



Intensive Home and Community-Based Services (IHCBS)



Who is eligible for IHCBS?

Children and adolescent members who are experiencing social, emotional and behavioral difficulties and need more intensive services to increase stability across settings and help prevent out-of-home placement.

Some examples of therapeutic approaches:

- Functional Family Therapy (FFT)
- Multidimensional Family Therapy (MDFT)
- Multi-Systemic Therapy (MST)
- Therapeutic Behavior Services (TBS)

Qualifications and responsibilities may vary based on specific IHCBS programs. Providers must practice within their scope of practice/training/education and meet program responsibilities.

Admission Criteria: Two Options

Option 1

The Member must meet the target criteria for the proposed IHCBS program:

- **FFT:** Member aged 11-18 with ongoing trouble regulating emotions/behavior due to trauma.
- **MFT:** Member aged 6-17 with Substance-Related Disorder, cooccurring Substance-Related Disorder and other behavioral health condition, or Substance-Related Disorder along with behavior problems such as delinquency.
- **MST:** Member aged 12-17, chronic/violent offender, at risk of out-of-home placement or transitioning back from out-of-home setting, DSM diagnosis of Conduct Disorder or other diagnosis consistent with such symptomology, ongoing multiple system involvement and/or risk of failure in mainstream school settings due to behavioral problems, less intensive treatment has been ineffective.
- **TBS:** Member aged 5-18 with serious emotional disturbance, at risk of higher level placement or psychiatric hospitalization, or has other high-risk behaviors that would benefit from behavioral support services.

OR...

Option 2

- A Member with a serious emotional disturbance (SED)
- Acute clinical changes in signs and symptoms, and/or psychosocial and environmental factors which suggests the member is at risk for out-of-home care or hospitalization or otherwise needing involvement with multiple systems due to high-risk behaviors. Examples of factors that put the member at risk:
 - Complex and persistent behavioral health conditions
 - Behavioral health conditions coupled with abuse, neglect or trauma
 - Behavioral health conditions coupled with delinquency, truancy or running away
- The Member's current condition cannot be safely, efficiently and effectively assessed and/or treated in a less intensive level of care.
- Failure of treatment in a less intensive level of care is not a prerequisite for authorizing coverage.
- The Member and his or her parent/caregiver/guardian are willing to accept and cooperate with IHCBS program, including the degree of parent/caregiver/guardian participation outlined in the treatment plan.

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More Guidelines

Important Notes

- **All Intensive Home and Community-Based Services require PRIOR authorization.**
- **Clinical documentation should support the number of units requested and length of stay for the program.**

- Online request form: optumidaho.com > For Network Providers > Forms
- The request form and/or relevant additional clinical documentation can be sent via secure email or fax.
 - Fax: **1-855-708-9282**
 - Email: optum.idaho.IHCBS_dt@optum.com
- Intensive Home and Community-Based Services are authorized per 15-minute increments.

REQUIRED program components included in rate:

- Skills Building/CBRS
- Crisis Intervention
- Crisis Response
- Therapy Services (Individual, Family and Group)

Optional services that can be billed outside of the bundled rate:

- Case Management
- Target Care Coordination

- Respite
- Peer Support
- Youth Support
- Family Support
- Recovery Coaching
- Child and Family Team
- Medication Management
- Psychiatric Evaluation
- Psychological/Neuropsychological Testing

Services that CANNOT be provided while receiving IHCBS:

- Intensive Outpatient Program (IOP)
- Partial Hospitalization Program (PHP)
- Day Treatment

Payment Methodology

Modifier and Professional Level of Provider:

- **U1** – Prescribers under supervision
- **HO** – Master’s level provider under supervisory protocol
- **HN** – Bachelor’s level provider under supervisory protocol
- **U5** – Therapeutic Behavioral Services (TBS) intervention

CPT Code	Description	Unit
H0036	FFT, MDFT and other evidence-based practice modalities	1 unit = 15 minutes
H2033	Multisystemic Therapy; rendered by provider(s) with MST certification from MST Incorporated	1 unit = 15 minutes



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