing	The use of standardized test instruments to assess an Enrollee's cognitive, emotional, neuropsychological, verbal, and defensive functioning on the central assumption that individuals have identifiable and measurable differences that can be elicited by means of objective testing.