

NOTE: These criteria apply to Capital BlueCross (CBC) and Independence Blue Cross (IBC) benefit plans.

Outpatient Mobile Therapy

Criteria for Authorization

The specified requirements for severity of need, and intensity and quality of service must be met to satisfy the criteria for outpatient mobile therapy.

I. Admission - Severity of Need

Criteria A, B, C, D, E, F and G must be met to satisfy the criteria for severity of need.

There must be documentation of:

- A. An established DSM-IV diagnosis of a Pervasive Developmental Disorder.¹
- B. A severe challenging behavior that:
 - Presents a health or safety risk to self or others (such as self-injury, aggression toward others, destruction of property, stereotyped/repetitive behaviors, elopement, severe disruptive behavior); *or*
 - Significantly interferes with home or community activities.
- C. Less-intensive behavior treatment or other therapy has been seriously considered, or has not been sufficient to reduce interfering behaviors, to increase pro-social behaviors, or to maintain desired behaviors.
- D. The patient is medically stable and does not require the 24-hour medical/nursing monitoring or procedures provided in a hospital level of care.
- E. The patient is at-risk for out-of-home placement, including hospitalization or residential treatment center placement; *and*
- F. Either 1 or 2:
 1. The patient has not maintained, on a continuous basis, community mental health services that are prescribed, *or*
 2. The patient is exhibiting behavior that is a danger to self or others; *and*
- G. The primary caretaker:
 1. Has the goal of maintaining the child adolescent safely in the home, *and*
 2. Agrees to participate in mobile treatment services.

II. Admission – Intensity and Quality of Service

Criteria A, B and C must be met to satisfy the criteria for intensity and quality of service.

- A. The individual treatment plan requires that services are rendered by a multidisciplinary team of professional and support staff supervised by mental health professionals. A specific goal of the treatment is improving the patient's symptoms, behavior, and/or level of functioning enough to return the patient to a lesser level of care.
- B. The patient's condition must require intensive, assertive mental health treatment and supportive services delivered by a multidisciplinary treatment team, providing a minimum of weekly face-to-face contact.
- C. The patient must have 24-hour access to the mobile treatment team.

Criteria for Continued Stay

III. Continued Stay

Criteria A, B, C, D and E must be met to satisfy the criteria for continued stay:

- A. Despite treatment efforts, clinical evidence indicates that the problems that necessitated the provision of treatment services persist, or additional problems consistent with the admission criteria have emerged.
- B. Evidence that attempts to integrate the patient into traditional outpatient treatment have not been successful.
- C. The patient continues to be unable to engage in traditional outpatient treatment.
- D. The primary caretaker:
 - 1. Continues to have the goal of maintaining the child or adolescent safely in the home, and
 - 2. Continues to participate in mobile treatment services.
- E. Reasonable expectation, based on the patient's clinical history and recent clinical experience, that the current treatment is of benefit to the patient, such that withdrawal of treatment will result in the patient's decompensation or the recurrence of signs or symptoms that necessitated treatment.

Exclusion Criteria

IV. Exclusion Criteria

ABA treatment will not be authorized for any of the following purposes:

- A. Speech therapy
- B. Occupational therapy
- C. Vocational rehabilitation
- D. Supportive respite care
- E. Recreational therapy
- F. Orientation and mobility.

Discharge Criteria

V. Discharge Criteria

Criteria A, B, C or D must be met to satisfy the criteria for discharge.

- A. No meaningful, measurable improvement has been documented in the patient's behavior(s) for a period of three months of optimal treatment, and there is no reasonable expectation that termination of the current treatment would put the patient at risk for decompensation or the recurrence of signs and symptoms that necessitated treatment.
 - For changes to be "meaningful" they must be durable over time beyond the end of the actual treatment session, and generalizable outside of the treatment setting to the patient's residence and to the larger community in which the patient resides.
- B. Treatment is making the symptoms persistently worse.
- C. The patient has achieved adequate stabilization of the challenging behavior and less-intensive modes of therapy are appropriate.
- D. The patient demonstrates an inability to maintain long-term gains from the proposed plan of treatment.

¹ The DSM-IV-TR, Fourth Edition, 2000 has established a category of Pervasive Developmental Disorders, which includes: Autistic Disorder, Asperger's Disorder, Childhood Disintegrative Disorder, Rett's Disorder, and Pervasive Development Disorder Not Otherwise Specified.