

Medicaid Waiver for adults with Developmental Disabilities – Behavioral Intervention & Treatment, Behavior Counseling & Psychotherapy

The Arc of Illinois

Ligas Family Advocate Program

Ligas Family Advocate Program Know Your Options Webinar Series

- Welcome!
- All participants are muted. Please use the question box to insert questions and we will review as many as possible at the end of the webinar
- The webinar presentation can be emailed to all participants who request it. The email contact information to request the slides will be available at the end of the presentation
- We have several additional Know Your Options webinars coming up in the next few months – please plan to join us for the topics that are of interest to you.
- Please register for RTA Transportation Webinar on Jul 30, 2020 12:00 PM CDT at:

<https://attendee.gotowebinar.com/register/6772873287217283599>

Key goals of webinar:

Understanding the basics of the Medicaid Home and Community Based Waiver for adults with developmental disabilities

Understanding that individuals with developmental disabilities may use waiver funding for:

- Behavior Counseling (individual or group)
- Behavior Intervention and Treatment
- Psychotherapy

Understanding when Support Service Teams may be accessed. Support Services Teams (SSTs) provide an interdisciplinary technical assistance and training response to persons with a developmental disability in a medical or behavioral situation that challenges their ability to live and thrive in the community.

Alphabet Soup of Acronyms

- HBS = Home Based Services program (You or your family manage the supports)
- CILA = Community Integrated Living Arrangement
- IDD = Intellectual/Developmental Disability
- ISC = Independent Service Coordination Agency (manages PUNS, gateway to developmental disability services in Illinois)
- PAS –pre-admission screening (done after PUNS selection by ISC to determine final eligibility for waiver funding)
- DDD = Division of Developmental Disabilities (A division of the Illinois Department of Human Services)
- DRS = Division of Rehabilitation Services (offers a Home Services Program and facilitates the Supported Employment Program in IL; primary program for employment support)
- PSW = Personal Support Worker (PSW is term used in the Home Based Program)
- DSP = Direct Support Professional (DSP is term used in CILA/Developmental Disability Provider managed support services)
- PSH = Permanent Supportive Housing
- SSI = Supplemental Security Income
- SSDI = Social Security Disability Income
- SST –Support Service Team

One key difference between Home-based and CILA is who manages the services

Home Based Services (HBS)

The Home-Based Services (HBS) program is:

designed to enable participants to remain living in their family home or in the case of adults, a home of their own if feasible,

while receiving services that support them to achieve their personal outcomes.

In the HBS program, the individual may choose to hire, train, and set the hourly pay for their personal support worker or may choose an agency based personal support worker, employed by a DD provider.

CILA Services

- Community Integrated Living Arrangements are supervised home environments providing different levels of supervision and support. Examples include:
- Host Home (Adult foster care -24/7 supervision)
- Group Home –up to 8 people -24/7 supervision
- Intermittent CILA –less than round the clock care for an individual or group of individuals
- Family CILA –the participant lives in the home of their family. Here the CILA program does not provide housing but does provide other services

Home-based Services Budgeted Monthly Allotment

- **HBS** provides a monthly budget that you can use to purchase needed services and supports, as identified in your Personal Plan.
- **Your HBS monthly budget does not come to you in cash or a check but is a set amount available for you to purchase services that benefit the individual with a developmental disability.**
- HBS provides a monthly allotment in the amount of 3 times (current) SSI per month.
- The 2020 monthly amount for adults is $\$783 \times 3 = \2349.00
- Among the services of the waiver that may be purchased with this monthly funding are Behavior Counseling & Intervention and Psychotherapy. See:
http://www.dhs.state.il.us/page.aspx?item=101181#a_toc7



Welcome:

- Mike Mecozzi, Psy.D, Director of Network IV (Behavioral Health Services), Trinity Services since 2016
- Network IV encompasses all of Trinity's Behavioral Health Services, including residential services, psychosocial rehabilitation programs, the Trinity Counseling Center, Community Support Teams, Homeless Support Teams, Mobile Crisis Response Unit, Living Room, and Permanent Supportive Housing.
- Mike has a B.A. in Economics from the Univ. of IL, Urbana-Champaign and a doctorate in clinical psychology from the Illinois School of Professional Psychology

Trinity Services

www.trinityservices.org

- **Trinity Services provides services and supports to more than 3,500 people with developmental disabilities and mental illness in more than 30 Illinois communities.**
- Services are provided in Chicago's Southwest, Northwest and Western Suburbs, and in Central and Southern Illinois. They include residential living options, employment programs, community day services, behavioral health programs, and more.

In providing services, supports and consultation, Trinity holds to the following values:

- Trinity operates from a base of compassion, competence and community.
- Genuine person-to-person relationships are the key to growth and individual development.
- Trinity embraces the philosophy that the home belongs to the people living there, and staff provide the services.
- Trinity accepts people as they are. Attempts are not made to change personalities or personal preferences.

Trinity Services Behavioral Health Program

The Behavioral Health Program promotes recovery to people with mental illness so that they may develop strengths, increase wellness, live as independently as possible, and flourish

Trinity's Behavioral Health Team includes psychologists, therapists, behavior analysts, qualified mental health professionals (QMHPs), house managers, and independent living coaches. Most services are offered in Northern Illinois.

<https://www.trinityservices.org/services-and-supports/southwest-suburbs/behavioral-health-services>

Resources

Behavioral Health Resources:

http://www.cornerstoneservices.org/csservicesD.asp#Outpatient_Therapy

<https://www.clearbrook.org/programs-and-services/clinical/>

<https://www.aidcares.org/outpatient-mental-health-substance-abuse-services/>

Trinity Counseling Center

<https://www.trinityservices.org/services-and-supports/southwest-suburbs/behavioral-health-services/trinity-counseling-center>

Waiver service: Behavior Counseling

- Behavior Counseling is a treatment approach in which licensed professionals meet with one or more individuals in ongoing periodic formal sessions, and uses relationship skills to promote your abilities to deal with daily living issues associated with any emotional, cognitive or behavioral problems using a variety of supportive and re-education techniques.
- Your Personal Plan and Implementation Strategies must include documentation of the need for behavior counseling and the services to be provided by the licensed professional.
- Behavioral Strategies must be developed and approved in writing by your service provider within 45 days of initial contact.
- The fee for this service will come from your monthly budget.

See: http://www.dhs.state.il.us/page.aspx?item=101181#a_toc7

Waiver Service: Behavior Intervention and Treatment

- Behavior intervention and treatment includes a variety of individualized, behaviorally-based treatment models consistent with best practice and research on effectiveness that are directly related to your therapeutic goals.
- Behavior Interventions include: An approach tailored to address your specific behavioral needs; Targeted skills that are broken into small, attainable tasks; Training of direct support staff, informal caregiver and family so that skills can be generalized and communication promoted, especially in the areas of prevention, intervention and stabilization.
- Services must be directly related to the outcomes contained in your Personal Plan. To receive behavior services under the waivers, the services must be based on behavioral assessments documenting the ongoing need for the service and be included in the Personal Plan.
- See: http://www.dhs.state.il.us/page.aspx?item=101181#a_toc7

Waiver Service: Individual and group psychotherapy

- Psychotherapy is a treatment approach in which a licensed professional conducts formal sessions with one or more individuals. The goal is to eliminate or reduce the symptoms of emotional, cognitive or behavioral disorders. Psychotherapy should also promote positive emotional, cognitive and behavioral development.
- The Personal Plan must include documentation of your need for psychotherapy and the services to be provided by the licensed professional.
- See: http://www.dhs.state.il.us/page.aspx?item=101181#a_toc7

Why this is important

- What percentage of persons with IDD also have a mental health diagnosis?
- A. 10%
- B. 20%
- C. 30%
- D. 40%

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4814928/>

Diagnostic Overshadowing

- The assumption that a person's presenting problems are attributable to a particular condition, in this case a developmental disability

What can anxiety look like?

- Verbal aggression
- Physical illness
- Irritability
- Physical aggression

No more
falling through
the cracks



Are people
math
problems or
sunsets?

$$a^x + b^y = c^z$$



For example, Intensive Outpatient Services—daily therapeutic and social activities

- Trinity Services offers Intensive outpatient services at three centers—Elwood, Joliet and Lockport. Trinity provides specialized services for people who have been dually diagnosed with both a mental illness and an intellectual or developmental disability.

These programs provide daily therapeutic and social activities in a structured setting. Participants are offered a variety of activities in individual and group settings, in the community and in daily psycho-educational sessions.

Group therapy topics and activities include interpersonal relationships, self-esteem, anger management, men's and women's issues, nutrition, exercise, community integration, and more. The center uses evidence-based practices to create a friendly, supportive atmosphere for these activities, which can promote better learning and personal growth.

For example, Dialectical Behavior Therapy (DBT)

- Trinity Services offers The Skills System to individuals with developmental disabilities with a dual mental illness, adapted from Dialectical Behavior Therapy (DBT) for people with cognitive deficits.
- The Skills System typically focuses on providing therapeutic skills related to mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness.

Support Services Team (SST) crisis support

- The Support Services Teams (SSTs) provide an interdisciplinary technical assistance and training response to persons with a developmental disability in a medical or behavioral situation that challenges their ability to live and thrive in the community. The SSTs observe, assess, evaluate, consult with family members and providers working to support the person and provide training as necessary. They will have nurses, Qualified Intellectual Disability Professionals (QIDPs), psychologists, and Board Certified Behavior Analysts on staff and have ready access to other needed specialty providers, such as psychiatrists.
- Note: One must have approval to begin SST services but you do not have to pay for it from your monthly HBS funding
- See:
<https://www.dhs.state.il.us/page.aspx?item=50861#:~:text=What%20are%20the%20SSTs%3F,and%20thrive%20in%20the%20community.>

Trinity Services offers SST/crisis support

- Trinity Services partners with The Hope Institute for Children & Families to provide crisis intervention to those in need through the Illinois Crisis Prevention Network. This innovative initiative provides consultation, training, support and expertise in the area of crisis intervention to those in need in Illinois communities.

ICPN is staffed by skilled clinicians who work with individuals with severe behaviors who are at risk of losing their current living arrangement. The behaviors can disrupt the environment, take an emotional toll on everyone living or working there, and make it very difficult for families or staff to function effectively and work with the individuals involved. Team members can provide strategies to reduce or eliminate the behavioral issues, training for staff or caregivers to cope and work effectively with the clients, and help locate resources in the community.

For more information, [visit ICPN's website](#).

Additional resources:

- <http://www.illinoismentalhealthcollaborative.com/index.htm>
- <https://www.nami.org/Home> and <https://www.nami-il.org>
- There are a number of hotlines and support groups for people with mental illness and their families in Illinois. The Warm Line connects people in need of support with a trained recovery support specialist from 8 a.m.-5 p.m. Monday-Friday at [866-359-7953](tel:866-359-7953). The Crisis Text Line connects people in crisis with trained volunteers who can help them create a plan. People can reach the line 24/7 at [741741](tel:741741).

Questions?

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- Mary Dixon, Northern IL: mary@thearcofil.org; 815-464-1832 x1017

- Trinity Services:
- Jen Klouse, Director of Admissions: jklouse@trinityservices.org
- Mike Mecozzi, Director of Behavior Health, mmecozzi@trinityservices.org; 815-717-1700