

Region V Systems

Program / Service Specifications

PSS # 105

Outpatient - Adult - Mental Health and Substance Abuse

Funding Available	Capacity to be Purchased	Geographic Location
\$100,000	1,333 units	Lincoln/Lancaster County
Contractual Expectation/ Performance Measures:	C Decrease in EPCs. C Percent of consumers whose treatment plan recommends regular appointments. C Number of consumers whose length of stay is six sessions or more. C Number of appointments held during non-business hours. C Number of consumers who successfully complete treatment.	

Reimbursement Rate	Unit	Avg. Length of Stay	Staff:Client Ratio
\$75 / unit	1 staff hour	10 sessions	n/a

General Summary:

Outpatient Therapy is a specialized mental health and substance abuse treatment program for persons experiencing a wide range of mental health and substance abuse problems that cause moderate and/or acute disruptions in the individual's life. Outpatient treatment programs provide individual, family, or group treatment services, generally on a regularly scheduled basis. The Outpatient program provides to each person served the appropriate assessment and/or diagnosis of mental health and/or substance abuse problem, as well as effective treatment to change behaviors, modify thought patterns, cope with problems, improve functions, improve understanding of factors producing problems, identify workable steps to address the problems, and/or other related goals. Such programs may include collateral and/or adjunctive services. Adjunctive services are designated to link consumers of the Outpatient program who are disabled by severe and persistent mental illness, and are not enrolled in Community Support, to other programs and coordinating with various services to achieve successful outcomes. Adjunctive services include information gathering and reporting, coordination of services, referral facilitation, and related activities to assure there is coordination between the various programs serving the consumer.

Special Considerations:

One hundred percent of capacity must be provided to clients outside of "regular" business hours (i.e., Monday - Friday; 8:00 a.m. to 4:00 p.m.). The applicant must be able to verify, through appointment books, staff schedules, etc., that services are available during these hours. Further, billing for these units will be dependent upon actual time of service delivery.

Outpatient treatment plans should reflect regular appointment schedules with specific goals. Client records will be audited to ensure that clients are seen on a regular basis, as per individual treatment plans, and that goals identified are addressed, as per the client contact note. It is expected that clients, on the average, will be seen for ten sessions, thus the average length of stay for consumers whose treatment is reimbursed through these funds, will be evaluated.

Target Population:

Individuals residing in Lincoln, Nebraska, with low to moderate symptomatology (GAF 31-70), low to moderate risk of harm to self or others, one or more functional limitations, low to moderate risk of relapse, low need for professional structure.

Services and/or Frequency of Service / Therapeutic Contact:

Services offered in Outpatient programs are generally provided in sessions of less than three hours, on

an individual, family, or group basis. The frequency of sessions should be directly related to the diagnosis and treatment plan goals.

Staffing Requirements:

Staff must meet the requirements of applicable licensing and certification entities consistent with their scope of practice.