



Virginia Medicaid Covers New Behavioral Health Services for Adults and Youth

Virginia Medicaid now covers a host of new community-based services to help youth and adult members before, during, and following a mental health crisis. These services focus on prevention and early intervention to help Medicaid members avoid inpatient admissions and find support in the community after a hospital stay. Medicaid members can access the services described below by contacting their managed care organization.

The Virginia Department of Medical Assistance Services (DMAS) partnered with the Department of Behavioral Health and Developmental Services to offer these new services. Nearly a third of Medicaid members have a behavioral health diagnosis, making DMAS the largest payer of behavioral health services in the Commonwealth. Medicaid previously did not cover these services or reimbursement rates were not sufficient. DMAS is committed to working with our providers to broaden our behavioral health service array and give our members new alternatives to inpatient hospitalization so that they can remain in their homes and communities.

More information is available at:

www.dmas.virginia.gov/for-providers/behavioral-health/.

Services for Youth Ages 11-18

- *Multi-systemic Therapy (MST)*
- *Functional Family Therapy (FFT)*

Services for Youth and Adults

- *Mental Health Partial Hospitalization Program (MH-PHP)*
- *Mental Health Intensive Outpatient (MH-IOP)*
- *Mobile Crisis Response*
- *Community Stabilization*
- *23-Hour Crisis Stabilization*
- *Residential Crisis Stabilization Unit*

Services for Adults

- *Assertive Community Treatment (ACT)*

Services for Youth Ages 11-18

Multisystemic Therapy (MST)

Intensive family and community-based treatment for youth ages 11-18 with significant disruptive behaviors and substance use disorders.

Functional Family Therapy (FFT)

Short-term family-based treatment for youth ages 11-18, with significant disruptive behaviors, who have received referrals from juvenile justice, behavioral health, school or child welfare systems.

Services for Youth and Adults

Mental Health Partial Hospitalization Program (MH-PHP)

Adults and youth receive intensive services during daytime hours for five or six days per week while continuing to live in their homes.

Mental Health Intensive Outpatient (MH-IOP)

Adults and youth receive short-term, focused therapy and counseling individually and with members of their support system two to three times weekly.

Mobile Crisis Response

A 24/7 rapid response team that provides assessment and early intervention for individuals experiencing a behavioral health crisis.

Community Stabilization

Short-term support for individuals who recently required crisis services or who need assistance to avoid escalation to more intensive treatment models.

23-Hour Crisis Stabilization

Up to 23 hours of crisis stabilization services in a community-based setting for individuals experiencing an acute behavioral health emergency.

Residential Crisis Stabilization Unit

Short-term, 24/7 residential evaluation and intervention for psychiatric and substance use crises. This new service enables some individuals to avoid inpatient admission and offers stepdown support for others who require hospitalization.

Services for Adults

Assertive Community Treatment (ACT)

Adults with serious mental illness receive care through a single team that works closely together to support the individual and is available 24/7.