

Summary of RTC Waiver Services

CAREGIVER PEER TO PEER SUPPORT

Brief Description: Caregiver Peer-to-Peer Support is a service provided to the caregiver of a Waiver participant by a family support partner who assists in describing the program model, including providing information on the roles of individuals involved in the plan of care and specific services that could be included in the POC; supports the family and/or participant to participate effectively in the CFT meetings and in the POC development and implementation, including providing assistance for transitioning out of waiver services; works with the Care Coordinator, participant and family to develop the plan of care; and, assists in accessing services and removing barriers to care, including coordinating services and community resource linkage and accompanying families to meetings or other community resources.

This service is intended to support the participant's caregiver(s). Therefore, the needs and strengths of the caregiver(s) of the RTC Waiver participant are a critical dimension in determining necessity for this service.

Rates & Limitations:

- \$50 per day for a minimum of 1 hour of service (1+ hour = 1 session)
- 1 session per day

Eligible Providers: In addition to meeting the general requirements for Medical Assistance Program Providers and the specific requirements for waiver service providers (general liability insurance, criminal background checks, child abuse clearances, etc), to provide caregiver peer-to-peer support, the family support partner must:

- (1) Be employed by a family support organization;
- (2) Be at least 21 years old;
- (3) Receive supervision from an individual who is at least 21 years old and has at least 3 years of experience providing peer to peer support;
- (4) Have current or prior experience as a caregiver of a child with SED or a young adult with SMI; and
- (5) Receive training and certification as approved by MHA.

CRISIS & STABILIZATION SERVICES

Brief Description:

Crisis and Stabilization Services are interventions for participants with urgent mental health needs and their families. This service is available on an on-call basis, 24 hours per day, seven days per week, and is coordinated through the Care Coordinator and CFT. Crisis and Stabilization Services are short-term services that assist in de-escalating crises and stabilizing children and youth in their home and community setting.

This service provides face-to-face crisis intervention for at least two hours per day and includes an individualized plan for stabilization. It addresses immediate safety concerns and risk factors.

These services are appropriate for participants who:

- a) Are at imminent risk for hospitalization; or
- b) Have a need of immediate intervention because
 - 1) The participant is at-risk for self-harm or harm to others, experiencing a significant increase in verbal and/or physical aggression and/or experiencing rapid deterioration of functioning as a result of psychiatric symptoms; and;
 - 2) The participant requires immediate intervention in order to maintain a consistent living setting in the home or community.

Rates & Limitations:

- \$300 per day for a minimum of 2 hours of service (2+ hours = 1 session)
- 1 session per day

Eligible Providers: In addition to meeting the general requirements for Medical Assistance Program Providers and the specific requirements for waiver service providers (general liability insurance, criminal background checks, child abuse clearances, etc), to provide Crisis and Stabilization Services, providers must:

1. Be an agency;
2. Have a current formal written agreement with a local Core Service Agency (CSA) to serve as a crisis response system;
3. Have capacity to provide or arrange for services 24 hours a day, 7 days per week, including:
 - (a) Face-to-face clinical care;
 - (b) Psychiatric consultation; and
 - (c) Person-to-person phone coverage;
4. Employ clinical supervisors who:
 - (a) Are licensed in good standing under Health Occupations Article, Annotated Code of Maryland, as a psychiatrist, social worker, registered nurse, or mental health professional;
 - (b) Are permitted to provide supervision under their respective practice act; and
 - (c) Have experience providing crisis response services; and
5. Employ behavior care aides who:
 - (a) Are 21 years old or older;
 - (b) Have a bachelor's degree in a human services field; and
 - (c) Receive initial and ongoing training on crisis and stabilization services.

EXPRESSIVE & EXPERIENTIAL BEHAVIORAL SERVICES

Brief Description: Expressive and Experiential Behavioral Services involve creative arts as a form of expression and are used as an adjunct to traditional therapy. These services include Art, Dance/Movement, Equine Assisted, Horticultural, Music, and Psychodrama/Drama Behavioral Services. Expressive and experiential behavioral

services are intended to provide techniques for participant self-expression and personal growth.

Expressive and Experiential Behavioral Services are:

- Art Behavioral Services
- Dance/Movement Behavioral Services
- Equine Assisted Behavioral Services
- Horticultural Behavioral Services
- Music Behavioral Services
- Psychodrama/Drama Behavioral Services

Rates & Limitations:

- Individual Session: \$61.35 per hour, with the second hour to be reimbursed only if it exceeds 30 minutes, for an individual participant
- Group Session: \$49.08 per hour, with the second hour to be reimbursed only if it exceeds 30 minutes, for each waiver participant in a group session
- Maximum of 2 types of expressive and experiential behavioral services per day
- Maximum of 2 sessions per day of the same expressive and experiential behavioral service (1 hour = 1 session)

Eligible Providers: In addition to meeting the general requirements for Medical Assistance Program Providers and the specific requirements for waiver service providers (general liability insurance, criminal background checks, child abuse clearances, etc), to provide Expressive and Experiential Behavioral Services, an individual shall have:

- (a) A bachelor's or master's degree from an accredited college or university; and
- (b) Current registration in the applicable association as outlined below.

Art Behavioral Services. To provide art behavioral services, an individual shall be currently registered as a registered art therapist by:

- (i) The Art Therapy Credentials Board in the American Art Therapy Association (www.atcb.org); or
- (ii) A comparable association with equivalent requirements.

Dance Behavioral Services. To provide dance behavioral services, an individual shall be currently registered as a dance therapist registered, or an academy of dance therapists registered in:

- (i) The American Dance Therapy Association (www.adta.org); or
- (ii) A comparable association with equivalent requirements.

Equine- Assisted Behavioral Services. To provide equine- assisted behavioral services, an individual shall be currently certified by:

- (i) The Equine Assisted Growth and Learning Association (EAGALA) to provide services under the EAGALA model (<http://www.eagala.org/>);
 - (ii) The North American Handicapped Riding Association (NAHRA) (www.nahra.org) ;
- or
- (iii) A comparable association with certification requirements at least equivalent to EAGALA or NAHRA.

Horticultural Behavioral Services. To provide horticultural behavioral services, an individual shall be currently registered as a horticultural therapist registered in:

- (i) The American Horticultural Therapy Association (www.ahta.org); or
- (ii) A comparable association with equivalent requirements.

Music Behavioral Services. To provide music behavioral services, an individual shall be currently registered as a music therapist board certified by the Board for Music Therapists, Inc:

- (i) In the American Association for Music Therapy, Inc. (www.cbmt.org); or
- (ii) A comparable association with equivalent requirements.

Psychodrama/Drama Behavioral Services. To provide psychodrama/drama behavioral services, an individual shall be currently registered as a registered drama therapist or a board certified trainer in:

- (i) The National Association for Drama Therapy (www.nadt.org); or
- (ii) A comparable association with equivalent requirements.

FAMILY AND YOUTH TRAINING

Brief Description: Family and Youth Training is based on an approved curriculum. It is designed to promote skill development which will assist participants and their families in making educated POC decisions and eventually transition out of waiver services.

Trainings may be provided on an individual or group basis and should directly support individualized and particular needs of the caregiver or youth as identified in the POC.

Training may include, but is not limited to:

- a. individual and group training on diagnosis,
- b. medication management,
- c. treatment regimens including Evidence Based Practices,
- d. behavior planning, intervention development, and modeling,
- e. skills training,
- f. systems mediation and self advocacy
- g. finance management,
- h. socialization,
- i. Individualized Education Programs, and
- j. systems navigation.

This service is offered to both the participant and the participant's caregiver(s).

Therefore, the needs and strengths of the caregiver(s) of the RTC Waiver participant may be a critical dimension in determining necessity for this service.

Rates & Limitations:

- Individual Session: \$45 per hour for an individual participant
- Group Session: \$36 per hour for each waiver participant in a group session
- Maximum of 3 units per day (1 hour = 1 unit)

Eligible Providers: In addition to meeting the general requirements for Medical Assistance Program Providers and the specific requirements for waiver service providers (general liability insurance, criminal background checks, child abuse clearances, etc), to provide family and youth training, the provider must be:

- (1) An approved waiver provider agency, including but not limited to, a family support organization; or,

(2) An approved individual waiver service provider (e.g., Individual would enroll as a waiver service provider, outside of an organization.)

The individual providing the training must also meet the following qualifications:

(1) All family and youth training providers shall:

(a) Receive training and certification as approved by MHA; and

(b) Have been a co-trainer with an experienced lead trainer.

(2) Youth training providers shall:

(a) Be at least 18 years old but not older than 26 years old; and

(b) Have experience with state or local services and systems as a consumer who has or had emotional, behavioral or mental health challenges.

(3) Family training providers shall:

(a) Be at least 21 years old; and

(b) Have current or prior experience as a caregiver of a child with SED or a young adult with SMI.

RESPIRE SERVICES—IN HOME AND OUT OF HOME

Brief Description: Respite Services are temporary care services provided either in the participant's home or in a temporary community based alternative living situation. They are designed to support a participant to remain in the home by providing enhanced support to the caregiver or temporarily relieving the caregiver from the responsibility of caring for the participant.

Respite Services are provided on a short term basis and include a set of services documented in the POC, including:

(a) Schedule of the participant's activities during respite;

(b) Medication monitoring, if needed;

(c) Frequency, duration and intensity of staff support;

(d) Respite locations; and

(e) The aftercare plan or recommendations.

Respite care should be considered when needed in order to maintain a participant in the current least restrictive level of care and to prevent escalation to more intensive levels. The caregiver's level of stress and/or the clinical status of the participant are important dimensions in determining necessity of the service. Children in certain out of home placements such as group homes are not appropriate for referral.

Rates & Limitations:

- In-Home Respite:

- The hourly rate specified in COMAR 10.21.25.09 (\$3.37 per 15 minutes=\$13.48 per hour)

- 10 hours per day

- Out of Home Respite:

- The daily rate specified in COMAR 10.21.25.09 (\$168.54 per day)

- 1 session per day

- Out of home respite and in home respite services may not be reimbursed for the same day of service or on the same day of service as Residential rehabilitation; Therapeutic behavioral services; or any other public mental health system respite services.

Eligible Providers: In addition to meeting the general requirements for Medical Assistance Program Providers and the specific requirements for waiver service providers (general liability insurance, criminal background checks, child abuse clearances, etc), both in home and out of home respite providers for the waiver must:

- Meet the requirements of COMAR 10.21.27;
- Ensure that respite care specialists are (1) At least 21 years old and have a high school diploma; or (2) Between 18 and 20 years old and in possession of at least an associate or bachelor's degree from an accredited school in a human services field;
- Ensure that In home respite services are provided in the participant's home; and out of home respite services are (a) Provided in a community based alternative living arrangement outside the participant's home; and (b) Where applicable, delivered in accordance with COMAR 14.31.05—14.31.07.

YOUTH PEER TO PEER SUPPORT

Brief Description: Youth Peer to Peer Support is a service provided to the participant of a Waiver participant by a peer support partner who assists in describing the program model, including providing information on the roles of individuals involved in the plan of care and specific services that could be included in the POC; supports the consumer to participate effectively in the CFT meetings and in the POC development and implementation, including providing assistance for transitioning out of waiver services; works with the Care Coordinator, participant and family to develop the plan of care; and, assists in accessing services and removing barriers to care, including coordinating services and community resource linkage and accompanying families to meetings or other community resources.

Rate & Limitations:

- \$50 per day for a minimum of 1 hour of service (1+ hour = 1 session)
- 1 session per day

Eligible Providers: In addition to meeting the general requirements for Medical Assistance Program Providers and the specific requirements for waiver service providers (general liability insurance, criminal background checks, child abuse clearances, etc), to provide youth peer to peer support, the provider must:

- (1) Be at least 18 years old but not older than 26 years old;
- (2) Be employed by a family support organization;
- (3) Have experience with State or local services and systems as a consumer who has had emotional, behavioral or mental health challenges;

- (4) Be supervised by an individual who is at least 21 years old and has at least 3 years of experience providing peer- to- peer support or working with youth, or both; and
- (5) Receive training and certification as approved by MHA.