

Pathways to Success: Intensive Home-Based Services Overview

November 16, 2022



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What is Pathways to Success?

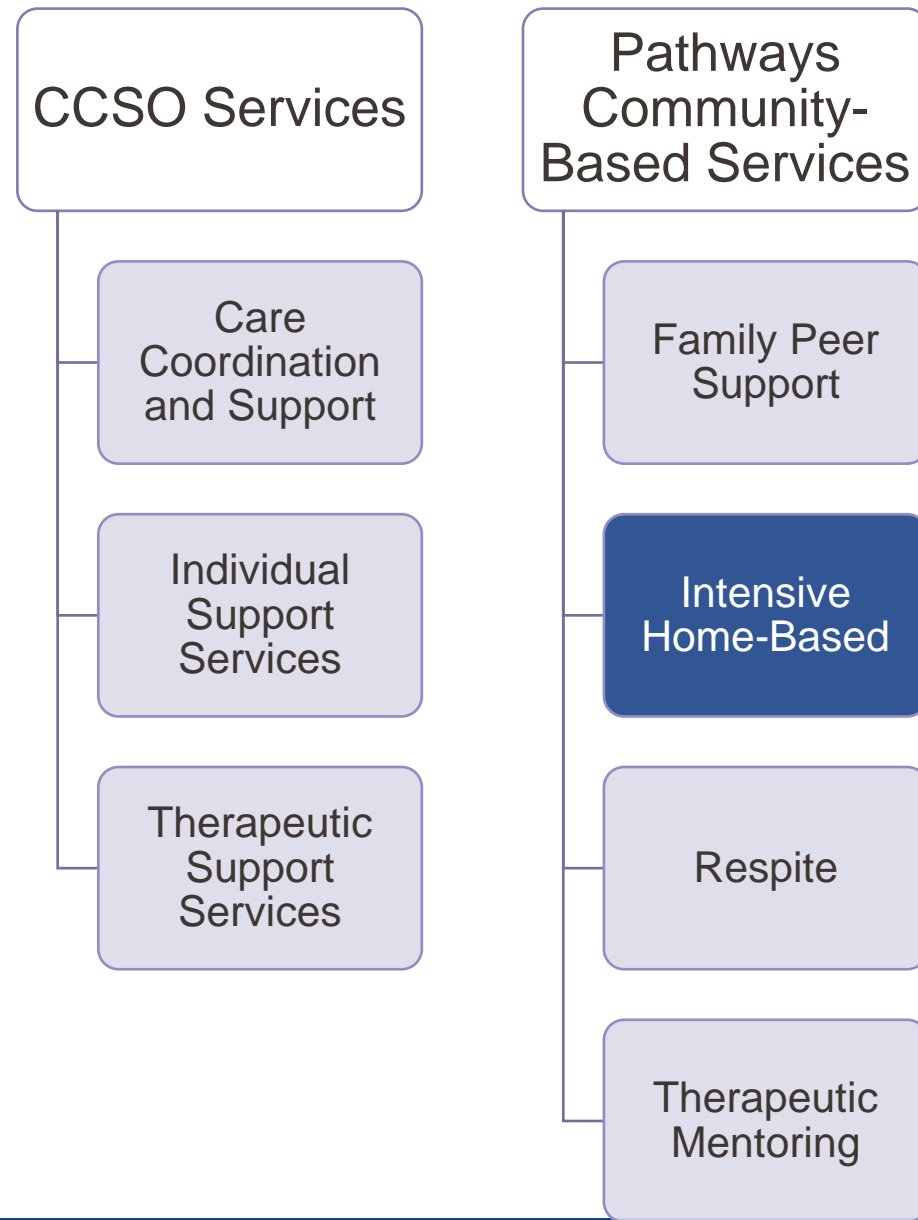
- A program for children with complex behavioral health challenges that provides access to home and community-based services.
- Built upon an intensive model of care coordination that addresses the broad range of each child and family's needs.
- Guided by System of Care principles that put children and families at the center of planning for services and supports.
- Designed to address many of the State's commitments under the N.B. Consent Decree.
- Begins serving children and families January 1, 2023.



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Special Services Available to Pathways Youth



Service Overview and Key Roles



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Intensive Home-Based (IHB) Services

Definition

- IHB is a team-based service that provides individualized, time-limited, focused services directly to children and their caregivers in home and community settings.
- Consists of two components: Intensive Home-Based Clinical (IHBC) and Intensive Home-Based Support (IHBS).

Purpose

Increase	child and family functioning
Promote	healthy family functioning
Improve	the family's ability to provide effective support for the youth
Support	the family's capacity to maintain the child within the home and community



IHB Clinical (IHBC) Role

- Qualifications: QMHP or LPHA
- Utilizes information from a functional behavioral assessment to develop an evidence-informed clinical intervention plan.
- Delivers therapeutic interventions focused on symptom reduction and improving family functioning.
- Primarily draws upon solution-focused approaches
- Utilized Managing and Adapting Practice (MAP) tools
- Provides clinical direction of the interventions of the IHB Support staff.

IHB Support (IHBS) Role

*PERFORMED ONLY IN
CONJUNCTION WITH IHBC
SERVICES*

- Qualifications: MHP with 2 years experience with children and families.
- Supports the youth and family in implementing therapeutic interventions, skills development, and behavioral techniques from the clinical intervention plan.
- Teaches the youth to understand, direct, interpret, manage, and control feelings and emotional responses.
- Assists the family to address the youth's emotional and behavioral needs.
- Primarily draws upon solution-focused approaches
- Services provided consistently with MAP tools and are under the direction of the IHBC role.

IHB Team Lead Role

- Qualifications: LPHA
- Provides coaching and support to IHBC and IHBS staff.
- Ensures effective implementation of solution-focused approaches, MAP and Functional Behavioral Assessment into the Child and Family Team (CFT) process.
- May also fill the IHBC role.



Caseload Best Practices

- Team Leads don't manage more than 6-8 IHB Teams.
- IHBC and IHBS don't work with more than 6-8 families, depending on complexity of families.
- If Team Lead also serves in IHBC role, no more than 6-8 families in addition to reduced number of IHB Teams they supervise.



IHB Service Delivery Model



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What Makes IHB Services Different?

It is a time limited, multi-disciplinary, evidence based, team approach.

It is provided by trained staff to help youth and families practice skills in real world settings.

It utilizes Solution Focused approaches, Functional Behavioral Assessment (FBA) and support from Managing and Adapting Practice (MAP).

It is provided in home and community settings and often during non-traditional business hours.



What Makes IHB Services Different? (cont.)

Targets the risk behavior(s) adversely impacting the youth's ability to function at an optimal level.

IHB staff work in conjunction with the coordination of care provided by the High-Fidelity Wraparound Facilitator or Care Coordinator.

IHB staff supports the Child and Family Team in creating Crisis Prevention Plans and Individualized Plans of Care and provides support to reduce the need for Mobile Crisis Response.

IHB helps the Child and Family Team in utilizing familial, community and natural supports in treatment planning.

What is Wraparound?

- Wraparound is a process utilized to improve the lives of children with complex needs and their families.
- The key element of the Wraparound process is a plan developed by a family-centered Child and Family Team (CFT), individualized based on the strengths and culture of the child and family, and driven by needs rather than services.
- All children in Pathways will receive Wraparound through the service known as Care Coordination and Support (CCS).
- Care Coordination and Support Organizations (CCSOs) facilitate the Wraparound process for Pathways enrolled youth.

How are Youth Referred to IHB Services?

- During the Wraparound process, youth and family needs are identified.
- The Care Coordinator and the CFT work together, independently and through CFT meetings, to identify services and supports to meet the needs.
- If agreeable to the family, the Care Coordinator provides a description of needs and perceived clinical benefits of IHB to the CFT, which considers appropriateness for service.
- If the CFT recommends IHB services, the youth's IM+CANS is updated to reflect the recommended service, including recommended frequency and duration. The CCSO's LPHA reviews and authorizes the IM+CANS update.
- The Care Coordinator makes a referral to the IHB provider selected by the family.

IHB Service Delivery

Mode

IHB services are delivered:

- At times and locations that are convenient to the child and family, including evenings and weekends as needed;
- In home and community-based settings.
- Face-to-face, by phone, or by video.

Frequency

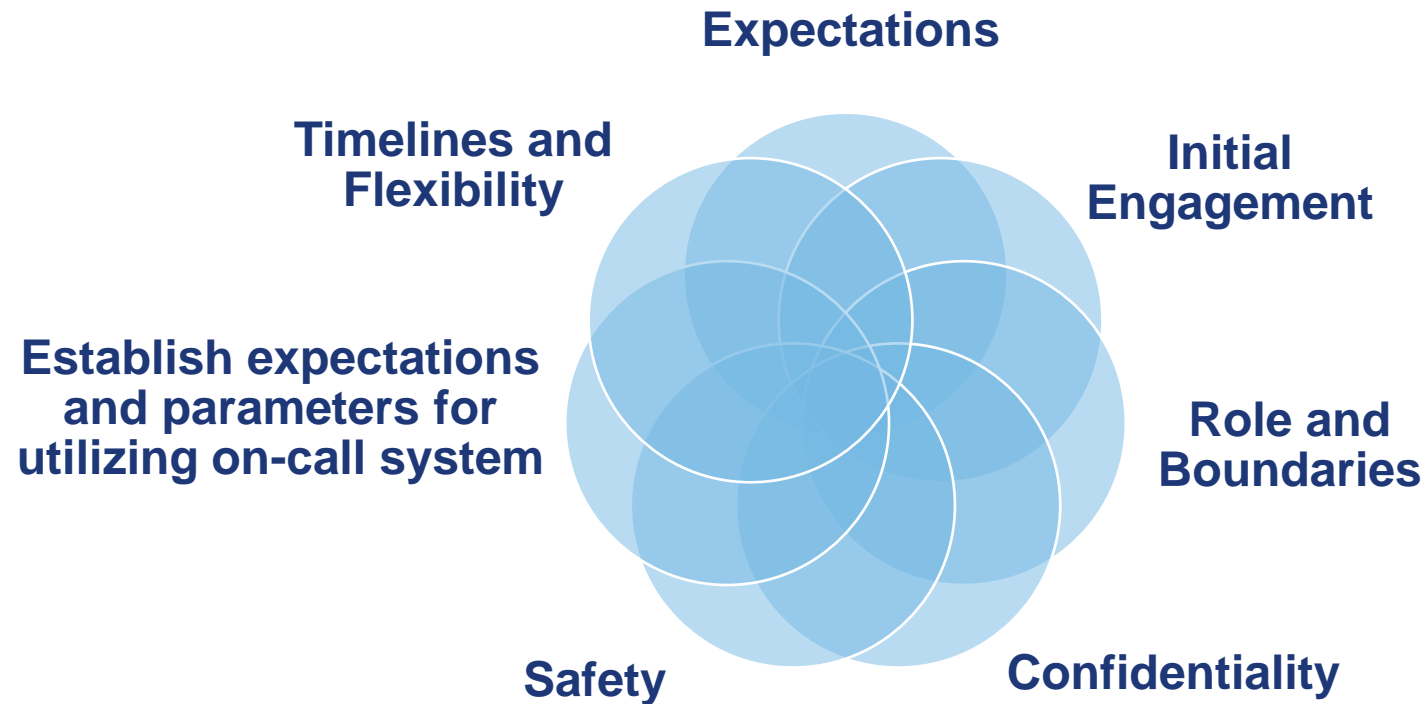
- Best practice: 2 hours per week.
- Should be determined based on needs/preferences of the family and consistent with the recommendations of the Child and Family Team (CFT).

Duration

- Best practice: 3-6 months.
- The IHB team should reassess with the CFT if the youth is not making progress after 6 months.
- No prior or continued authorization required.



First Meeting: Setting Expectations



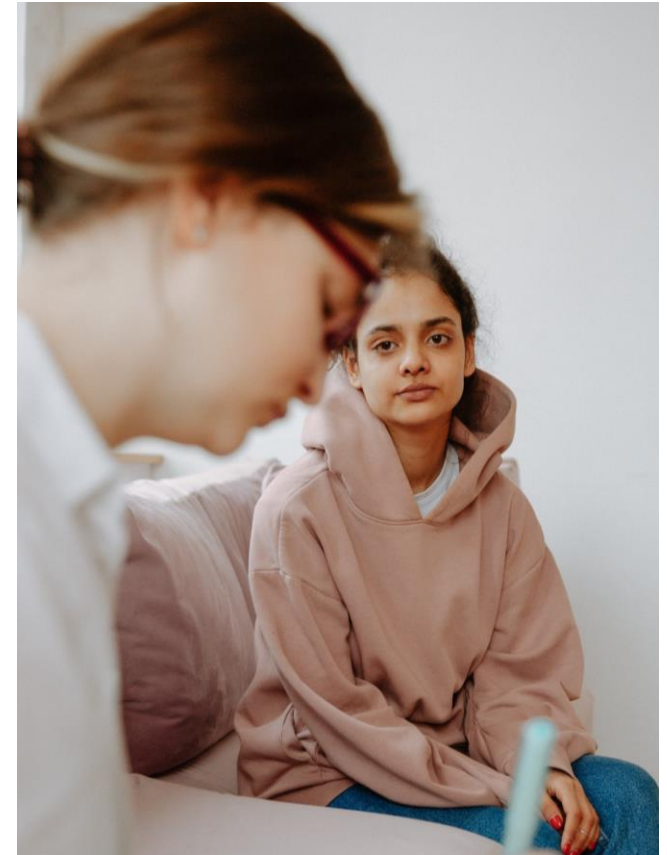
Typical Service Week



- Individual, family, parent interventions
- Cross-system interventions
- Crisis availability and response; Safety Planning
- Resource and support building activities
- Who: youth; family members, collaterals (school, court, etc.)
- Multiple service hours and contacts

Ongoing Collaboration with CFT

- IHB staff are expected to participate as an active member of the CFT, attending meetings and providing regular updates on progress to the youth's Care Coordinator.
- Ensure newly collected, clinical information is integrated into other existing plans and processes reviewed with the CFT, such as:
 - Crisis Prevention and Safety Plan (CPSP)
 - Strengths, Needs and Cultural Discovery (SNCD)
 - Individual Plan of Care (IPOC)
 - IM+CANS



Roles and Responsibilities of IHB in Crisis Prevention and Response

- IHB team members serve as active resources on the youth's CPSP, working to prevent and de-escalate potential crises.
 - IHB staff are expected to have availability outside of normal business hours to help families implement their CPSP.
- IHB providers must make every effort to be available for consultation with the Mobile Crisis Response team and/or the youth's Care Coordinator in case the youth experiences a crisis event.
- Participates in 48-hour post crisis CFT meetings.
- Summarizes progress on utilization of CPSP.

IHB Clinical Approach



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Functional Behavioral Assessment (FBA)

- The IHB team (IHBC and IHBS) jointly initiate the FBA with the family within 7 days of referral.
 - Ideally completed within 14 days of referral.
- Identifies a specific or target behavior that interferes with a youth's functioning across domains.
- Gathered through different types of observation: direct, indirect, experimental.
- Utilizes strengths-based approach for interventions and target behaviors
- Assists in implementation of the youth's Crisis Prevention and Safety Plan

Hypothesis of Behavior

Team formulates a hypothesis about what the function of the behavior it is, or what purpose the behavior serves.

If "A" happens, then "B" occurs, to experience "C"



Solution-Focused Approaches

- Helps customers find tools they can use immediately to manage symptoms by helping them identify and develop existing skills to create change in their lives.
- Helps customers develop a vision of their future and then determine how internal abilities can be enhanced to attain the desired outcome.
- Can stand alone as a therapeutic intervention or be used along with other therapy styles and treatments.
- Can be used to treat individuals across the life span and a variety of issues, including child behavioral problems, family dysfunction, domestic or child abuse, addiction, and relationship problems.

Managing and Adapting Practice (MAP)

- Provides a framework for expanding access to evidence-based and informed interventions.
- MAP tools guide clinical activity based upon the current research literature.
- Compiles, summarizes, and distributes knowledge on the common elements of hundreds of evidence-based interventions.
- Coordinates provider and family expertise (local knowledge) with findings from the evidence base (general knowledge) to guide and organize treatment.
- More like a toolkit to build treatments, rather than a treatment itself.

How Does MAP Work?

- Child-specific information (i.e. age, gender, race or ethnicity, problem type) is entered into the PracticeWise Evidence-Based Services (PWEBS) Database.
- PWEBS summarizes latest expert-reviewed science about effective treatments for youth with similar presentations, including:
 - Which treatments are effective
 - Common practices of effective treatments
 - Other features of effective treatments
 - Primary sources of this information
- Clinicians use this information to inform which common practices to incorporate into their work with the child and family.
- Clinicians can then access practitioner guides to help guide them in using the common practices.

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What are Practitioner Guides?

- **Process Guides** provide a visual model of the core frameworks for MAP.
- **Practice Guides** provide a convenient set of instructions for the most common practice elements amongst evidence-based treatments in a 2-page checklist format.



IHB Training Requirements

- All IHB roles must complete the following training through PATH:
 - Take the self-paced Systems of Care in Illinois course*;
 - Maintain annual certification in the IM+CANS*;
 - Attend the 2-day IHB services core training*; and
 - Participate in quarterly boosters.
- IHB Team Leads must also attend a 1-day IHB Team Lead training.
- IHB Clinicians and Team Leads must become certified as a MAP Therapist according to the standards and timelines outlined by HFS.
- IHB TA calls and coaching available through PATH.

**IHBC and IHBS staff must complete before delivering any IHB services.*

MAP Therapist Certification Process

- Ensures the clinical staff providing and overseeing IHB services are qualified in the appropriate usage and monitoring of the MAP system.
- Training will be rolled out to cohorts of clinicians based upon MAP trainer capacity.
- Includes initial 5 days of training followed by a series of coaching sessions.
- Must submit a portfolio outlining the usage of MAP in direct practice.
- Anticipated to take approximately 6 months to obtain.



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Provider Enrollment and Billing



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IMPACT Provider Enrollment

- Providers must be enrolled in IMPACT to deliver IHB services and must complete a unique IHB Program Approval process.
- The site enrolling must be certified as a CMHC or BHC.
- Enrollment for all IHB services is open now – providers can submit an application or modification in IMPACT at any time.
- Guides for submitting an Application or Modification within IMPACT can be found on the HFS website:

<https://www2.illinois.gov/hfs/impact/Pages/PresentationsAndMaterials.aspx>



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IHB IMPACT Enrollment Guide

Provider Type	Specialty	Subspecialty	Billable Pathways Services	Unique Program Approval?
Community Mental Health Center	Outpatient	None	• IATP: Child & Family Team	No
	Residential Services	None	• IATP: Child & Family Team	No
	Home & Community Based Services	Intensive Home-Based Services	• Intensive Home-Based	Yes
Behavioral Health Clinic	BHC Outpatient	None	• IATP: Child & Family Team	No
	BHC Home & Community Based Services	Intensive Home-Based Services	• Intensive Home-Based	Yes



IHB Program Approval Process

- Providers seeking to provide IHB services must obtain a specific IHB Program Approval as part of the IMPACT enrollment process.
- HFS partners with the Office of Medicaid Innovation (OMI) to conduct IHB Program Approvals.
- Following submission of an IMPACT application/modification with the IHB Subspecialty, OMI staff will contact the provider to request documents for the program approval review.
- Providers will be required to submit documentation demonstrating compliance with the IHB staffing, training and service delivery requirements.
- Will be reviewed and re-approved every 2 years.

IHB Program Approval Documentation

IHB Program Plan

Policy & Procedure
Manual

Disaster Recovery
Plan

IHB Staffing List with
Credentials

Signed Annual
Attestation



Reimbursement

Service	Minimum Staff Qualifications	Unit	On-Site Rate	Off-Site Rate
IATP: Child & Family Team <= 90 mins.	RSA	Event	\$75.00	\$75.00
IATP: Child & Family Team > 90 mins.	RSA	Event	\$150.00	\$150.00
IHB – Support	MHP	¼ hr.	\$27.32	\$30.26
IHB – Clinical	QMHP	¼ hr.	\$34.84	\$38.00
IHB – Clinical	LPHA	¼ hr.	\$41.34	\$45.06

*IHB services may not be delivered on the same day as Community Support, Therapy/Counseling, CST, or ACT.



Upcoming Webinars

Family Peer Support Overview

Thursday, November 17th

10:00am – 11:30am

Registration Link:

<https://illinois2.webex.com/illinois2/j.php?RGID=r2c156c5e1982b9cf8381801f800acb13>

Recorded versions of all Pathways webinars will be posted here:

<https://www2.illinois.gov/hfs/MedicalProviders/behavioral/pathways/Pages/resources.aspx>



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Helpful Resources



- [Pathways Homepage](#)
- [UIUC Provider Assistance & Training Hub \(PATH\)](#)
- [HFS Provider Notices](#)
- [IMPACT Provider Enrollment](#)
- [Community Based Behavioral Services \(CBS\) Handbook](#)
- [Rule 141](#)
- [PracticeWise/MAP](#)

Thank you!

Policy/Program Questions: HFS.Pathways@illinois.gov
IHB Clinical/Training Questions: PATH-BH@illinois.edu

