



WISCONSIN DEPARTMENT
of HEALTH SERVICES

Continuum of Care – Service Arrays What Does That Mean

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Psychosocial Rehabilitation

Medicaid definition

Psychosocial rehabilitation services are services and supportive activities that assist members with mental health and/or substance abuse conditions to achieve their highest possible level of independent functioning, stability, and independence and to facilitate recovery.

Psychosocial Rehabilitation

National Alliance on Mental Illness (NAMI)

Psychosocial rehabilitation helps people develop the social, emotional, and intellectual skills they need in order to live happily with the smallest amount of professional assistance they can manage. Psychosocial rehabilitation uses two strategies for intervention: learning coping skills so that they are more successful handling a stressful environment and developing resources that reduce future stressors.

Recovery

Wis. Admin. Code § DHS 36.03(23)

The process of a person's growth and improvement, despite a history of mental or substance use disorder in attitudes, values, feelings, goals, skills, and behavior and is measured by a decrease in dysfunctional symptoms and an increase in maintaining the person's highest level of health, wellness, stability, self-determination, and self-sufficiency.

Recovery

Substance Abuse and Mental Health Services Administration

A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Four major dimensions support recovery:

- Health
- Home
- Purpose
- Community

Medical Necessity

Medical items and services that are "reasonable and necessary" for the diagnosis or treatment of illness or injury or to improve the functioning of the person.

Comprehensive Community Services: Service Arrays

- Screening and assessment
- Service planning
- Service facilitation
- Diagnostic evaluations
- Medication management
- Physical health monitoring
- Peer support
- Individual skill development and enhancement
- Employment-related skill training
- Individual and/or family psychoeducation
- Wellness management and recovery and recovery support services
- Psychoeducation
- Substance use treatment

Allowable Services and Interventions

- Screening and assessments
- Initial functional screen (Children's Long Term Functional Screen, Mental Health/Substance Use Functional Screen)
 - Initial comprehensive assessment
 - Ongoing assessments
 - Assessment summary
 - Annual functional screen
- Service planning
- Initial service plan
 - Service plan – reviewed and updated every six months or as needs change

Allowable Services and Interventions

Service facilitation

- Ensuring assessment services, service planning, service delivery, supportive activities
- Coordination and monitoring of service plan and service delivery
- Assisting and teaching self-advocacy skills
- Assisting individual to obtain necessary services (medical, dental, legal, financial, housing services)
- Advocating for minors, assisting the minors family in obtaining necessary services
- Coordination of crisis services
- Coordination of services, community engagement, and supportive activities
- Coordination of services and supports with team members, service providers, school staff, medical providers, etc.

Allowable Services and Interventions

Diagnostic evaluations

- Neuropsychological
- Geropsychiatric
- Specialized trauma
- Eating disorders
- Minors - functional behaviors
- Adolescent alcohol and drug assessment intervention programs

Medication management

- Prescribers
 - Diagnosing and specifying target symptoms
 - Prescribing medications
 - Monitoring symptoms, side effects
 - Reviewing data to make medication decisions
- Non-prescribers
 - Services to support and education to taking medications and identifying symptoms
 - Monitoring changes in symptoms and tolerability of side effects

Allowable Services and Interventions

Physical health monitoring

- Monitoring services that focus on physical health and/or substance use concerns
- Education around physical health to support
 - Identifying physical health symptoms
 - Physical health medications and treatments
- Developing health monitoring and management skills

Peer support

- Promote wellness, self-direction, recovery
- Education to increase skills and abilities to accomplish identified goals
- Empowerment

Allowable Services and Interventions

Individual skill development and enhancement

- Teaching, training in communication and interpersonal skills
- Teaching, training in problem solving and decision-making
- Teaching, training self-regulation, conflict resolution, and other specific needs
- Teaching, training in daily living skills
 - Personal care
 - Household tasks
 - Financial management
 - Transportation
 - Shopping
 - Parenting
 - Accessing and connecting to community resources and services (including health care services)
 - Other specific daily living needs

Allowable Services and Interventions

Individual skill development and enhancement

- Services provided to minors should address improving integration and interaction with:
 - Minor's family
 - School
 - Community
 - Other social networks
- Teaching, assisting the minor's family in gaining skills to assist the minor with individual skill development and enhancement

(Skills trainings can be addressed through modeling, monitoring, mentoring, supervision, assistance, cuing, etc.)

Allowable Services and Interventions

Employment-related skill training

- Assisting, teaching skills by addressing mental health and/or substance use diagnosis and symptoms that impact obtaining, securing, maintaining employment
- Employment and education assessments
- Accessing, engaging in educational and employment related services
- Teaching, training around appropriate job-related behaviors
- Teaching, training with preparing for employment
 - Personal hygiene
 - Clothing
 - Transportation
 - Symptom reduction and management skills

Allowable Services and Interventions

Individual and/or family psychoeducation

- Education and information resources about the member's mental health and/or substance abuse issues
- Skills training
- Problem solving
- Ongoing guidance about managing and coping with mental health and/or substance abuse issues
- Social and emotional support for dealing with mental health and/or substance abuse issues

(Provided individually or in a group setting to the member or the member's family and natural supports)

Allowable Services and Interventions

Wellness management and recovery and recovery support services

- Teaching, coaching empowerment skills for symptom reduction
- Teaching, coaching around development of personal goals
- Teaching, coaching on informed decisions
 - Psychoeducation
 - Behavioral tailoring
 - Relapse prevention
 - Recovery action plan
 - Recovery and resilience training
 - Social support building
 - Coping skills(Services can be taught through motivational, educational, and cognitive-behavioral strategies)
- Recovery support services to address substance use issues and relapse prevention

Allowable Services and Interventions

Psychotherapy

- Diagnosis and treatment of mental, emotional, or behavioral disorders, conditions, or addictions

Substance use treatment

- Day treatment services
- Outpatient substance use counseling

Who are you serving?

- Children
- Transitional age
- Adults
- Elderly
- Mental health
- Substance use
- Co-occurring

Services and Supportive Activities

What do they look like?

- Medication monitoring
- Physical health monitoring
- Peer support
- Individual skill development and enhancement
- Employment-related skill training
- Individual and/or family psychoeducation
- Wellness management and recovery/recovery support services
- Substance use treatment

Contact Information

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