

Integrated Behavioral Health in Long-Term Care (IBHLTC)

Program Description

IBHLTC will provide highly structured therapeutic residential behavioral healthcare and treatment for adults who are eligible for a skilled nursing level of care and are also diagnosed with a serious mental illness (SMI). These adults have reached maximum benefit from the mental health resources available elsewhere in the community or hospital setting. IBHLTC requires physician confirmation that the individual's behavioral health, medical, and personal care needs are most appropriately met within a skilled nursing facility.

The program philosophy is to create a supportive environment where older adults with SMI (which may include other complex behavioral health needs and prior criminal history) who require long-term skilled nursing services can receive necessary holistic care free from stigma.

Program Goals

- ➔ Implement a high-quality, evidence-based program to provide the least restrictive and most inclusive care setting for older adults with SMI who require long-term skilled nursing services.
- ➔ Increase awareness, knowledge, and skills regarding SMI within skilled nursing facilities participating in this program.
- ➔ Foster alliances in Philadelphia among culturally diverse practitioners, researchers, policymakers, family members, and residents of nursing facilities to assist in the successful implementation of skilled nursing services promoting care management of residents with SMI.
- ➔ Create capacity in long-term structured residence (LTSR), community residential rehabilitation (CRR), and extended acute care (EAC) for others requiring those levels of care.

Medical Necessity Criteria

Admission Criteria

- A. Individuals should be over 60 years of age. Members under 60 will be considered on a case-by-case basis.
- B. Individuals do not meet medical necessity criteria for acute inpatient psychiatric hospitalization or extended acute care.
 - » Individuals may not be at a high or medium risk of harming themselves, property, or others and cannot be suicidal or actively homicidal.

Integrated Behavioral Health in Long-Term Care (IBHLTC)

- C. Individuals have demonstrated the need for a highly structured, supportive, and supervised environment to address behavioral health needs and are also eligible for nursing home placement.
- D. Individuals cannot be appropriately treated in a less structured setting due to the need for 24-hour supervision and nursing care, medication management and monitoring, and ongoing therapeutic interventions.
- E. Individuals must have current DSM 5-TR SMI diagnoses from a licensed physician.
- F. A licensed physician must recommend IBHLTC placement as the most clinically appropriate and least restrictive level of care.
- G. Individuals' behavior does not require chemical or physical restraints or seclusion.
- H. If individuals have a substance use history, they must be substance-free for at least three months before the date of referral. Members prescribed medications for opioid use disorder (MOUD) will be considered on a case-by-case basis.
- I. Individuals can reasonably participate in IBHLTC programming including, but not limited to, agreeing to be in a dedicated unit, deciding to follow the program guidelines, accepting the level of behavioral health supervision and skilled nursing care provided, and engaging in treatment (e.g., individual therapy, psychiatric appointments, goal planning, etc.). Members with co-occurring conditions (dementia, intellectual disability, traumatic brain injury) will be considered on a case-by-case basis.
- J. Individuals are not ventilator-dependent.
- K. Individuals do not have open or pending legal charges and are not on probation outside of Philadelphia County. Members registered under Megan's Law will be considered on a case-by-case basis.

Continued Stay Criteria

- A. Individuals continue to meet the admission criteria.
- B. Individuals must continue to show significant functional impairment due to SMI.
- C. Available community resources and social supports are inadequate to meet individuals' needs effectively.
- D. The individual is reasonably able to participate in IBHLTC programming including, but not limited to, agreeing to follow the program guidelines, accepting the level of supervision

Integrated Behavioral Health in Long-Term Care (IBHLTC)

provided, and engaging in treatment (e.g., individual therapy, psychiatric appointments, goal planning, etc.) that aligns with the member's current level of functioning.

Discharge Criteria

- A.** Individuals are taking their medication as prescribed by a physician, their medication regimen is stable, and they are not experiencing significant side effects.
- B.** Individuals know of or are actively learning about the purpose, route, dosage, and frequency of their medications to assist them in developing the competency to self-administer medications under the supervision of a registered nurse before discharge.
- C.** Individuals have demonstrated continued cooperation with medical and psychiatric treatment for a minimum of six months.
- D.** Individuals can perform activities of daily living (ADL) related to the care of their personal living space and hygiene with a level of assistance available in the proposed living arrangement.
- E.** Individuals demonstrate their ability to identify and utilize coping skills and individual and community support. They have not displayed physically violent behavior for at least three to six months before discharge.
- F.** Individuals have been working on money management skills with a social worker or their representative payee for at least three to six months before discharge.
- G.** Individuals demonstrate their ability to safely travel in the community independently or with a level of assistance no greater than that would be available in the proposed living arrangement for at least three to six months before discharge.
- H.** Individuals can express hope and have positive expectations regarding discharge.
- I.** Individuals have a safe environment to return to that meets their medical, behavioral health, and social needs.