

### 13.d. Rehabilitative Services

Comprehensive Substance Treatment and Rehabilitation Services:

~~Assessment, day~~ Day treatment, individual counseling, family therapy, group counseling, ~~codependency-collateral dependent~~ counseling, group ~~psychoeducation~~ educational counseling, ~~ADA~~ community support services, ~~intake/screening, comprehensive assessment and~~ detoxification services, ~~medication services, extended day treatment, adolescent treatment support, peer support and family support~~ are covered for ~~recipients~~ participants under the Missouri Medicaid Comprehensive Substance ~~Abuse~~ Treatment and Rehabilitation Program (CSTAR). Comprehensive ~~substance abuse and addiction~~ treatment for substance use disorders is offered to ~~recipients~~ participants to provide a continuum of care within community-based settings. CSTAR services are provided to, or directed exclusively toward the treatment of, the Medicaid-eligible ~~individual~~ participant.

Services are restricted to ~~recipients~~ participants who have been assessed to need a particular level of CSTAR treatment, but which varies in the frequency and intensity of services to meet each participant's needs. Each ~~recipient~~ participant will have an individual treatment plan comprised of those services designed to meet the ~~individual's-participant's circumstances and needs~~ treatment goals. The individual treatment plan will be reviewed and signed either by ~~a licensed psychologist, licensed psychiatrist, licensed professional counselor, licensed clinical social worker or licensed physician~~ one of the following licensed or provisionally licensed behavioral health professionals: psychologist; psychiatrist; professional counselor; advance practice nurse; clinical social worker; master level social worker who is under the registered supervision with the Missouri Division of Professional Registration for licensure as a clinical social worker; marital and family therapist; or physician. Services are further contingent upon the review and approval of the Department of Mental Health.

Limitations on amount, duration and scope of the CSTAR can be found in the CSTAR Provider Manual as published on the Missouri Department of Social Services' MO HealthNet Division website at [http://manuals.momed.com/collections/collection\\_cst/print.pdf](http://manuals.momed.com/collections/collection_cst/print.pdf).

Description of services is as follows:

- ~~Intake~~ Assessment – ~~Comprehensive evaluation~~ Evaluation of a ~~consumer's~~ participant's current substance ~~abuse-use~~ and other related issues in order to establish program eligibility, initiate an individualized treatment plan and ensure an appropriate level of care. Includes Adolescent Physician Certification; Outcome Measurement; Eligibility Determination; Comprehensive Assessment; and Assessment and Diagnostic Update.

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- Community Support – Activities which link the consumer-participant and/or family member to services and supports necessary for recovery and/or maximize the consumer's-participant's adjustment and functioning within the community to promote and sustain recovery.
- Individual Counseling – Structured, goal-oriented therapeutic interaction between a consumer-participant and a counselor designed to resolve problems related to alcohol and/or other drugs which interfere with the consumer's-participant's functioning. Includes evidence based interventions.
- Group Counseling – Goal-oriented therapeutic interaction, directly related to the attainment of treatment plan objectives provided to groups of more than one, but not more than twelve, consumers-participants. This includes evidence-based interventions.
- Group Educational-CounselingPsychoeducation – Presentation of recovery-related information and its application, along with group discussion, directly related to the attainment of individualized treatment plan goals. This includes evidence-based interventions.
- Day Treatment – A comprehensive package of services and therapeutic structured activities designed to achieve and promote recovery from substance-abuse/dependencea substance use disorder, and improve consumer-participant functioning. Core components are Group EducationPsychoeducation Group and therapeutic structured activities designed to assist the person-participant in developing alternate, constructive life activities in place of substance-related activities.
- Family Therapy – Goal-oriented, therapeutic interaction involving the consumer-participant and one or more family members to address and resolve problems in family interaction related to the substance abuse-problemuse disorder and to promote sustained recovery.
- Codependency-Collateral Dependent Counseling – Goal-oriented therapeutic interaction with one or more members of a primary consumer's-participant's family to address dysfunctional problematic behaviors and life patterns associated with being a member of a family in which an individual has a substance abuse-problemuse disorder.
- Detoxification Services – Process of withdrawing an individual-participant from a specific psychoactive substance (alcohol, illegal drugs, and/or prescription medications) in a safe and effective manner.
- Medication Services – Services of a physician, psychiatrist or a qualified advance practice nurse (APN) to assess the appropriateness of medications to assist in a consumer's-participant's treatment, prescribe appropriate medications, and provide ongoing management of a medication regimen directed toward a consumer's-participant's recovery from a substance dependenceuse disorder.
- Extended Day Treatment – Medical and other consultative services provided by a Registered Nurse or Licensed Practical Nurse for the purpose of monitoring and managing health needs, and medication management.
- Adolescent Treatment Support – Provision of structured and safe monitoring and oversight in a therapeutic supervised drug- and alcohol-free setting. Adolescent treatment support would be available to children under age 21 determined to need substance abuse-use disorder treatment and for whom this service is clinically appropriate. Children under age 21

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determined to have clinical needs that cannot be met with adolescent treatment support will be referred to Medicaid covered services appropriate for their age and clinical need.

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- Peer Support – Activities which assist participants in promoting skills for coping with, and managing behavioral health symptoms, while facilitating the use of natural supports and the preservation and enhancement of community living skills. The focus of this service is determined by the individualized treatment plan.
- Family Support – Services designed to provide a support system for parents/guardians of Medicaid-eligible youth aged 21 and under who have been diagnosed with a substance use disorder. These services strengthen family relationships by improving communication and family members' abilities to support their loved one's recovery. Activities are directed and authorized by the individualized treatment plan.

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Listing of practitioners that will furnish each component service of the CSTAR:

- ~~Intake~~-Assessment – Qualified Substance AbuseAddiction Professional (reviews and interprets assessment data and meets with consumer participant to develop treatment recommendations), and licensed diagnostician (renders a five-axis diagnosis utilizing the most current editions of the Diagnostic and Statistical Manual of Mental Disorders and/or International Classification of Diseases). Other components included in service description:
  - Eligibility Determination – same practitioners as assessment;
  - Comprehensive Assessment – same practitioners as assessment;
  - Assessment and Diagnostic Update – same practitioners as assessment;
  - Adolescent Physician Certification - Licensed Physician; and
  - ~~Outcome Measurement - Community Support~~ WorkerSpecialist or Qualified Substance AbuseAddiction Professional; and
  - ~~Assessment and Diagnostic Update – Qualified Substance Abuse Professional (reviews and interprets assessment data and meets with consumer to develop treatment recommendations), and licensed diagnostician (renders a five-axis diagnosis)~~
- Community Support – Community Support WorkerSpecialist.
- Individual Counseling – Qualified Substance AbuseAddiction Professional or Associate Counselor. Evidence based interventions requires Licensed Mental Health Professional that is a Qualified Substance AbuseAddiction Professional with relevant training/experience or specific credentials.
- Group Counseling – Qualified Substance AbuseAddiction Professional or Associate Counselor.
- Group ~~Therapeutic Substance Abuse Education~~Psychoeducation – Individual with appropriate background, experience and knowledge and demonstrated competencies and skills.
- Day Treatment – ~~Activities and interventions delivered~~Individual with appropriate knowledge, skills, and demonstrated competencies working under the supervision of Qualified Substance AbuseAddiction Professional.
- Family Therapy – Licensed, provisionally licensed, or certified marriage and family therapist, or qualified professional as defined in 9 CSR 30-3.110(6)(D).
- ~~Codependency Collateral Dependent~~ Counseling – Family Therapist or Qualified Substance AbuseAddiction Professional with appropriate training.
- Detoxification Services – A team that includes a licensed physician or Advanced Practice Nurse, ~~registered and~~ licensed nursing staff and other specialty trained staff.
- Medication Services – Licensed Physician, Licensed Psychiatrist, or Advanced Practice Nurse.
- Extended Day Treatment – Licensed, Registered Nurse or Licensed Practical Nurse.
- Peer Support – Peer Support Specialist working in accordance with CMS requirements for supervision, care coordination and training/credentialing.
- Family Support – Family Support Specialist working in accordance with CMS requirements for supervision, care coordination and training/credentialing.

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Agencies contracted with and certified by the Department of Mental Health as CSTAR providers are the agency provider types qualified to furnish CSTAR services.

Qualifications of Provider Agencies are as follows:

- Certified as a CSTAR program by the Department of Mental Health;
- Contracted as a CSTAR provider with the Department of Mental Health;
- Medicaid enrolled provider; and
- Agreed to comply with all applicable civil rights laws and regulations, and to maintain auditable records.

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Qualifications of Practitioners are as follows:

- Qualified ~~Substance Abuse~~Addiction Professional –
  - A physician or qualified mental health professional meeting the educational/experiential/supervision requirements for licensure as established by the Missouri Division of Professional Registration ~~who has at least one year of full-time experience in the treatment or rehabilitation of persons with substance use disorders;~~
  - or
  - A person meeting the educational/experiential/supervision requirements for certification or registration as a substance ~~abuse~~use disorder treatment professional by the Missouri ~~Substance Abuse Professional~~ Credentialing Board.
- Associate Counselor – Trainee meeting educational/experiential/supervision requirements set forth by the Missouri ~~Substance Abuse Professional~~ Credentialing Board or the appropriate board of provisional registration within the Missouri Division of Professional Registration.
- Community Support ~~Worker Specialist~~ – ~~Community support services shall be provided by A~~ mental health professional as defined in the current version of the certification standards for behavioral health programs; a person who has a bachelor's degree from an accredited college or university in the human services field, which includes social work, psychology, nursing, education, criminal justice, recreational therapy, human development and family studies, counseling, child development, gerontology, sociology, human services, behavioral science and rehabilitation counseling or another ~~or a~~ closely related field. (Equivalent equivalent experience may be substituted on the basis of one year for each year of required educational training); or, by a person with an associate's degree from an accredited program approved by the Department of Mental Health in community behavioral health.
- Licensed Physician (or Psychiatrist or Advanced Practice Nurse) – Identified medical professional meeting the educational/experiential/supervision requirements for licensure as established by the Missouri Division of Professional Registration.
- Licensed Registered Nurse – Registered nurse (RN) meeting the educational/experiential/supervision requirements for licensure as established by the Missouri Division of Professional Registration.
- Licensed Practical Nurse – Licensed practical nurse (LPN) meeting the educational/experiential/supervision requirements for licensure as established by the Missouri Division of Professional Registration.
- Licensed Mental Health Professional – ~~Mental Behavioral~~ health professional meeting educational/experiential/supervision requirements for licensure or provisional licensure as established by the Missouri Division of Professional Registration.
- Family Therapist –
  - Is licensed or provisionally licensed in Missouri as a marital and family therapist; or
  - Is certified by the American Association of Marriage and Family Therapists; or
  - Qualified professional as defined in ~~9 CSR 30-3.110(6)(D)~~ the current version of the certification standards for behavioral health programs.

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Qualifications of Practitioners continued:

- Peer Specialist – An individual who is certified by the Missouri Department of Mental Health as a Certified Missouri Peer Specialist or an individual certified by the Missouri Credentialing Board as a Missouri Recovery Support Specialist – Peer (MRSS-P), who also fulfills the requirements established by CMS regarding supervision and care coordination.
- Family Support Provider – Family member of a youth who had or currently has a substance use disorder; has a high school diploma or equivalent; and has completed training approved by the Missouri Department of Mental Health, who also fulfills the requirements established by CMS regarding supervision and care coordination.

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Comprehensive Substance Treatment and Rehabilitation Services

Comprehensive substance ~~abuse use and addiction disorder~~ treatment services are offered to participants to provide a continuum of care within community based settings. Services include: assessment, day treatment, individual counseling, family therapy, group counseling, ~~codependency collateral dependent~~ counseling, group ~~educational counseling psychoeducation~~, community support ~~services~~, ~~intake/screening, comprehensive assessment and~~ detoxification, medication services, extended day treatment, adolescent treatment support, peer support and family support. CSTAR services are provided to, or directed exclusively toward the treatment of, the Medicaid eligible ~~individual participant~~.

Specific services, with unit designations, are as follows:

- ~~Intake~~-Assessment – Each
- Community Support – ¼ hour
- Individual Counseling – ¼ hour
- Group Counseling – ¼ hour
- Group Psychoeducation – ¼ hour
- Day Treatment – 1 hour
- Family Therapy – ¼ hour
- ~~Codependency-Collateral Dependent~~ Counseling – ¼ hour
- Detoxification Services – 1 day
- Medication Services – ¼ hour
- Extended Day Treatment – ¼ hour
- ~~Adolescent Treatment Support – 1 day~~
- ~~Group Educational Counseling – ¼ hour~~
- Peer Support – ¼ hour
- Family Support – ¼ hour

Services are restricted to participants who have been assessed to need a particular level of CSTAR treatment that varies in the frequency and intensity of services to meet the needs of the participant. Each participant will have an individual treatment plan comprised of those services designed to meet the ~~individual's participant's circumstances and need~~ treatment goals. The individual treatment plan will be reviewed and signed ~~either~~ by one of the following: a licensed or provisionally licensed mental health professional; licensed psychologist; licensed psychiatrist; licensed professional counselor; advance practice nurse; licensed clinical social worker; master level social worker who is under the registered supervision with the Missouri Division of Professional Registration for licensure as a clinical social worker; marriage or family therapist; or licensed physician. Services are further contingent upon the review and approval of the Department of Mental Health.

The state agency will reimburse Comprehensive Substance Treatment and Rehabilitation (CSTAR) providers at fee for service rates established for services provided to single beneficiaries by qualified, individual providers that coordinate care within a multidisciplinary treatment model. These activities and interventions are billed as distinct units of service. Such rates are those as defined and determined by the MO HealthNet Division and in accordance with the provisions of 42 CFR 447 Subpart BD. The state payment for each service will be the lower of:

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