

Service Name	CLIENT ASSISTANCE PROGRAM (CAP SESSIONS) MH & SUD
Funding Source	Behavioral Health
Setting	Community- based setting
Facility or Professional License	As required by DHHS Division of Public Health

Basic Definition:

The Client Assistance Program (CAP sessions) covers up to five screening and brief intervention sessions annually without an Initial Diagnostic Interview. Focus is to include: screening of current difficulties, identification of appropriate resources and/or referrals, and to provide brief interventions for presenting issues. CAP is an early intervention approach to dealing with such issues before they become unmanageable. CAP is intended to provide assistance to individuals and families for whom long-term intervention does not appear to be needed, or identify needs, match services, and complete referrals to appropriate services for the presenting problem(s). Service may be delivered via telehealth or in-person.

Service Expectations:

- A brief screening will be completed to evaluate current symptoms, needs and severity.
- If it is determined the individual needs intervention exceeding 5 hours, the individual will be discharged from the program and referred for further assessment. At this point, an Initial Diagnostic Interview (IDI) shall be completed and subsequent out-patient psychotherapy should be provided and billed.
- The behavioral health clinician utilizes strategies such as SBIRT (screening, brief intervention, and referral to treatment) to support the individual. Coping strategies and motivational enhancement strategies may be used as brief interventions to support the individual while identifying any referral recommendations.
- The results from the screening, brief interventions, and referrals/ recommendations shall include active family involvement, unless contraindicated.
- The provider will coordinate care with the individual’s primary medical provider, as applicable, and refer to other necessary services.
- Documentation will follow the standards of a progress note and will include coordination with other services and treatment providers, including medical providers, linkage to services and supports to enhance independence in the community, screenings, brief intervention activities, and rationale for said interventions.
- Services will be culturally sensitive, trauma informed, and sensitive to potential personal safety risks such as suicidal intention.
- Referrals to crisis assistance must be available 24 hours a day, 7 days a week.
- Supervision of service as required by the practitioner’s license.
- All psychotherapy and substance use disorder practitioners are to provide services within their scope of practice.

Length of Services:

Up to five sessions, per calendar year (.25 hours per unit, up to four units per session).

Staffing:

May Include:

- Physician/ Psychiatrist
- Physician Assistant
- Advanced Practice Registered Nurse (APRN)
- Licensed Psychologist
- Provisionally Licensed Psychologist
- Licensed Independent Mental Health Practitioner (LIMHP)
- Licensed Mental Health Practitioner (LMHP)
- Provisionally Licensed Mental Health Practitioner (PLMHP)
- For SUD CAP Sessions: Provisionally Licensed or Licensed Alcohol and Drug Counselor (PLADC or LADC)

Staffing Ratio:

1:1

Hours of Operation:

Typical business hours with weekend and evening hours available to provide this service by appointment.

Desired Consumer Outcome:

- Individual or family empowered to reach a more manageable level of functioning.
 - Individual has support systems secured as needed.
- OR
- Referral for and linking to medical, psychological or psychiatric services, including assessment.
 - The individual is connected to a higher level of care if needed.

UTILIZATION GUIDELINES:

I. Admission Guidelines:

Individual must meet all of the following admission guidelines to be admitted to this service.

1. Exhibits active symptomology consistent with current DSM diagnoses.
2. Consumer demonstrates a need for support in coordinating treatment/recovery/rehabilitation options in the community that could reasonably be seen to resolve in less than five sessions.

II. Continued Stay Guidelines:

Individual must meet all of the following continued stay guidelines to continue receiving this service.

1. Individual continues to meet admission guidelines.
2. New problems have been identified that are appropriately treated at this level of care. This level of care is the least intensive level of care at which the individual's new problems can be addressed effectively.

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