

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

Outpatient Therapeutic Staff Support

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 therapeutic staff support (TSS).

I. Admission - Severity of Need

Criteria A, B and C 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. There is a need for intervention strategies that:
 - Diminish a patient's risk of harm to self or others (such as self-injury, aggression toward others, destruction of property, stereotyped/repetitive behaviors, elopement, severe disruptive behavior); *or*
 - Reduce maladaptive behaviors; *or/and*
 - Enhance communication *or/and*
 - Improve social skills.
- C. The patient is medically stable and does not require the 24-hour medical/nursing monitoring or procedures provided in a hospital level of care.

II. Admission – Intensity and Quality of Service

On-site therapeutic support services must be provided, at a minimum, by a behavioral health technician supervised by a master's-level practitioner. Therapeutic support services must be related to the patient's treatment plan goals and objectives, and must include one or more of the following criteria (A, B or C) to meet to satisfy the criteria for intensity and quality of service.

- A. One-to-one supervision and intervention with the patient during therapeutic activities, in accordance with the treatment plan that is based on the severity of the symptoms;
- B. Skill training of the patient for restoration of those basic living and social skills necessary to function in the patient's own environment;
- C. Assistance to the patient and family in implementing the behavioral goals identified through family counseling and development of the treatment plan that is based on the severity of the symptoms;

Criteria for Continued Stay

III. Continued Stay

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

- A. Treatment is in process of implementation.
- B. Active and timely treatment is focused upon stabilizing or reversing symptoms for which treatment was initiated (or prescribed).
- C. Interventions are consistent with the patient's risk factors and assessment.
- D. Treatment plan and service hours have been adjusted to reflect the patient/family's progress.
- E. Routine assessments and treatment progress updates are completed.
- F. Patient and family, to the extent possible, are involved in treatment and discharge planning.
- G. Treatment is not making the symptoms persistently worse.
- H. 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

TSS 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 within 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.