

## Overview of 12/1/21 Services

Effective December 1, 2021, the Anthem HealthKeepers Plus Cardinal Care Medicaid plan will implement coverage of the following high quality, high intensity, and evidence-based behavioral health services: Multisystemic Therapy (MST), Functional Family Therapy (FFT), Mobile Crisis Response, Community Stabilization, 23-Hour Crisis Stabilization, Residential Crisis Stabilization and Applied Behavior Analysis (ABA). Some of these services are offered today; however, there are several enhancements to existing services and new services becoming available.

Services to begin on December 1, 2021:

**Multisystemic Therapy (MST):** Multisystemic Therapy (MST) is a short-term, intensive family and community-based treatment program that addresses all environments that impact high risk youth, including the home, school, and community.

**Functional Family Therapy (FFT):** Functional Family Therapy (FFT) is a short-term, strength-based, intervention program that works primarily with youth with behavioral or emotional problems that have been referred by the juvenile justice system, mental health, school, or child welfare systems.

**Applied Behavior Analysis (ABA):** Applied Behavior Analysis (ABA) is a therapeutic treatment program for youth based on the science of learning and behavior. ABA is available in the home, community, and/or a clinic setting. This service can help to increase language and communication skills, increase self-care, and decrease problem behaviors.

**Mobile Crisis Response:** Mobile Crisis Response provides 24/7 rapid response, assessment, and early intervention for individuals of all ages experiencing a behavioral health crisis. This service meets individuals in an environment where they feel most comfortable to help provide quick relief and resolution of the crisis when possible.

**Community Stabilization:** Community Stabilization is a short-term supportive service for individuals of all ages following a mental health crisis, intended to serve as a brief bridge when routine services are unavailable at the time that a crisis is stabilized. This service is available in the individual's home or other natural environment and provides crisis supports, skill-building, and coordination with follow-up services.

**23-Hour Crisis Stabilization:** 23-Hour Crisis Stabilization provides 24/7 access for walk-in mental health and/or substance related crisis supports for individuals of all ages. This service helps individuals who are experiencing an acute crisis and require a safe environment for observation and assessment to determine the best resources available to prevent hospitalization. This service is limited to 23 hours.

**Residential Crisis Stabilization:** Residential Crisis Stabilization provides 24/7, short-term, mental health and/or substance abuse related crisis supports in a community-based facility. This service helps to stabilize individuals of all ages, prevent hospitalization, and reintegrate them back into their home and community following a crisis.

If you have questions or concerns, you can contact Member Services at **800-901-0020**.