HealthierLife: Fidelis Care’s Health and Recovery Plan (HARP)

Summary of Behavioral Health Benefits Available to Members

Please note that some benefits listed require authorization.
For more information, please call 1-888-FIDELIS (1-888-343-3547).

Office of Mental Health (OMH) Benefits:

- **Clinic** - A program that provides an array of treatment services for assessment and/or symptom reduction or management. Services include but are not limited to individual and group therapies. The purpose of such services is to improve the person’s ability to function in the community. The intensity and duration of visits may vary.

- **Intensive Psychiatric Rehabilitation Treatment (IPRT)** - A time-limited rehabilitative program that focuses on building skills and developing community support to assist individuals to attain specific residential, learning, working, or social goals.

- **Personalized Recovery Oriented Services (PROS)** - A comprehensive recovery oriented program for individuals with severe and persistent mental illness. The goal of the program is to integrate treatment, support, and rehabilitation in a manner that facilitates the individual’s recovery.

- **Continuing Day Treatment (CDT)** - A program that provides seriously mentally ill adults with the skills and supports necessary to remain in the community and/or work toward a more independent level of functioning. Participants often attend several days per week with visits lasting more than an hour.

- **Assertive Community Treatment (ACT)** - A comprehensive and integrated set of psychiatric, psychosocial rehabilitation, case management, and support services. Services are provided by a mobile multi-disciplinary mental health treatment program mainly in the client’s residence or other community locations.

- **Partial Hospitalization** - A program that provides active treatment designed to stabilize or reduce acute symptoms in a person who would otherwise need hospitalization.

- **Crisis Intervention** - Services provided by a mobile crisis team to a person who is experiencing or is at imminent risk of having a psychiatric crisis and are designed to interrupt and/or lessen a crisis, including a preliminary assessment, immediate crisis resolution and de-escalation.

- **Comprehensive Psychiatric Emergency Program (CPEP)** - A hospital-based emergency program that offers provides access to crisis outreach, intervention, and
residential services; and/or provides beds for the extended observation (up to 72 hours) to adults who need emergency mental health services.

- **Psychiatric Inpatient** - A hospital-based program that includes 24/7 psychiatric, medical, nursing, and social services to allow for the assessment and/or treatment of a person with a primary diagnosis of mental illness who cannot be adequately served in the community.

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**Office of Alcohol and Substance Abuse Services (OASAS) Benefits:**

- **Clinic** - Provides treatment services to individuals who suffer from substance use disorders and their family members and/or significant others. Delivered at different levels of intensity responsive to the severity of the problems presented by the person.

- **Opioid Treatment Program (OTP)** - Certified sites where methadone or other approved medications are administered to treat opioid dependency following one or more medical treatment.

- **Outpatient Rehabilitation** - Assist individuals with chronic medical and psychiatric conditions. Higher staff to client ratio compared to other outpatient levels.

- **Ancillary Withdrawal Services** - Medical management of mild or moderate symptoms of withdrawal within an OASAS-certified outpatient clinic setting.

- **Intensive Outpatient** - Certified treatment service for individuals who require a time-limited, multi-faceted array of services, structure, and support to achieve and sustain recovery.

- **Inpatient Hospital Detoxification** - Medically managed withdrawal and stabilization in a hospital setting. Designed for individuals who are acutely ill from alcohol-related and/or substance-related addictions or dependence.

- **Medically Supervised Inpatient Detoxification** - Provides treatment of moderate withdrawal symptoms and non-acute physical or psychiatric complications.

- **Inpatient Rehabilitation** - OASAS-certified 24-hour, structured, short-term, intensive treatment services provided in a hospital or free-standing facility.

- **Residential Services (Stabilization, Rehabilitative, and Reintegration)** - Services of varying levels offered in a residence, providing members with the ability to manage their condition in the safety of a residential setting. Residential services normally last 3+ months.
Home and Community Based Services (HCBS) Benefits
(Available beginning January 1, 2016 for qualifying HealthierLife members)

The following benefits will be added to the HealthierLife benefit package as of January 1, 2016. These benefits are only available to members who have completed an assessment with a qualified individual. If you are a member of a Health Home, this assessment will be performed by your Health Home Care Manager. To set up an appointment for an “HCBS Eligibility Assessment” to determine if you qualify for these benefits, please call 1-888-FIDELIS (1-888-343-3547).

- **Psychosocial Rehabilitation (PSR)** – Helps a member to improve their skills to reach set goals.

- **Community Psychiatric Support and Treatment (CPST)** – Helps connect a member with a licensed treatment program. These short-term services are provided at a location chosen by the member, such as his or her own home.

- **Habilitation/Residential Support Services** – Helps a member learn new skills in order to live independently in the community.

- **Family Support and Training** – Teaches skills to help people in the member’s life to support the member’s recovery.

- **Short-term Crisis Respite** – Provides a safe place to go during stressful situations. *Please note: This service is available to all HealthierLife members as of January 1, 2016, even those members who have not completed the HCBS Eligibility Assessment.*

- **Intensive Crisis Respite** – Provides a safe place to stay and treatment during times of crisis to reduce inpatient hospital admissions. *Please note: This service is available to all HealthierLife members as of January 1, 2016, even those members who have not completed the HCBS Eligibility Assessment.*

- **Education Support Services** – Helps a member return to school for education and training necessary to obtain employment.

- **Pre-Vocational Services** - Helps a member develop skills needed in preparation of employment.

- **Transitional Employment Services** – Provides short-term support while the member tries out different jobs. This includes on-the-job training to strengthen work skills to help keep a job at/or above minimum wage.

- **Intensive Supported Employment Services** - Helps a member find a job at/or above the minimum wage and keep it.
• **Ongoing Supported Employment Services** - Assists member at successfully maintaining a job.

• **Empowerment Services (Peer Supports)** – Support from people in recovery to help a member reach their recovery goals.