

**FISCAL YEAR FY 2022
IHS PROGRAM RATES
July 1, 2021- June 30, 2022**

Agency Name: Integrated Health Services

Type of Program/Service: Community Based Mental Health

Contact Person: Jennifer Baloy

E-mail: jennifer@ihsva.com

Phone #: 757-838-1894

Fax #: 757-838-1894

Program/Facility(s): Community Based Mental Health

Purchase Order Rate Structure			
SERVICE/DESCRIPTION (If your service is not listed, please add)	UNITS OF SERVICE (Unit/Hourly/Weekly/ Monthly/Daily)	RATE FOR MEDICAID ELIGIBLE SERVICES ONLY	RATE FOR NON-MEDICAID ELIGIBLE SERVICES
Sexualized Behavior Treatment (provided by Certified Sex Offender Treatment Provider- CSOTP/CSOTP Resident)	Determined on case-by-case basis congruent to R-N-R	NA	Determined on case-by-case basis congruent to R-N-R
Comprehensive Psychosexual Evaluation	Unit		\$1,000.00
Abel Assessment (completed by certified professional)	Unit		\$500.00
Individual Session with CSOTP or CSOTP Resident	Hour		\$130.00
Family Session with CSOTP or CSOTP Resident	Hour		\$130.00
Individual Session with QMHP under supervision of CSOTP	Hour		\$100.00
Family Session with QMHP under supervision of CSOTP	Hour		\$100.00
Treatment/Relapse Prevention Group Session with CSOTP	Hour		\$100.00
Youth with Sexualized Behavior Mentoring Program	Hour		\$75.00
YSB Caretakers Group	Hour		\$100.00
Victim Clarification/Reunification (*case-by-case basis)	Hour		\$130.00
Treatment for Youth with Sexual Behavior Problems - Tier 1 - Low Risk	Month		\$1,000.00
Treatment for Youth with Sexual Behavior Problems - Tier 2 - Low-Moderate Risk	Month		\$1,900.00
Treatment for Youth with Sexual Behavior Problems - Tier 3 - Moderate Risk	Month		\$3,000.00
Treatment for Youth with Sexual Behavior Problems - Tier 4 - High Risk	Month		\$3,800.00

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Community Based Program Services			
Intensive In-Home Services	Hour	\$60.00	\$60.00
Home Based Counseling with QMHP	Hour		\$68.00
Home Based Counseling with LMHP (Type)	Hour		\$98.00
Therapeutic Mentoring	Hour		\$60.00
Nurturing Parenting Programs	Hour		\$75.00
Parent Coaching - Individual Sessions	Hour		\$75.00
Parent Coaching - Group (9 weeks/2 hours per week)	Unit		\$500.00
Anger Management Individual Sessions	Hour		\$60.00
Anger Management Group (7 weeks/2 hours per week)	Unit		\$630.00
Mental Health Skill Building	Unit	\$91.00	\$60.00
Casey Life Skills	Hour		\$60.00
Court Fee or other Professional Appearance Fee	Hour		\$250.00
Outpatient Therapy Services			
Individual Session with LMHP (Type)	Hour		\$120.00
Family Session with LMHP (Type)	Hour		\$120.00
Group Therapy	Hour	\$60.00	\$60.00

Eye Movement Desensitization and Reprocessing Therapy (EMDR Certified)	Hour		\$120.00
Trauma Focused Cognitive Behavioral Therapy (TF-CBT Certified)	Hour		\$120.00
Substance Abuse Services			
Substance Abuse Evaluation	Unit		\$255.00
Substance Abuse Individual Counseling	Hour		\$100.00
Substance Abuse Family Counseling	Hour		\$100.00
Substance Abuse Group	Hour		\$100.00

FY2022 IHS Program Details and Rates

Community Based Program (CBP) Services

Intensive In-Home Counseling Services (Medicaid Funded) - \$60.00/hour

Services are geared for individuals ages 5-21 in order to prevent the need for an out-of-home placement such as foster care, psychiatric hospitalization, group home, residential program, correctional placement, and/or to assist with the transition back into the home from any of the aforementioned placements. Traditionally, clients receive 8-10 hours per week (up to 15 in the case of a crisis situation) of solution-focused interventions based on individual strengths and limitations essential to restore the family to an acceptable level of functioning. Services are initiated immediately upon receiving the referral (within 24 hours) and last for approximately 6-9 months. Counselors are available to the client's 24 hours a day, 7 days a week, 365 days a year. Treatment is designed to assist the client while maintaining a healthy functioning family system. Generally, services include, but are not limited to:

- Individualized treatment plans and customized therapeutic interventions collaboratively devised with the individual, guardian, Intensive In-Home worker, and collateral agencies involved in treatment
- A multitude of dynamic treatment modalities including, but not limited to: trauma informed care, mental health and substance abuse evaluations, individual and family counseling, therapeutic mentoring, parenting skills, behavior management, relapse prevention training, personal care education, anger management, delinquent behaviors, school related issues, conflict resolution, anger management, supervised visitation, and discharge planning.
- Coordination of care across settings (home, school, work, and the community)
- Concentration on all domains of functioning to include social, emotional, cognitive, and physical
- Identify triggers, cues, and symptoms
- Care coordination to include links to community resources and advocacy in court
- 24 hour crisis intervention
- Collaboration with schools, state agencies, doctors, and others

Home Based Counseling Services - QMHP \$68.00/hour

Home and community-based counseling services for children, adults, and families. Includes individual and/or family therapy sessions and parent/caregiver psychoeducation. Services are provided in accordance with individual needs, and may also include substance abuse counseling and/or couples counseling and require typically 8-10 hours per week. This service is appropriate for clients who require more intensive services than an outpatient level of care. Services may be used to support family reunification or prepare a family for a client's return from foster care or residential treatment. We will work with the family and referring agency to develop a customized service plan.

Home Based Counseling Services - LMHP (Type) \$98.00/hour

Home and community-based counseling services for children, adults, and families, that focus on individual and/or family therapy. Services are provided in accordance with individual needs, and may also include substance abuse counseling and/or couples counseling, typically 3 to 6 hours per week. This service is appropriate for clients who require more intensive services than an outpatient level of care. Services may be used to support family reunification or prepare a family for a client's return from foster care or residential treatment. We will work with the family and referring agency to develop a customized service plan.

Therapeutic Mentoring Services - \$60.00/hour

These services are intended for children & adolescents under the age of 21 who are in need of support, coaching and training in the following areas to ensure success, progress and new skills learning:

- Teaching of alternative coping strategies
- Behavior rehearsal
- Skill acquisition in the community
- Improve social skills
- Practice social skills in the community
- Enhance conflict resolution skills
- Develop communication skills

Parenting Skills:**Nurturing Parenting Programs-\$75.00/hour**

Nurturing Parenting Programs ("NPP") is a coordinated array of services, recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the National Registry for evidenced-based Parenting Programs (NREPP) as proven programs for the prevention and treatment of child abuse and neglect. NPP builds parent capacity for what we call "Parenting Power": the power of nurturing, connection, and positive discipline. Services are facilitated by a certified NPP trainer, using standardized assessment tools to track progress and outcomes by measuring the attitudes and behaviors that predict recidivism.

We begin with a collaborative assessment of current needs and goals, and identify the level of need, whether preventative (primary, secondary, or tertiary), or comprehensive. Services may be homebased, or a combination of homebased and group services. Parents and other stakeholders agree on the plan, which is customized to the needs of each family. We incorporate a wide range of therapeutic and educational materials, including other parent education programs such as "Beyond Consequences" and "Positive Discipline," while maintaining fidelity to NPP methods, tools, and philosophy.

Each NPP curriculum targets a specific group, such as teen mothers, parents of teens, or infants. Our ultimate goal is to meet the family's and broader community's needs for child permanency, safety, and connection. We offer specialized programming, clinical expertise, and service collaboration to meet the unique constellation of needs of each family, including:

- Parents of infants or toddlers, school age children, or adolescents
- Immigrant and refugee families
- Adoptive, kinship, and foster families
- Teen parents
- Co-parenting issues
- Sexual abuse and sexual reactivity
- Substance use or other addictive behaviors
- Severe mental health issues, including dual diagnosis, Complex trauma/Chronic PTSD, and reactive or disinhibited attachment disorders (RAD/DEID)
- Family reunification support (pre and/or post discharge from residential treatment or foster care)

Parent Coaching - Individual Sessions-\$75.00/hour

Group: \$500.00 - 9 weeks/2 hours per week (times & locations are flexible to fit individual needs)

Lessons are taught by Certified Positive Discipline Parent Educators and focus on teaching parents mutual respect, identifying the belief behind the behavior, effective communication and problem-solving skills, discipline that teaches, finding solutions instead of punishing, and encouragement. For more information on Positive Discipline please visit: <https://positivediscipline.org>

Anger Management-Individual Sessions-\$60.00/hour

Group: \$630.00 - 7 weeks/per group member-2 hours per week (times & locations are flexible to fit individual needs)

Curriculum Overview

- Flexible for all age groups
- Monitor anger on a weekly basis, create Anger Control Plans, learn about the Aggression Cycle, Assertiveness, Conflict Resolution, and Relaxation Techniques
- Learn about Cognitive Restructuring using evidenced based models.
- Open group
- Parenting component included on weeks 3, 6, and 9

Mental Health Skill Building Services (Medicaid Funded) -\$60.00/hour

Integrated Health Services provides mental health skill building services to individuals who are 18 and older who have been diagnosed with a serious mental illness that either currently or in the past required any of the following: (i) psychiatric hospitalization; (ii) either residential or nonresidential crisis stabilization; (iii) intensive community treatment (ICT) or program of assertive community treatment (PACT) services; (iv) placement in a psychiatric residential treatment facility (RTC-Level C) as a result of decompensation related to the individual's serious mental illness; or (v) a temporary detention order (TDO) evaluation, pursuant to § 37.2-809 B of the Code of Virginia. Typically, clients will receive 1-3 hours of services per day. Treatment is specifically goal oriented, solution-focused and utilizes best practice modalities. Each client will receive an initial screening and assessment. Once complete, the client will collaborate with Integrated Health Services staff to develop their individualized treatment plan which will drive services. These services generally include:

- Individualized and customized treatment plans
- Practical skills training
- Safety plan development and implementation
- Monitoring of mental and physical health
- Teaching independent living skills to include: medication management, personal hygiene, nutrition, food preparation, financial planning, employment skills, and coping skills.

Casey Life Skills - \$60.00/hour

Mentor/life coaching performed by a QMHP, utilizing evidenced based Casey Life Skills Curriculum to enhance independent living skills and career preparation on an individual level in the community. Services will be guided by a treatment plan and included short term, measurable goals.

Court or other Professional Appearance Fees:

Unfortunately, we are unable to provide this service pro bono as court appearances generally require a substantial block of time in which our staff cannot see other clients or complete other duties.

- \$250.00/hour
*if travel outside of the region is required or documentation is requested, this will be billed at the \$250.00/hour rate

Outpatient Therapy Program

Individual Sessions with LMHP (Type) - \$120.00/hour

We have a range of outpatient services for individuals and families. Treatments services include, but are not limited to Trauma Informed Care, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Marriage and Family Therapy.

Family Sessions with LMHP (Type) - \$120.00/hour

We have a range of outpatient services for individuals and families. Treatments services include, but are not limited to Trauma Informed Care to include TF-CBT, EMDR, and other trauma-focused modalities, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Marriage and Family Therapy.

Eye Movement Desensitization and Reprocessing Therapy (EMDR Certified) - \$120.00/hour

EMDR is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. EMDR therapy shows that the mind can in fact heal from psychological trauma much as the body recovers from physical trauma.

Trauma Focused Cognitive Behavioral Therapy (TF-CBT Certified) - \$120.00/hour

(TF-CBT) is an evidence-based treatment approach shown to help children, adolescents, and their parents (or other caregivers) overcome trauma-related difficulties, including child maltreatment.

Group Therapy-\$60.00/hour

Groups are designed to target a specific problem, such as depression, obesity, panic disorder, social anxiety, chronic pain or substance abuse. Other groups focus more generally on improving social skills, helping people deal with a range of issues such as anger, shyness, loneliness and low self-esteem.

Sexualized Behavior Treatment (SBT) Program

Specialized treatment for individuals and youth with sexualized behaviors (YSB) by Certified Sex Offender Treatment Providers (CSOTP) and CSOTP Residents. Intensity of services is determined by the Risk, Need and Responsivity Model. These three principles of effective treatment intervention – Risk, Need and Responsivity – and their importance in offender assessment, treatment / case planning and provision of treatment are determined initially with the completion of the Comprehensive Psychosexual Evaluation at the time a case is referred or as ordered by the courts. At this time, the recommendations offered for treatment and case planning, specialized services and/or other necessary community interventions, are identified and the appropriate Case Rate is determined (if applicable).

Comprehensive Psychosexual Evaluation - \$1,000.00

This assessment is for treatment-planning purposes only and provides a summary of the sexual offenses on record or alleged, to provide a baseline of individual treatment needs. The information disclosed in the assessment will be submitted for review by the referring party and subsequently provided to the courts with appropriate case-relevant recommendations. This provider adheres to the regulations governing the Certification of Sex Offender Treatment Providers according to the Virginia Board of Psychology in the state of Virginia (Title of Regulations, 18 VAC 125-30-10 et seq.; Statutory Authority: §§ 54.1-2400 and 54.1-3605 of the Code of Virginia

The Abel Assessment for Sexual Interest – 2 (AASI-2) - \$500.00

The Abel Assessment for Sexual interest-2™ (AASI-2) is an empirically-validated, comprehensive assessment tool to evaluate adolescents and teens (ages 12-17) with sexual behavior problems. This assessment tool objectively measures a person's sexual interest through visual reaction time (VRT) and is administered by our Licensed AASI Clinician.

Individual Sessions and/or Family Sessions with CSOTP/CSOTP-Resident - \$130.00/hour**Individual Sessions and/or Family Sessions with QMHP - \$100.00/hour**

Treatment will include education of cognitive restructuring to include development of thought stopping techniques, identification of cognitive distortions and thinking errors that support ongoing sexual offending, and the identification of high risk situations which could increase the likelihood of reoffending. Interventions will include review of the client's safety plan with the family, addressing pro-social skills deficiencies as well as an emphasis on building on current strengths with an attitude of hope is associated with treatment success. Providing an adequate amount and quality of services was associated with better treatment outcomes.

Treatment/Relapse Prevention Group Sessions with CSOTP - \$100.00/hour

Treatment focuses on educating youth about healthy sexuality, respect for self and others, recognition of appropriate boundaries, acknowledgement of their responsibility for the offensive behaviors, and identification of their actions through full disclosure. All of this is accomplished through developing an understanding and acknowledgement of their offense cycle.

YSB Mentoring Program - \$75.00/hour

Due to the unique needs of youth with sexualized behaviors, IHS has developed a specific and unique mentoring program for these adolescents. Our mentoring program will guide and support YSB mentees to develop the skills and abilities to help them to become successful community members with a focus on adherence to the client's safety plan and relapse prevention strategies.

YSB Caretaker's Group - \$100.00/hour

This group is offered as a support to caretakers of sexually reactive youth. It reinforces their role as primary caretaker, focuses on the client's discharge planning, and monitors the client's compliance with their safety plan.

Victim Clarification - \$130.00/hour

The four primary components of the victim clarification process are:

- (a) clarification of the abusive behaviors
- (b) the offender's assumption of responsibility for the abuse
- (c) the offender's expression of awareness and ownership of the impact on the victim/s and the family;
- (d) the initiation of a plan to ensure future safety.

This process is facilitated ONLY after offenders and victims have adequately completed the majority of their respective treatment and the respective therapists have collaborated about the appropriateness for this final step in treatment. This is in keeping with a "Victim Centered Approach" to treatment.

Youth with Sexualized Behavior (YSB) Risk Level Tiers

All case rates include both the group component (Offender Group and Caregiver Group) and intensive community-based support services delivered in the home/community with number of hours determined by the RNR Principle (with the exception of Case Rate 1, adapted to meet the needs of LOW Risk Youth. Treatment includes, but is not limited to: skill development; crisis response and support; parenting education and support services; monthly progress updates; ongoing risk evaluation as warranted; case collaboration and management; participation in treatment meetings; safety plan development (ongoing); and relapse prevention planning (pre-discharge).

Tier 1 Case Rate - \$1,000.00/month: for LOW RISK (Group ONLY)

Weekly group includes the initial process/education group with the identified youth followed by the social skills group which runs congruent to the caregiver support group.

Tier 2 Case Rate - \$1,900.00/month: for LOW-MODERATE RISK – MODERATE RISK

Weekly Group and up to 8 hours of intensive community-based support services per month (2 hrs. per wk.).

Tier 3 Case Rate - \$3,000.00/month: for MODERATE-RISK/MODERATE HIGH RISK

Weekly Group and up to 16 hours of intensive community-based support services per month (4 hrs. per wk.)

Tier 4 Case Rate - \$3,800.00/month: for HIGH RISK

Weekly Group and up to 24 hours of intensive community-based support services per month (6 hrs. per wk.)

Substance Abuse (SA) Services

Substance Abuse Services will be delivered utilizing Evidence Based Principles from The Substance Abuse and Mental Health Services Administration (SAMHSA) and “Living in Balance” from Hazelden Publishing.

SA Evaluation - \$255.00/evaluation

The evaluation will be completed by an LMHP, LMHP Resident, CSAC or CSAC under supervision to screen, assess, and report recommendations for treatment. The evaluator will conduct a review of records, an interview with the client, a social history, a SASSI, collateral interviews and urine drug screen (as appropriate).

SA Individual Counseling Outpatient Treatment - \$100.00/hour

Services will be provided by an LMHP, LMHP Resident, CSAC or CSAC under supervision to address identified treatment needs and risk factors related usage for the client with substance abuse issues.

SA Family Counseling Outpatient Treatment - \$100.00/hour

Services will be provided by an LMHP, LMHP Resident, CSAC or CSAC under supervision to address identified treatment needs and risk factors related usage for the client with substance abuse issues with a focus on using the family's strengths and resources to help find or develop ways to live without substances of abuse, and to ameliorate the impact of chemical dependency on both the identified patient and family.

SA Group - \$100.00/hour

Services will be provided by an LMHP, LMHP Resident, CSAC or CSAC under supervision to support individual group members in times of pain and trouble and grow in ways that are healthy and creative. Groups will also support deviant behavior or influence an individual to act in ways that are unhealthy or destructive.