



Title:	Young Adults in Transition	Code:	H2022U5
Type:		Group Code:	N/A
Effective Date:	7-1-18	Units:	1 unit per Month

SERVICE DESCRIPTION
<p>The Young Adults in Transition service is a home and community-based outpatient intervention that supports transition-age members (ages 16-24) with behavioral health diagnoses of mental health disorder, with or without a co-occurring substance use disorder, in reestablishing the knowledge and skills necessary to live independently. Young Adults in Transition Specialists assist and support the member in identifying goals and addressing barriers to independence. This process considers all systems affecting the member, including family, school/work, peers, individual needs, and the community. All services are delivered in the member’s natural environment to increase the likelihood of sustaining the progress made during the intervention. The aim of the program is to give members the skills and resources necessary to resolve and prevent future problems in areas of daily living (ie housing, employment, parenting, involvement with court and/or social services) independently. The interventions focus on rehabilitating member strengths and skills, as well as linking the member to available resources to assist him/her in relearning a sense of accountability for his/her own behavior. Young Adults in Transition Specialists work closely with families and community members to help ensure the member is safe, engaging in positive peer activities, learning the life skills needed to support themselves, and working or pursuing education. The assigned Young Adults in Transition Specialist will work closely with the probation officer/court counselors, courts, family, and any other involved formal and informal resources to ensure collaboration around the goals of services, interventions being provided, and discharge recommendations.</p>

Population to Be Served				
Population: Transition age youth		Age Ranges: 16 -24	Projected Numbers: 40*	Characteristics: Members who are leaving the foster care or juvenile justice systems, are emancipated minors, or who otherwise find themselves in this life stage without the developmentally appropriate and necessary skills and supports to successfully transition to adulthood
	Projected Numbers		*40 during the first year. Potential for serving 230 members when the service is open to the Network	

Entrance Process

An Ansell Casey Life Skills Assessment, or other evidenced based assessment tool is administered prior to service delivery, along with the development of a treatment plan, signed by a Licensed Clinician (LPC, LCSW, LPA, LMFT). Also required is a current and relevant clinical assessment confirming a mental health diagnosis (as defined by the DSM-5, or any subsequent editions of this reference manual).

Utilization Management

Prior authorization is required. No less than a cumulative 2-contact hour minimum per week. Units are monthly. Initial authorization of services may not exceed 90 days. Reauthorization for additional 90-day period can be requested up to two times. One additional 90-day period may be authorized in exceptional cases as medical necessity dictates.

Young Adults in Transition is a short-term service; goals and strategies must be documented in the Service Plan, including plans for transitioning out of the service including measurable criteria that would show readiness to transition out of the service.

Eligibility Criteria

Members ages 16-24 are eligible for this service when the following criteria are met:

1. There is a mental health diagnosis (as defined by the DSM-5, or any subsequent editions of this reference manual)
2. Must demonstrate a deficit in at least two Instrumental Activity of Daily Living (IADL) AND
3. Meets criteria for CALOCUS Level 1 score or higher OR
4. Meets criteria for LOCUS Level 1 score or greater

Prior to admission into the Young Adults in Transition program, members complete the Ansell-Casey Life Skills Assessment or other evidence based assessment.

Service Exclusions

This service may not be provided in the same authorization period as any of the following services:

1. Multisystem Therapy
2. Intensive In-Home
3. Child and Adolescent Day Treatment
4. Assertive Community Treatment
5. Community Support Team

Critical Time Intervention

The service may be provided for up to 30 days to members who are receiving Residential Treatment Levels I-IV or treatment in a Psychiatric Rehabilitative Treatment Facility to assist in transition to a lower level of care.

This service may be provided for 30 days in conjunction with the above excluded services for 30 days to foster transition between the services.

EPSDT Special Provision

Exception to Policy Limitations for a Medicaid Beneficiary under 21 Years of Age

42 U.S.C. § 1396d(r) [1905(r) of the Social Security Act]

Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) is a federal Medicaid requirement that requires the state Medicaid agency to cover services, products, or procedures for Medicaid beneficiary under 21 years of age if the service is medically necessary health care to correct or ameliorate a defect, physical or mental illness, or a condition [health problem] identified through a screening examination (includes any evaluation by a physician or other licensed practitioner). This means EPSDT covers most of the medical or remedial care a child needs to improve or maintain his or her health in the best condition possible, compensate for a health problem, prevent it from worsening, or prevent the development of additional health problems.

Medically necessary services will be provided in the most economic mode, as long as the treatment made available is similarly efficacious to the service requested by the beneficiary's physician, therapist, or other licensed practitioner; the determination process does not delay the delivery of the needed service; and the determination does not limit the beneficiary's right to a free choice of providers.

EPSDT does not require the state Medicaid agency to provide any service, product or procedure:

- 1) That is unsafe, ineffective, or experimental or investigational; and
- 2) That is not medical in nature or not generally recognized as an accepted method of medical practice or treatment.

EPSDT and Prior Approval Requirements

- 1) If the service, product, or procedure requires prior approval, the fact that the beneficiary is under 21 years of age does NOT eliminate the requirement for prior approval; and
- 2) IMPORTANT ADDITIONAL INFORMATION about EPSDT and prior approval is found in the *NC Tracks Provider Claims and Billing Assistance Guide*, and on the EPSDT provider page. The Web addresses are specified below.

NC Tracks Provider Claims and Billing Assistance Guide:

<https://www.nctracks.nc.gov/content/public/providers/provider-manuals.html>

EPSDT provider page: <http://www.ncdhhs.gov/dma/epsdt/>

Service limitations on scope, amount, duration, frequency, location of service, and other specific criteria described in clinical coverage policies may be exceeded or may not apply as long as the provider's documentation shows that the requested service is medically necessary "to correct or ameliorate a defect, physical or mental illness, or a condition" [health problem]; that is, provider documentation shows how the service, product, or procedure meets all EPSDT criteria, including to correct or improve or maintain the beneficiary's health in the best condition possible, compensate

for a health problem, prevent it from worsening, or prevent the development of additional health problem.

Treatment Program Philosophy, Goals, and Objectives

The Young Adults in Transition program is whole person-centered, recovery-focused and builds resiliency for participating members. Preparing members for successful transition to the demands of independent adulthood is the primary focus of the program. Essential components include the following:

Establishing Permanency: Members in the program learn the interpersonal skills necessary to recreate and maintain healthy and permanent personal relationships.

Education: Members in the program are encouraged to complete the minimum education requirements necessary to maintain employment. If the member does not already have a diploma or GED, the Young Adults in Transition Specialist assists them with achieving this goal. For members who already have a diploma or GED, the Young Adults in Transition Specialist helps them complete the FAFSA (Free Application for Federal Student Aid), assists them with applying for scholarships, takes them to visit community colleges, universities, or vocational schools in the area, helps them fill out any necessary paperwork, introduces them to an advisor, and also assures that they receive disability services, if appropriate.

Employment: Young Adults in Transition Specialists assist members in securing and maintaining employment through resume writing, employment search, application process, interviewing skills, positive employer and coworker relationships to retain employment, etc. Once the member is employed, the Young Adults in Transition Specialist will maintain contact with his/her employer to determine what supports the member needs to be successful. If problems arise in the job setting, Young Adults in Transition Specialists will work with the member to assess the problem and design interventions to solve it. Young Adults in Transition Specialists may use role-play or other teaching techniques to help the member improve their work performance.

Housing: It is the goal of this program to link members with housing that can be maintained upon discharge. The Young Adults in Transition Specialist will assist the member in developing budgeting skills, help him/her identify the type of housing he/she can afford, assist in finding roommates, and help fill out applications for an apartment or Section 8 housing or supported housing.

Independent Living Skills: Members in the program will improve independent skills, as measured by the Ansell-Casey Life Skills Assessment, or other evidence-based assessment tool. These skills include to the following: budgeting, cooking, shopping for groceries, doing laundry, making mental/physical healthcare appointments, getting a driver's license or accessing public transportation, and maintaining appropriate hygiene habits.

Crisis intervention: This program provides crisis intervention and prevention services to members and their families 24 hours-a-day, 7 days-a-week. In the preventive stages, the transitional specialists and supervisors will track potentially dangerous behavior, identify potential problem areas and design interventions to prevent a possible crisis.

Pregnant/Parenting youth: For members with children, Specialists utilize an evidenced based life skills assessment and parenting assessment to better assess the member's parenting skills. Based on the member's scores and their parenting goals, individualized goals are developed and

targeted in weekly sessions.

The following are secondary components of the Young Adults in Transition Service Program:

Collaboration: The Young Adults in Transition program works most effectively when young people have the opportunity to make mistakes. This gives the young person and their family an opportunity to discover which interventions will work best for the long term. The assigned Young Adults in Transition Specialist will work closely (as applicable) with the DSS case manager, probation officer/court counselor, courts, family, and any other involved key players to ensure collaboration around the goals of services, interventions being provided, and discharge recommendations.

Health: The Young Adults in Transition program works to assist young people to understand and maintain physical and mental health. The program assists youth gain knowledge regarding nutrition, substance use prevention, smoking cessation, healthy sexual practices, social determinants of health and physical health. The program will work with youth to understand and address mental health issues. Youth will receive support in order to maintain any medication regimen and understand effects of medication. Staff will help coordinate services for youth to access necessary services to maintain and improve physical and mental health.

Benefit Counseling: Youth in the program often receive or eligible for benefits such as Medicaid, dental care, mental health services, etc. Youth Services Specialist will assist youth in navigating system to assure they receive any benefits, which they meet eligibility for and is beneficial to their on-going success.

Describe why this service is needed and is different than any State Plan or alternative service already defined. If implemented in other states, describe successful outcomes:

There are approximately 25,000 that age out of foster care each year, the majority of which are diagnosed with mental health issue. In addition, there are approximately 86,000 unaccompanied youth in the most recent Point-In-Time survey. Unaccompanied youth are youth that are in unstable housing situations. These youths have often experienced abuse or neglect growing up.

Young Adults in Transition Services focus on:

- Health: Physical and mental health from a whole person perspective.
- Prosocial decisions and protective factors: Develop support system and positive habits.
- Financial literacy: Understand financial information and develop budget.
- Employment: Learning to seek and keep employment.
- Education: Completion of high school or GED and explore appropriate on-going training/education.
- Housing: Skills needed to maintain stable housing.

Young Adults in Transition Services provide contact and structure to meet the needs of the individual young person. Young Adults in Transition Services provide navigation to connect youth to any other needed services. Young Adults in Transition Services provides initial awareness and education of the impact of social determinants on health for this population of young people.

All participants will receive Casey life skills assessment or other evidence based assessment upon admission. The assessment will identify areas of strength and challenges and will be utilized to develop the treatment plan. The treatment plan will identify goals, interventions, and targets for each participant, specific to their needs and desires.

Outcomes will be documented and tracked during the length of the service. Participants will be asked to engage in post-service questionnaires' up to a year after their discharge.

Cost-Benefit Analysis: Document the cost-effectiveness of this alternative service versus the State Plan services available:

Description of comparable State Plan Service Payment Arrangements (include type, amount, frequency, etc.)

Consumers aged 16-24 served in Intensive In-Home and Level II Residential Services FY 16-17

Row Labels	Distinct Client Count - GL Claims	Average Units per Client	Cost per Unit	Amount Expensed
S5145 - Level II Family Type - TFC	73	181	\$88.58	\$1,168,281.32
H2022 - INTENSIVE IN-HOME SERVICES	147	46	\$253.02	\$1,695,458.21
H2020 - Level II Program Type	15	134	\$126.31	\$253,756.79
Grand Total	231	95	\$142.36	\$3,117,496.32

Expected Outcomes

The service will support transition into independent living and engage families and natural supports. This service promotes integration into the community at large, independence and self-reliance, rather than reliance on paid supports.

Expected Outcomes:

- Maintenance of stable housing as evidenced by response to following questions at discharge, 6 months, 12 months and 24 months post discharge:

- Current living situation
- If they are housed (not in a criminal justice facility, congregate care setting, homeless, couch surfing), we ask if they could stay in their current situation for the next three months if they wanted to (measure of prospective housing stability rather than retrospective stability)
- If they have been homeless or in unstable housing in the past six months
- Maintenance of productive activity as evidenced by response to following questions at discharge, 6 months, 12 months and 24 months post discharge:
 - Current engagement in educational pursuits
 - Current employment status
- Remain free from legal involvement (arrests or charges)

Description of Alternative Service Payment Arrangements (include type, amount, frequency, etc.)

Service	Procedure Code	Unit Definition	Units of Service	Cost of Service
Young Adults in Transition	H2022 U5	1 month	24-32	\$1633/month

Staffing Requirements Credentialing Process, and Levels of Supervision (Administrative and Clinical) Required:

Transitional Living is a one on one service provided directly to the individual. The service must be reflected in a Service Plan based on a person-centered planning process that reflects the strengths, needs, and preferences of the individual served.

Maximum Staffing Ratio of 1 staff per 9 individuals.

Transition Specialists work on flexible schedules to meet the needs of each young adult. Contacts may occur at night and/or on weekends. Transition Specialists are on-call to youth, young adults, and families 24 hours a day, seven days a week. Referrals are generally accepted during normal business hours, although off hours nights/weekend referrals may be accepted. The Transitional Living program services do not change during holidays or other times during the year.

Transition Specialists vary their intensity according to the individual needs of each youth, which may vary at different points in treatment. In most cases, transition specialists see everyone twice per week. However, increased frequency is likely early in treatment as is some possible reduction in sessions during the last week or two of treatment.

Staffing Requirements:

This service is provided by Transitional Specialists that must meet the training and education requirements listed below. Transitional Specialists must be supervised by a Qualified Professional with documented experience working with Young Adults in Transition. Each QP can oversee up to 5 specialists.

Transitional Specialists must have the following:

- A High School diploma or equivalent
- Be 23 years of age or older
- Have a minimum of two years' experience working with youth/young adults with Serious Emotional Disturbance (SED) or be equivalently qualified by education in the human services field or a combination of work experience and education with one year of education substituting for one year of experience.
- Pass background checks which include criminal and motor vehicles

All staff providing Young Adults in Transition services must complete training or continuing education in the following areas within the first 60 days of employment. The competency based training should include but not be limited to the following:

- 3 hours of crisis response training
- 3 hours of training in at least one Evidenced Based Practice, recognized by the National Registry of Evidence-based Programs and Practices, such as:
 - Motivational Interviewing
 - Behavior Modification
 - Cognitive Behavioral Therapy
 - Trauma Informed Care
 - Strengths Based Case Management
- 3 hours of training pertaining to professional boundaries/development and self-care
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- 3 hours of training pertaining to Confidentiality/HIPAA, client rights, and legal and ethical issues
- 3 hours of Person Centered Planning training

Targeted Length of Service

The service is expected to achieve outcomes within six to eight months (6-9 units of service). Additional units may be authorized in exceptional cases as medical necessity dictates.

Description of Process for Reporting Encounter Data (include record type, codes to be used, etc.):

Provider will bill for each unit of service provided. Claims data will reflect fee for service billing. Data will be uploaded to DMA by the MCO.

Encounter Data will be recorded by providers with the minimum standard of a service note for each contact, service event, or intervention.

Providers will collect and report/provide access through sharing of the health record to all encounter data. At a minimum, this would include time spent on family based sessions, individual sessions, and indirect contacts.