

## **Child & Adolescent Outpatient Therapy Services Program Description**

**Philosophy:** The philosophy of Child and Adolescent Outpatient Therapy is to make a positive difference in the quality of lives for the people we support. Child and Adolescent Outpatient Therapy shall provide comprehensive mental health services to children and their families impacted by emotional impairment and/or developmental disability by promoting empowerment and independence through advocacy, education and a comprehensive, supportive partnership involving clients, family and their community.

Child and Adolescent Outpatient Therapy services provided by Recovery Technology LLC are provided in strictest adherence to the clinical guidelines outlined in Chapter III of the Michigan Medicaid Service Agreement, Medicare and other third party regulations, governing rights and confidentiality of the person served.

**Target Population:** Child and Adolescent Outpatient Therapy Services provide a variety of services to Medicaid eligible, indigent mental health recipients and Third Party or Private Pay recipients who meet criteria for program admission such as a serious emotional disturbance, a mental illness as defined in DSM-V, a developmental disability or a person with co-occurring substance abuse disorders.

**Program Description:** Outpatient therapy is focused on improving and enhancing optimal client and family levels of functioning while alleviating or minimizing symptoms which significantly interfere with judgment and coping. Depending on individual needs, the goals of children/adolescent outpatient therapy may be: Crisis resolution; improvement in adaptation to life stressors such as peer pressure; adjustment and transition to adult life; improving self-esteem which may result in enhanced social skills, changing family dynamics; and substance use issues. Child and adolescent outpatient therapy services may also include assessment, linking, monitoring, coordinating and education. Services are provided by a qualified mental health professional with a minimum of a Master's degree in Social Work, Counseling or Psychology. Services include goal oriented, brief therapy, based on the client's strengths, needs, abilities and preferences as outlined in the psychosocial assessment. Treatment modalities may include individual, family and/or group therapy, didactic education and behavioral interventions. The provision of comprehensive services may require the therapist to coordinate with schools, criminal justice system, probate court, Department of Human Services, Primary Care physician and psychiatrist, and other agencies or services relative to the implementation of the Individual Plan of Service.

Sessions are scheduled so as not to conflict with school commitments or family obligations. Office hours are Monday through Friday, 8:00 am to 5:00 pm. Frequently, appointments are held before or after school, during the evening or weekends. A fee assessment is completed

prior to the start of services, and annually thereafter. Clients shall have access to on-call services 24 hours per day, 7 days per week. Initial authorization of services is provided by the funding source at the time of referral. Staff shall advocate on behalf of the client for re-authorization when continuation of services is indicated, based on assessment and progress toward treatment plan goals.

**Admission Criteria:**

- Seventeen years of age or younger
- DSM-V diagnosis
- Willingness to participate in voluntary outpatient services
- Parent/guardian gives consent to services
- Children and Adolescents demonstrating acute mental health and behavioral needs
- Demonstrate difficulty in managing behavioral challenges and difficulty in interpersonal and social relationships
- Demonstrates a need for outpatient therapy per clinical assessment

**Goals and Objectives:** The goals and objectives of Child and Adolescent Outpatient Therapy are driven by individualized needs which are identified by the Bio-Psychosocial Assessment and the Person Centered Planning Process which identifies the client's strengths, needs, abilities and preferences which are developed into an Individualized Plan of Service. Generally, Outpatient Therapy goals address stability within the family unit, reduction of symptoms, restoration or improvement in level of functioning and prevention of additional impairment. A crisis plan that is both proactive and reactive may also be developed if needed. Psychoeducation that educates the client and family is provided on an ongoing basis in a manner that is understandable and approachable.

**Discharge Criteria:** A client may be discharged from Outpatient Therapy when they have completed the goals and objectives in the Individual Plan of Service, has moved out of the service area, voluntarily withdraws from treatment, jointly with the clinician determines that services are not beneficial or has exhausted authorization of services.

Initial authorization of services is provided by the funding source at the time of referral. Staff shall advocate on behalf of the client for re-authorization when continuation of services is indicated, based on assessment and progress toward treatment plan goals.

**Mechanisms for Measuring Outcomes:** Outcomes for Child and Adolescent Outpatient Therapy services will be defined in terms of efficiency, effectiveness and client satisfaction. All Child and Adolescent Services are voluntary and clients are offered service type and agency choices by the funding source prior to the selection of Recovery Technology LLC. Recovery Technology uses the Daily Living Activities (DLA-20) to measure clinical outcomes. Recovery Technology also measures customer satisfaction using customer surveys. Program efficiencies are monitored by Recovery Technology's Quality Improvement Team on a monthly basis.

**Payor Source/Referrals:** Child and Adolescent Outpatient Therapy services are paid for through LifeWays CMH, Third party insurers including Medicaid HMOs, Medicare, Blue Cross/Blue Shield and other insurers. Recovery Technology also accepts cash payments for all services. Referrals come through LifeWays CMH, area hospitals, other services organizations or walk-ins.