



AETNA BETTER HEALTH® OF VIRGINIA

Behavioral Health Expansion (BHE): New Behavioral Health Services for Virginia's Medicaid Members

Dear Provider,

Aetna Better Health of Virginia is proud to support the second phase of BHE in Virginia, which begins **December 1, 2021**. The Behavioral Health Redesign for Access, Value, and Outcomes (BRAVO) implements additional services for Medicaid members to improve the behavioral health delivery system in Virginia. Services that will be offered beginning December 1, 2021, include the following:

Multisystemic Therapy (MST)	MST is an intensive family and community-based treatment, which addresses the externalizing behaviors of youth with significant clinical impairment in disruptive behavior, mood, and/or substance use. MST is provided using a home-based model of service delivery for youth and families, targeting youth between the ages of 11 to 18 who are at high risk of out-of-home placement, or may be returning home from a higher level of care.
Functional Family Therapy	FFT is a short-term, evidence-based treatment program targeting youth between the ages of 11 to 18 who have received referral for the treatment of behavioral or emotional problems including co-occurring substance use disorders by the juvenile justice, behavioral health, school, or child welfare systems. FFT is a primarily home-based service that addresses both symptoms of serious emotional disturbance in the identified youth, as well as parenting/caregiving practices and/or caregiver challenges that affect the youth and caregiver's ability to function as a family. The FFT model serves as a step-down or diversion from higher levels of care and seeks to understand and intervene with the youth within their network of systems including, family, peers, school, and neighborhood/community.
Mobile Crisis Response	Mobile Crisis Response provides rapid response, assessment and early intervention to individuals experiencing a behavioral health crisis. This service is provided 24 hours a day, seven days a week. The purpose of this service includes prevention of acute exacerbation of symptoms, prevention of harm to the individual or others, provision of quality intervention in the least restrictive setting, and development of an immediate plan to maintain safety in order to prevent the need for a higher level of care. The current code used for Crisis Intervention (H0036) will be replaced by the Mobile Crisis Response service, as this is an enhancement of the current Crisis Intervention service for both youth and adults.
Community Stabilization	Community Stabilization services are short-term and designed to support an individual and their natural support system following contact with an initial crisis response service or as a diversion to a higher level of care. Providers deliver community stabilization services in an individual's natural environment and provide referral and linkage to other community-based services at the appropriate level of care. Interventions may include, brief therapeutic and skill building interventions, engagement of natural supports, interventions to integrate natural supports in the de-escalation and stabilization of the crisis, and coordination of follow-up services. Community Stabilization will replace and serve as an enhancement of the current Crisis Stabilization service for both youth and adults.

<p>23-Hour Crisis Stabilization</p>	<p>23-Hour Crisis Stabilization provides a period of up to 23 hours in a community-based setting for crisis stabilization that provides assessment and stabilization interventions to individuals experiencing a behavioral health crisis. This service should be accessible 24/7 and is indicated for those situations wherein an individual is in an acute crisis and requires a safe environment for observation and assessment prior to determination of whether admission to an inpatient or residential crisis stabilization unit setting is necessary. This service allows for an opportunity for thorough assessment of crisis and psychosocial needs and supports throughout the full 23 hours of service to determine the best resources available for the individual to prevent unnecessary hospitalization.</p>
<p>Residential Crisis Stabilization Unit (RCSU)</p>	<p>RCSUs provide short-term, 24/7, residential psychiatric/substance related crisis evaluation and brief intervention services. RCSUs serve as diversion or stepdown from inpatient hospitalization. The service supports individuals experiencing abrupt and substantial changes in behavior noted by severe impairment or acute decompensation in functioning.</p>
<p>Applied Behavior Analysis (ABA)</p>	<p>ABA is the practice of behavior analysis as established by the Virginia Board of Medicine in § 54.1-2900 as the design, implementation, and evaluation of environmental modifications using behavioral stimuli and consequences, to produce socially significant improvement in human behavior, including the use of direct observation, measurement, and functional analysis of the relationship between environment and behavior. ABA will replace and serve as an enhancement of our current Behavior Therapy service for youth. DBHDS licensing is not applicable for this service.</p>

Providers are encouraged to connect members to participating providers for these services as needed. Please contact Member Services below for assistance in finding a participating provider or contact the Aetna Better Health Behavioral Health Clinical Liaison in your region. You may review the Department of Medical Assistance Services BHE webpage for more information at www.dmas.virginia.gov/for-providers/behavioral-health/enhancements.

If you have any questions, please call **1-800-279-1878 (TTY: 711)** (Medallion/FAMIS) or **1-855-652-8249 (TTY: 711)** (CCC Plus).

Utilization Management
Aetna Better Health of Virginia