



*Integrate  
Behavioral and  
Physical Health  
Care*

## Understanding the Southwest Washington Behavioral Health Services Only Program

In April 2016 Clark and Skamania become the first counties in the state to adopt a new approach to providing Medicaid services. In Clark and Skamania counties, most Medicaid clients will receive the full continuum of their physical health, mental health and substance use disorder services through an Apple Health managed care plan of their choosing, either Community Health Plan of Washington (CHPW) or Molina Healthcare of Washington (Molina).

Through this whole-person approach to care, physical and behavioral health needs will be addressed in one system through an integrated network of providers, offering better coordinated care for patients and more seamless access to the services they need.

This change means the regional support network (RSN) and county-based fee-for-service substance use disorder program will both cease operations.

### What is the Behavioral Health Services Only (BHSO) Program?

For Medicaid clients in Clark and Skamania counties who get their **physical health care** coverage through the Medicaid program's fee-for-service system or through alternative coverage (such as Medicare or their own health insurance plan), the Washington State Health Care Authority (HCA) has created the Behavioral Health Services Only (BHSO) program. Through this BHSO program, these Medicaid clients will get Medicaid coverage for their **specialty mental health care** and **substance use disorder** treatment (together, we call this **behavioral health care**).

Beginning in April 2016, people enrolled in Apple Health will be able to choose either CHPW or Molina for their BHSO coverage. Having BHSO coverage with CHPW or Molina will not change their physical health care coverage through the Medicaid fee-for-service system, Medicare, or their own health insurance plan.

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## What services are covered in the BHSO program?

### Mental health inpatient treatment

Medically necessary inpatient crisis care:

- Evaluation
- Treatment
- Community hospitalization

### Mental health outpatient treatment

Mental health outpatient services may include:

- Intake evaluation
- Individual treatment services
- Medication management
- Medication monitoring
- Group treatment services
- Peer support
- Brief intervention and treatment
- Family treatment
- High intensity treatment
- Therapeutic psychoeducation
- Day support
- Stabilization services
- Rehabilitation case management
- Mental health services provided in a residential setting
- Special population evaluation
- Psychological assessment

### Substance use disorder services

Substance use disorder services may include:

- Assessment
- Brief intervention and referral to treatment
- Withdrawal management (detoxification)
- Outpatient treatment
- Intensive outpatient treatment
- Inpatient residential treatment
- Opiate substitution treatment services
- Case management

Certain behavioral health care services funded by the Washington State Legislature (outside of Medicaid) or by federal block grants that complement Medicaid benefits, will be available to BHSO-covered Medicaid clients who meet all program and medical necessity criteria.

### Who will be enrolled in a BHSO plan?

All Medicaid clients who receive their physical health care coverage outside of Medicaid managed care (in other words, through the Medicaid fee-for-service system, Medicare, their own health insurance, etc.) and who are eligible for Medicaid-covered behavioral health care services, will automatically receive BHSO coverage and will have their choice of BHSO coverage through CHPW or Molina.

These Medicaid clients include:

- Individuals who are covered both by Medicare and Medicaid (dual-eligible).
  - These individuals receive their coverage under Medicare as well as the Medicaid fee-for-service system.
- Individuals in foster care, foster care alumni, or individuals receiving adoption support.
  - These individuals will be enrolled in the statewide Apple Health managed care plan for their physical health care.
- American Indians/Alaska Natives who exercise their federal right to opt-out of the fully-integrated managed care program.
  - These individuals receive their coverage under the Medicaid fee-for-service system as well as under Indian Health Service (IHS)-funded programs, such as IHS direct care facilities, Tribal 638 facilities, and urban Indian health facilities.

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*(Individuals eligible for BHSO plan, continued)*

- Individuals who must meet spenddown requirements before they are eligible for Apple Health benefits
- Certain limited populations of individuals who are under the age of 22 or over the age of 65 and residing in an Institute for Mental Disease
- Non-citizen pregnant women
- Individuals in hospice prior to managed care enrollment
- Individuals who have private insurance coverage

### **How is the BHSO program different from the Behavioral Health Organizations operating in the rest of the state?**

The coverage provided by the BHSO program is the same coverage provided to individuals who receive care through a behavioral health organization (BHO) in other regions of the state. The main difference between the BHSO program and the BHO is that the BHSO program is operated by the managed care plans, while the BHO is a county-based managed care entity.

### **How are clients enrolled in the BHSO program? How do clients pick their own BHSO plan?**

Medicaid clients residing in Clark and Skamania counties who are not enrolled in an Apple Health managed care plan that covers behavioral health benefits will be automatically covered by the BHSO program and assigned to one of the two available MCOs. If a Medicaid client was covered by CHPW or Molina within the six months before BHSO enrollment, they will be assigned to that MCO's BHSO program. Clients can change their plan by contacting the Customer Service Center toll-free at 1-800-562-3022, Monday through Friday from 7:30 a.m. to 5 p.m. (TTY/TDD 711 or 1-800-848-5429 for people with hearing or speech equipment.)

Learn more about Healthier Washington and integrating behavioral and physical health care at [www.hca.wa.gov/hw/pages/integrated\\_purchasing](http://www.hca.wa.gov/hw/pages/integrated_purchasing) where you can read our [FAQs on changes to Apple Health in the Southwest Washington region](#).