



# Idaho Behavioral Health Plan IOP

Dr. Ron Larsen  
Tara Kreitel

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# Purpose of this webinar

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- 1 Inform Providers of IOP
- 2 Describe IOP Readiness Assessment Tool
- 3 Highlight Training Opportunities
- 4 Outline implementation plan
- 5 Discussion & Questions

# Optum Idaho IOP



# Defining Optum Idaho IOP

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Goals

Admission

Structure

Group Psychotherapy

Support Systems

Assessment and Treatment Plan

Programming

Authorizations

# Optum Idaho IOP Goals

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## Structured, scheduled series of sessions of active behavioral health treatment that:

- Decreases moderate behavioral health signs and symptoms
- Increases Member functioning and integration into community life
- Assists Member with gaining knowledge and skills to prevent recurrence of symptoms
- Monitors and maintains stability

# Admission

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## Members diagnosed with moderate mental health, substance-related, or co-occurring disorders where:

- Members are experiencing moderate behavioral health or substance-related signs and symptoms that have resulted in significant personal distress and/or significant psychosocial and environmental issues
- Clinical assessment indicates a need for intensive outpatient treatment
- Frequent clinical observation and interactions are necessary
- Clinical interactions can facilitate transition into the community

# Structure

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## Structured programming:

- 9-19 hours per week for adults
- 6-19 hours per week for adolescents

## Core services:

- Group, individual, and family psychotherapy
- Psychoeducational programming
- Substance use screening and monitoring
- Psychiatric evaluation
- Medication management
- Transition management and discharge planning

# Group Psychotherapy

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## Groups form the center of IOP programs to:

- Provide opportunities for development of communication and socialization skills
- Provide norms for healthy ways of interacting in a safe and supportive environment
- Introduce structure and discipline into Member's lives
- Provide a venue for the transmission of new information and guidance in practicing new behaviors



# Group Psychotherapy

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## Types of Groups:

- Interpersonal process
- Support
- Psychoeducational

# Support System

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## Interdisciplinary team

### Medical, psychological, psychiatric, and toxicology services:

- Available through consultation or referral

### Emergency services:

- Available by telephone 24/7

# Assessment and Treatment Plan

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## Assessment on admission:

- Comprehensive Diagnostic Assessment
- Risk assessment
- SUD assessment

## Physical examination the first week

Individualized treatment plan, updated at least every 30 days

# Sample IOP Schedule

	Monday	Wednesday	Friday
3:00 p.m.	Interpersonal Process Group	Psychoeducation Group (anger management/relaxation techniques)	Interpersonal Process Group
4:00 p.m.		Psychoeducation Group (medication/substance abuse)	
5:00 p.m.	Weekly Goal Setting	Psychoeducation Group (grief/ loss)	Family Group Psychotherapy
	Medication Management		
6:00 pm	Psychoeducation Group (anxiety/depression)	Individual Psychotherapy Session	

# Authorization and Expectations

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## Category Three service:

- Written Service Request Form
- Authorizations for up to 30 days

## Informed consent

Individualized treatment plan signed by Master's level licensed professional

Care coordination with Primary Care Provider and other behavioral health providers

# Becoming an Optum Idaho IOP Provider



# Process and Timeframe

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## August 2017

- Interested providers complete Readiness Assessment Tool

## September 2017

- Assessments analyzed by Altarum
- Following gap analysis, Providers will receive feedback from Altarum

## October 2017

- Training opportunities

## November-December 2017

- Credentialing and contracting

# Credentialing and Contracting

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## On site audit:

- Not required if CARF, JCAHO accredited

## Tools - 85%:

- Organizational Provider Tool
- Treatment Record Review
- Guidelines and Policies: <https://www.optumidaho.com/content/ops-optidaho/idaho/en/providers/guidelines---policies.html>



# IOP Readiness Assessment Tool



# Purpose

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To assist Provider organizations and Optum in determining resources, capabilities, and needs related to the development and implementation of IOP services



# Completing the Assessment Tool

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It will take approximately 2 hours to gather necessary information and to complete the tool

Every question should be addressed

Provider senior management and subject matter experts should provide input and review responses

Assessment includes information concerning:

- Current or anticipated IOP services
- Staffing
- Site
- Populations served
- Quality improvement processes

# Completing the Assessment Tool

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Tool available August 15 - August 29, 2017

The Readiness Assessment Tool can be accessed at:  
<http://respond.altarum.org/s3/iopassessment>



# Analysis of Responses

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## Altarum will analyze:

- Provider identified strengths
- Opportunities to improve IOP program offering

## Altarum will provide:

- Individualized feedback to participating Providers regarding their IOP service offering, based on information submitted

# Training



# IOP Training Objectives

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## IOP Training Objectives:

- Provide courses for network Providers on core IOP elements to enhance and refresh existing clinical practice
- Identify needs for continued professional development. Training is not designed to endorse, certify, or imply expertise in any specialty area

# IOP Training Opportunities - 2017-2018 Course Schedule

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Course Title	Learning Outcome	Location	Training Date	Registration
<b>Integrated Treatment Planning for IOP</b>	Participants will gain knowledge about developing an integrated unique treatment plan based on IOP services along with documentation best practices	Webinar	October 27, 2017	Registration link will be available on Optum Idaho website in late September
<b>Relias IOP Curriculum</b>	Participants will access an comprehensive introductory IOP curriculum which offers high level overview on core knowledge areas (e.g., engagement, MI, DBT, group, treatment planning)	On Demand (24/7)	Available in late October 2017	Contact your Network Manager for a Relias license if needed



# Next Steps



# Next Steps

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## Providers complete Readiness Assessment Tool:

- Available until August 29, 2017

## Altarum analyzes responses and completes gap analysis:

- Analysis complete September 12
- Providers to receive feedback within 10 business days

# Questions

# For Additional Information

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Contact Optum Provider Line at:  
**1-855-202-0983 ext. 1**



