

# Humana Healthy Horizons™ in Louisiana

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| <b>Department:</b> Utilization Management                    | <b>Policy and Procedure No:</b>          |                 |
| <b>Policy and Procedure Title:</b> Therapeutic Group Therapy |  |                 |
| <b>Process Cycle:</b> Annually                               | <b>Responsible Departments:</b> Clinical |                 |
| <b>Approved By:</b> Nicole Thibodeaux, RN                    | <b>Issue Date:</b>                       | <b>Revised:</b> |

**PURPOSE:** This clinical coverage policy is to identify the clinical criteria and guidelines to review medical necessity and appropriateness for Therapeutic Group Home (TGH).

## **POLICY:**

### Therapeutic Group Home Clinical Coverage

TGHs provide a community-based residential service in a home-like setting of no greater than ten beds, for members under the age of 21, who are under the supervision and program oversight of a psychiatrist or psychologist. TGHs are located in residential communities in order to facilitate community integration through public education, recreation and maintenance of family connections.

TGHs deliver an array of clinical and related services within the home, including psychiatric supports, integration with community resources and skill-building taught within the context of the home-like setting. The treatment should be targeted to support the restoration of adaptive and functional behaviors that will enable the child or adolescent to return to and remain successfully in his/her home and community, and to regularly attend and participate in work, school or training, at the child's best possible functional level.

Integration with community resources is an overarching goal of the TGH level of care, which is in part achieved through rules governing the location of the TGH facility, the physical space of the TGH facility, and the location of schooling for resident youth. The intention of the TGH level of care is to provide a 24-hour intensive treatment option for youth who need it, and to provide it in a location with more opportunities for community integration than can be found in other more restrictive residential placements (e.g., inpatient hospital or psychiatric residential treatment facility (PRTF)). To enhance community integration, TGH facilities must be located within a neighborhood in a community, must resemble a family home as much as possible, and resident youth must attend community schools integrated in the community (as opposed to being educated at a school located on the campus of an institution). This array of services, including psychiatric supports, therapeutic services (individual counseling, family therapy, and group therapy), and skill-building, prepares the youth to return back to their community.

Treatment provided in the TGH or in the community should incorporate research-based approaches appropriate to the child's needs, whenever possible. The family/guardian should be involved in all aspects of treatment and face to face meetings as much as possible. Family members should be provided assistance with transportation and video conferencing options to support their engagement with the treatment process.

## **CRITERIA:**

All the following criteria must be met:

- Person is a Humana Healthy Horizons in Louisiana member; and
- Member is under 21 years of age

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## Medical Necessity for TGHs

- Less intensive levels of treatment must have been determined to be unsafe, unsuccessful or unavailable.
- Determined by and recommended by an LMHP or physician to promote maximum reduction of symptoms and/or restoration of an individual to his/her best age-appropriate functional level.
- Must require active treatment provided on a 24-hour basis with direct supervision/oversight by professional behavioral health staff that would not be able to be provided at a less restrictive level of care

The individualized, strengths-based services and supports must meet the following criteria:

1. Be identified in partnership with the child or adolescent and the family and support system, to the extent possible; and
2. Be implemented with oversight from a licensed mental health professional (LMHP); and
3. Be based on both clinical and functional assessments; and
4. Assist with the development of skills for daily living, and support success in community settings, including home and school; and
5. Focus on reducing the behavior and symptoms of the psychiatric disorder that necessitated the removal of the child or adolescent from his/her usual living situation; and
6. Decrease problem behavior and increase developmentally appropriate, normative and pro-social behavior in children and adolescents who are in need of out-of-home placement. As much as possible, this work should be done with the engagement of, and in the context of the family with whom the youth will live next, such that the skills learned to increase pro-social behavior are practiced within family relationships and so can be expected to generalize to the youth's next living situation; and
7. Transition the child or adolescent from TGH to home- or community-based living, with outpatient treatment (e.g., individual and family therapy); and
8. Care coordination is provided to plan and arrange access to a range of educational and therapeutic services; and
9. Psychotropic medications should be used with specific target symptoms identification, with medical monitoring and 24-hour medical availability when appropriate and relevant.

The following services/components must be excluded from Medicaid reimbursement:

1. Components that are not provided to or directed exclusively toward the treatment of the Medicaid eligible member; and
2. Services provided at a work site which are job tasks oriented and not directly related to the treatment of the member's needs; and
3. Any services or components in which the basic nature of which are to supplant housekeeping, homemaking, or basic services for the convenience of a member receiving substance use treatment services; and
4. Services rendered in an institution for mental disease (IMD); and
5. Room and board; and

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6. Supervision associated with the child's stay in the TGH.

## **ADDITIONAL RESOURCES:**

Louisiana Department of Health, Louisiana Medicaid Behavioral Health Services Provider Manual: *Chapter Two of the Medicaid Services Manual*; Issued 02/23/22 [BHS.pdf](#) ([lamedicaid.com](#)). Accessed Oct. 25, 2022.

## **VERSION CONTROL:**

| Version Review Approval History |                   |                           |       |                      |
|---------------------------------|-------------------|---------------------------|-------|----------------------|
| Department:                     | Purpose of Review | Reviewed and Approved By: | Date: | Additional Comments: |
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Any unlawful act involving Humana systems or information may result in Humana turning over all evidence of unlawful activity to appropriate authorities. Information on handling sanctions related to non-compliance with this policy may be found in the Expectations for Performance, and Critical Offenses policies, both of which may be found in the Associate Support Center via Humana's secure intranet of Hi! (Workday & Apps/Associate Support Center).