MHNY Provider Training Specialty Program

0101218

Presented by:

MHNY Provider Relation

& Behavioral Health Team



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Introduction to Molina Healthcare of New York, Inc.

Provider Orientation



Three Decades of Delivering Access to Quality Care

Molina Healthcare's history and member-focused approach began with the vision of Dr. C. David Molina, an emergency department physician who saw people in need and opened a community clinic where caring for people was more important than their ability to pay.





Today Molina Healthcare serves the diverse needs of 4.2 million plan members and beneficiaries across the United States through government-funded programs. Molina Healthcare provides NCQA-accredited care and services that focus on promoting health, wellness and improved patient outcomes. While the company continues to grow, we always put people first. We treat everyone like family, just as Dr. Molina did – making Molina Healthcare your extended family.



Why Molina

Quality outcomes

- Our plans have been ranked among America's top 100 Medicaid plans by the National Committee for Quality Assurance (NCQA)
- The majority of Plans received a Multicultural Health Care Distinction from the NCQA awarded to
 organizations that lead the market in providing culturally and linguistically sensitive services, and working
 to reduce health care disparities
- Our more than 35 years of experience working with diverse populations and government programs has helped to
- streamline implementation and oversight.

Better coordination

• Our holistic approach to providing care including behavioral health, long-term care and advanced case management helps eliminate redundancies.

Community engagement

- Our programs engage the community on multiple levels supporting and creating volunteer initiatives, inclinic
- events, educational outreach programs and leadership opportunities for state and local officials.

Economic growth

Molina Healthcare stimulates your state and local economy by creating job opportunities

National Brand

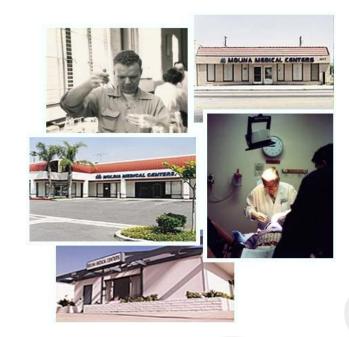
Third largest Plan in terms of Revenue and Employees

• 19 Billion in Revenue – 21,000 Employees



The Molina Family of Health Plans

- Molina Healthcare of California
- Molina Healthcare of Utah
- Molina Healthcare of Michigan
- Molina Healthcare of Washington
- Molina Healthcare of New Mexico
- Molina Healthcare of Texas
- Molina Healthcare of Ohio
- Molina Healthcare of Florida
- Molina Healthcare of Wisconsin
- Molina Healthcare of Illinois
- Molina Healthcare of South Carolina
- Molina Healthcare of Puerto Rico
- Molina Healthcare of New York
- Molina Healthcare of Mississippi
- Molina Healthcare of Idaho





Molina Healthcare of New York

Acquisition – (2/2017) Total Care –Onondaga, Cayuga, Tompkins Core Business Lines

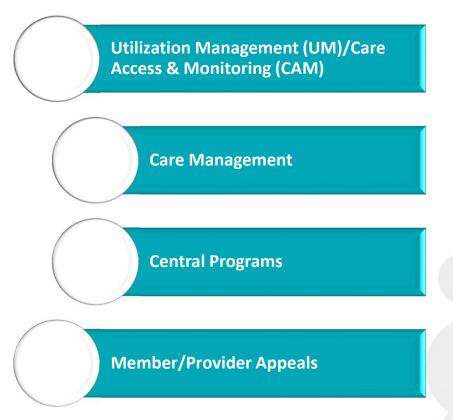
Medicaid – CHP, HARP, Essential Plan
 Medicare Advantage (MA) (TBD)

Highlights

- Local Headquarters in Syracuse
- Approved for VBR Pilot Program
- Implemented Robust Pay for Performance Program
- 70% of Provider Contracts in VBR Relationship
- Awarded State Innovative Grant for Telehealth
- Integrated BH Management In House
- Investments in the local Community



Healthcare Services Teams



- Health Care Services at Molina consists of five teams.
- The teams must work together in an integrated approach to provide quality care and excellent customer service to our members and providers.

Care Management

Molina Healthcare's Care Management Program involves collaborative processes aimed at meeting an individual's health needs, promoting quality of life, and obtaining cost-effective outcomes.

Care Management employs a multi-disciplinary team approach in developing interventions to meet member needs. Members of this team may include but not limited to:

- Member and their caregiver/representative
- Member's PCP
- Molina Medical Director
- Molina Behavioral Health Director
- Case Manager
- CAM Inpatient Review Nurse
- Molina Pharmacist
- Molina BH Specialist
- Molina or External SW
- Any provider who can provide input on the members care



Care Management: Case Managers

- Case Managers (CM) are nurses and social workers who conduct health risk assessments either by phone or face-to-face to identify member needs and develop specific interventions to help meet those needs.
- Molina Case Managers use information from the assessment process to develop and implement individual care plans with the member based on member's own identification of primary health concern and an analysis of available data on the member's medical condition and history.
- Molina Case Managers provide different levels of interventions based on the individual needs and conditions of each member.



Transition of Care (ToC)

• Transitions of Care are when a member moves from one health care setting to another, usually during an acute health care episode.

Examples:

Hospital → Rehab/Skilled Nursing Facility
Hospital/Rehab/Skilled Nursing Facility → Home

Sometimes a member can use both of the above during a single episode of care.

- During an episode of illness in a facility, members may receive care in multiple discharge settings, which can result in fragmented and poorly executed transitions.
- The Molina Healthcare ToC Program is designed to proactively identify members at higher risk for readmission and implement interventions to provide a safe discharge, with the goal of preventing readmissions or ED visits within the first 30 days post discharge.



ToC (cont.)

- The ToC program provides members with a ToC Coach who is either an RN or Social Workers.
 The ToC Coach will meet with the member while they are in the hospital to assess the members needs.
- Currently Molina New York has imbedded at SUNY Upstate Hospital. The ToC Coach performs daily rounds for the Molina Members that are hospitalized, and works with the discharge planning team at the hospital to ensure a safe discharge. The ToC Coach will perform an assessment of the members needs and assist the member in reaching their health care goals. At times the ToC coach will perform a post-discharge home visit to determine on going barriers to reaching the members health care goals.



Referrals and Prior Authorization

- Referrals are made when medically necessary services are beyond the scope of the PCPs practice. Most referrals to in-network specialists do not require an authorization from Molina.
- Information is to be exchanged between the PCP and Specialist to coordinate care of the patient.
- Prior Authorization is a request for prospective review. It is designed to:
- Assist in benefit determination
- Prevent unanticipated denials of coverage
- Create a collaborative approach to determining the appropriate level of care for Members receiving services
- Identify Case Management and Disease Management opportunities
- Improve coordination of care
- Requests for services listed on the Molina Healthcare Prior Authorization Guide are evaluated by licensed nurses and trained staff that have the authority to approve services.
- A list of services and procedures that require prior authorization is included in our Provider
 Manuals and also posted on our website at: www.molinahealthcare.com



Request for Prior Authorization

- Authorization for elective services should be requested with supporting clinical documentation for medical necessity review. Information generally required to support decision making includes: Current (up to 6 months), adequate patient history related to the requested services.
 - Physical examination that addresses the problem.
 - Lab or radiology results to support the request (Including previous MRI, CT, Lab or X-ray report/results).
 - PCP or Specialist progress notes or consultations.
 - Any other information or data specific to the request.
- Upon receipt of necessary information for a Utilization Management (UM) decision to be made, the following timeframes and methods will be followed by Molina:
 - <u>Pre-authorization:</u> Molina must make decision and notify Member/Member's Representative and Provider, by phone and in writing, within three (3) business days of receipt of necessary information. For Medicaid, Molina's decision must be made as fast as the Member requires or within three (3) business days of receipt of necessary information but no more than fourteen (14) days of the request.
 - Concurrent: Molina must make decision and notify Member/Member's Representative and Provider by phone and writing within one (1) business day of receipt of necessary information. For Medicaid, Molina must make a decision as fast as the Member's condition requires and within one (1) business day of receipt of necessary information but no more than fourteen (14) days of the request.
 - Expedited: An expedited review may be requested when a delay would seriously jeopardize the Member's life, health, or ability to maintain or regain maximum functions. Expedited reviews must be completed within three (3) business days of receipt of expedited request. Molina can deny an expedited request and process within standard timeframes. If not all necessary information is received, Molina has up to fourteen (14) days to make a determination.
- Upon receipt of prior authorization, the Plan will provide a Molina unique authorization number. This authorization number must be used on all claims related to the service authorized.
- Our goal is to ensure our members are receiving the *Right Services at the Right Time AND in the Right Place*. Providers can help meet these goals by sending all appropriate information that supports the member's need for Services when they send us the authorization request.



Submitting Service Requests

Providers should send requests for prior authorizations to the Healthcare Services Department using the Molina Healthcare Service Request Form which is available on our website at: www.molinahealthcare.com

Service Requests may be called in or faxed to the Healthcare Services Department to the numbers listed below, or submitted via our Provider Web Portal.

Web Portal: https://eportal.molinahealthcare.com/Provider/Login

Phone: (877) 872-4716 please follow the prompts for prior authorization

Fax: (866) 879-4742, please indicate on the fax if the request if non-urgent or urgent. Please see the manual for definition of expedited/urgent.

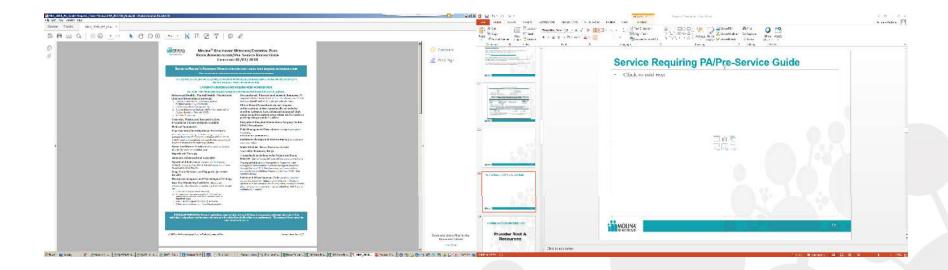
Note – Please refer to the Molina Prior Authorization Service Request Form for telephone and fax #'s for certain services including but not limited to, imaging and NICU.



L W I ii	Member Information				
Plan: 🔲 Molina® Medicaid	Other:				
Member Name:	DOB:				
Member ID#:	Phone: ()				
Service Type:	☐ Expedited/Urgent¹				
jeopardize the enrollee's ability to regain maximum function. Requests outside of this definition should be submitted as routine/non-urgent. REFERRAL/SERVICE TYPE REQUESTED Inpatient Outpatient Home Health					
Surgical procedures Admissions SNF Infusion Therapy LTAC Other:	dure Hyperbaric Therapy Wheelchair				
Diagnosis Code & Description:					
CPT/HCPC Code & Description:					
Number of visits requested:	DOS From: / / to / /				
	notes and any supporting documentation				
Requesting Provider	OVIDER INFORMATION				
Name:	NPI#: TIN#:				
Servicing Provider or Facility:	NPI#: TIN#:				
Contact at Requesting Provider's office*:					
Contact at Requesting Provider's office*: *Phone Number: () For Molina® Use Only:	*Fax Number: ()				



Service Requiring PA/Pre-Service Guide



This PA Guide is for 1/1/18; however, this information is updated quarterly. To get the most updated version, please visit www.MolinaHealthcare.com.



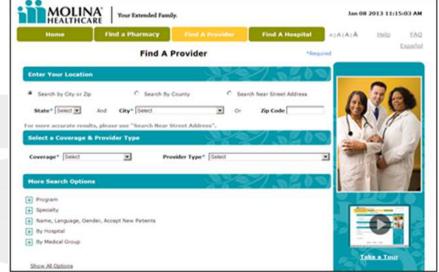
Provider Online Resources

- Provider Manuals
- Provider Online Directories
- Web Portal
- Preventative & Clinical Care Guidelines
- Prior Authorization Information
- Advanced Directives
- Model of Care Training
- Claims Information
- Pharmacy Information
- HIPAA
- Fraud Waste and Abuse Information
- Frequently Used Forms
- Communications & Newsletters
- Member Rights & Responsibilities
- Contact Information

www.Molinahealthcare.com







Molina Web Portal

- Molina participating providers may register for access to our Web Portal for self service member eligibility, claim status, provider searches, to submit requests for authorization and to submit claims.
- The Web Portal is a secure website that allows our providers to perform many selfservice functions 24 hours a day, 7 days a week.

Web Portal Highlights		
 Member eligibility verification and history. 	Claims status inquiry.	
 View Coordination of Benefits (COB) information. 	 View Nurse Advice Line call reports for members. 	
Update provider profile.	 View HEDIS[®] missed service alerts for members. 	
 View/Download PCP Member Roster. 	Status check of authorization requests.	
 Submit online service/prior authorization requests. 	Submit claims online.	

• The portal is the preferred method for member verification, and claims submission; register online at https://eportal.molinahealthcare.com/Provider/login



Provider Manual and Highlights

Molina's Provider Manuals are written specifically to address the requirements of delivering healthcare services to our members, including the responsibilities of our participating providers. Providers may view the manual on our provider website, at: www.molinahealthcare.com

Provider Manual Highlights		
Benefits and Covered Services Overview	■ Long Term Supports and Services	
 Claims, Encounter Data and Compensation (including the no balance billing requirements) 	 Member Grievances and Appeals 	
Compliance and Fraud, Waste, and Abuse Program	■ Member Rights and Responsibilities	
Contacts	■ Model of Care	
Credentialing and Re-credentialing	■ Pharmacy	
 Utilization Management, Referral and Authorization (Healthcare Services) 	Preventive Health Guidelines	
Eligibility, Enrollment, and Disenrollment	Provider Responsibilities	
 Health Management (Health Education & Disease Management) 	Quality Improvement	
Health Insurance Portability and Accountability Act (HIPAA)	■ Transportation Services	
Interpreter Services		

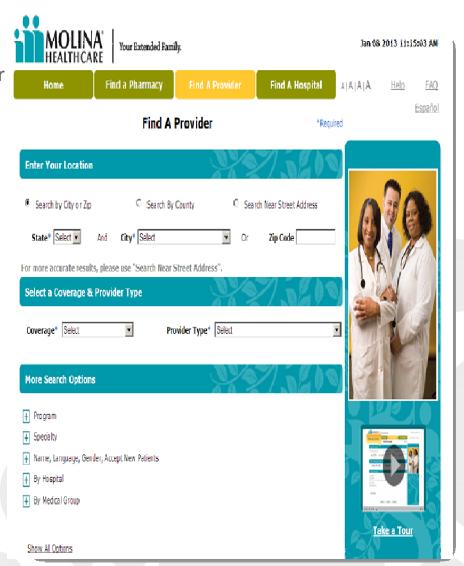


Provider Directory

Providers may use Molina's Provider On-line
Directory (POD) located on our website or request
a copy of the Provider Directory from their Provider
Services Representative(s).

To find a provider, visit us at www.molinahealthcare.com, and click:

- ✓ Find a Provider, or
- √ Find a Hospital, or
- √ Find a Pharmacy





Molina Healthcare Member Identification (ID) Card

Medicaid Managed Care

MOLINA' HEALTHCARE CIN #: ABC12345C PCP Name: Joe Smith PCP Phone: (315) 999-9999 RESCRIPTION DRUGS on-Preferred Brand Name Drugs referred Brand Name Drugs RX BIN 004336 RXPCN ADV eneric Drugs over the Counter Drugs (OTC)

<u>embers:</u> mergency Services: Call 911 or go to the nearest Emergency room.

his oard does not guarantee coverage. To confirm eligibility, obtain specific benefit information, or to speak with a Nurse 24/7, call Molina Member Services at 1-800-223-7242/TTY: 711.

Pharmacy Benefit: Contact Molina Healthcare at 1-800-223-7242.

Dental Benefit: Contact Healthplex at 1-800-468-9868.

Behavioral Health Benefit: Contact Molins Healthcare at 1-800-223-7242.

Providers: Remit claims to: Molina Healthcare Inc., PO Box 22615, Long Beach,

macists: Contact Caremark Pharmacy Helpdesk at 1-800-364-6331. MolinaHealthcare.com

Child Health Plus

MOLINA' HEALTHCARE Date of Birth Effective Date: 01/01/2016 AB12345C 01/01/1964 PCP Name: Joe Smith PCP Phone: (315) 999-9999 RX BIN 004336 RXPCN ADV RXGRP RX0546

reatening medical condition:
Call 911 or got the nearest emergency facility
Then WITHIN 48 HOURS of receiving care, you or someone on
Then WITHIN 48 HOURS of receiving care, you or someone on
Then WITHIN 48 HOURS of receiving care, you'very
Call follow-up care must be coordinated by your Molina PCP
All follow-up care must be coordinated by your Molina PCP
A poprintments And Referrals
Non-urgent/non-life threatening or routine care, and/or referrals, call y
Molina PCP.

Molina PCP.

is card does not guarantee coverage. To confirm eligibility, obtain specific bene formation, or to speak with a Nurse 247, call Molina at 1-800-223-7242/TTY: 7narmacy Benefit Contact Milona Healthcare at 1-800-223-7242.

ental Benefit Contact Healthplex at 1-800-468-868.

Ashavioral Health Benefit Contact Molina Healthcare at

-800-223-7242.

roviders: harmacists: Contact Caremark Pharmacy Helpdesk at 1-800-364-6331

mit claims to: Molina Healthcare Inc., PO Box 22615. ng Beach CA 90801

Molina Healthcare PLUS



PCP Phone: (315) 999-9999 PRESCRIPTION DRUGS PRESCRIPTION DRUGS Non-Preferred Brand Name Drug Preferred Brand Name Drugs Generic Drugs Over the Counter Drugs (OTC) RX BIN 004336 RXPCN ADV

RXGRP RX0546

Members: Emergency Services: Call 911 or go to the nearest Emergency room.

This card does not guarantee coverage. To confirm eligibility, obtain specific benefit information, or to speak with a Nurse 24/7, call Molina Member Services at 1-800-223-7242/TTY: 711.

Pharmacy Benefit: Contact Molina Healthcare at 1-800-223-7242. Dental Ber Contact Healthplex at 1-800-468-9868.

Behavioral Health Benefit: Contact Beacon Health Solutions at 1-844-265-759

Providers: Remit claims to: Beacon Health Options, Attn: Claims Department, Molina Healthcare, 500 Unicom Park Drive, Suite 103, Woburn, MA 01801 Pharmacists: Contact Caremark Pharmacy Helpdesk at 1-800-364-

MolinaHealthcare.com

Molina Essential Plan

MOLINA

Effective Date: 01/01/2018

PCP Phone: (315) 999-9999

PRESCRIPTION DRUGS Co-pays may apply.

RX PCN ADV RX GRP RX0546

Member: John Doe

CIN #: ABC12345C

Members; Fmeraenov Services: Call 911 or go to the nearest Emergency room

This card does not guarantee coverage. To confirm eligibility, obtain specific benefit information, or to speak with a Nurse 24/7, call Molina Member Services at 1-800-223-7242/ ITTY: 711.

Pharmacy Benefit: Contact Molina Healthcare at 1-800-223-7242.

Behavioral Health Benefit: Contact Molina Healthcare at 1-800-223-7242

CA 9080 1

harmacists: Contact Caremark Pharmacy Helpdesk at 1-800-364-6331



Verifying Member Eligibility

• Molina offers various tools to verify member eligibility. Providers may use our online selfservice Web Portal, integrated voice response (IVR) system, eligibility rosters or speak with a Customer Service Representative.

Please Note – At no time should a member be denied services because his/her name does not appear on the PCP's eligibility roster. If a member does not appear on the eligibility roster the provider should contact the Plan for further verification.

Web Portal: https://eportal.molinahealthcare.com/Provider/login

Customer Service/IVR Automated System: (877) 872-4716



Access Standards

Molina Healthcare monitors compliance and conducts ongoing evaluations regarding the availability and accessibility of services to Members. Please ensure adherence to these regulatory standards:

APPOINTMENT TIME	WAIT TIME STANDARDS			
Urgent Care	Within twenty-four (24) hours of the request.			
Non-Urgent "sick" visit	Within forty-eight (48) to seventy-two (72) hours of request.			
Primary Care Provider (PCP) or Prenatal Care				
Emergency Care	Immediately upon presentation at a service delivery site.			
Routine Care (non-urgent)	Within four (4) weeks of the request.			
Adult Baseline and Routine Physicals	Within twelve (12) weeks from enrollment.			
Well Child Care	Within four (4) weeks of request			
Initial PCP office visit for Newborn	Within two (2) weeks of hospital discharge.			
Initial Prenatal Visit	Within three (3) weeks during first trimester, two (2) weeks during the second trimester, and one (1) week thereafter.			
Initial Family Planning Visits	Within two weeks of request.			
Specialty Care Provider (SCP)				
Routine Care (non-urgent)	Within four (4) to six (6) weeks of the request.			
Mental/Behavioral Health				
In-Plan, Non-Urgent Care Mental Health or Substance Abuse Visits	Within two (2) weeks of request.			
In-Plan Mental Health or Substance Abuse Follow-Up visits	Visits (pursuant to an emergency or hospital discharge): within five (5) days of request, or sooner as clinically indicated.			



All physicians must have back-up coverage after hours or during absence/unavailability. Molina Healthcare requires providers to maintain a 24 hour telephone service, 7 days a week.

Nurse Advice Line

- MHNY provides 24 hour/7 day a week Nurse Advice Services for members.
- The Nurse Advice Line provides access to 24 hour interpretive services.
- Members may call the Nurse Advice Line directly:
 - English or to request assistance in other languages: (800) 223-7242
- The Nurse Advice TTY is 711.
- The Nurse Advice Line telephone number is also printed on membership cards.



Provider Standard of Care

In becoming a Molina Provider, you and your staff agree to follow and comply with Molina's administrative, medical management, quality assurance, and reimbursement policies and procedures.

For a full description of our Provider responsibilities and Standards of Care please refer to Section 2 of the Molina Provider Manual.





Credentialing / Re-credentialing Application Process



Purpose & Objectives

- Molina is committed to providing quality care and services to its members. To help support this goal, Molina completes an assessment of organizational providers with whom it contracts. In addition, Molina completes a reassessment of all contracted organizational providers every thirty-six (36) months.
 Organizational providers are required to meet established criteria. Molina does not contract with organizational providers that do not meet the criteria.
- The decision to accept or deny an organizational provider is based upon primary source verification, secondary source verification, and additional information as required. The information gathered is confidential and disclosure is limited to parties who are legally permitted to have access to the information under state and federal law.



What Is Credentialing?

- ✓ To be a participating provider in the Molina network, all providers must go through the credentialing process every 36 months and be approved.
- ✓ We make sure every Provider is educated, trained and licensed to practice in the Specialty listed on their Application.
- ✓ We make sure all pertinent information in the APPLICATION is the correct by contacting the PRIMARY SOURCE to verify.
- ✓ We gather all documentation related to the Provider's ability to provide Quality Care to our members.
- We conduct recredentialing every three years to ensure all providers maintain a current license, malpractice insurance and check for any changes to their credentials.



It all centers around the Credentialing Application

Every Provider completes a Credentialing Application. This is the First Step of the Credentialing Process.

There two different types of applications.

- Individual Practitioner Application
 - This application applies to individual providers who are referred members and/or listed in the Molina Online directory for members to select such as physicians, social workers, psychologists, counselors, etc.
- Health Delivery Organization (Facility) Application
 - This application applies to facilities who are referred members and/or listed in the Molina Online directory for members to select such as behavioral health and substance abuse.





Submitting Credentialing Application

- •The following information must be completed and submitted to Molina
- •Healthcare to start the credentialing process.
- Individual Practitioner Application
 - Option 1 If practitioner is enrolled with Council for Affordable Quality Healthcare (CAQH) and the application is current (attestation date within 120 days), please provide the following information and attachments:
 - √ Name

✓ CAQH#

√ DOB

✓ Copy of W-9

- ✓ NPI
- Option 2 Complete and submit a current practitioner credentialing application along with the following documents:
 - √ New York Practitioner Application
 - ✓ Completed Attestation and Release Form (signed and dated within 120 days)
 - ✓ Current Copy of Malpractice Insurance
 - ✓ Copy of W-9



Submitting Credentialing Application Cont'd

- **Health Delivery Organization (Facility) Application**
- Complete and submit a current Molina Health Delivery Organization credentialing application along with the following documents:
 - ✓ Health Delivery Organization Application
 - ✓ Completed Attestation and Release Form (signed and dated within 120) days)
 - **Completed CMS Ownership Form**
 - ✓ Copy of Current State License
 - ✓ Copy of Current Malpractice/Liability Insurance
 - ✓ Copy of Most Recent CMS Survey or Accreditation Certificate
 - ✓ Copy of W-9



Introduction to Molina's Provider Portal

- Account Registration
- Eligibility Verification
- Authorization Submission
- Electronic Claims Submission
- Claims Creation & Status Update



Registration Instructions

1. Begin registration

- Click "New Registration Process"
- Select "Other Lines of Business"
- Select state
- Select role type "Facility or Group"
- Click "Next"

2. Required Fields

- Enter first name
- Enter last name
- Enter email address
- Enter email address again to confirm

3. Username and Password

- Create a user ID using 8-15 characters
- Create a unique password with 8-12 characters
- Select three security questions and answers

4. Complete Registration

- Accept "Provider Online User Agreement" by clicking on the check box
- Enter the code in the textbox as shown in the image
- Click "Register"



Logging into the Provider Portal

Once you have registered, you can log in to the Provider Portal from our website at www.MolinaHealthcare.com

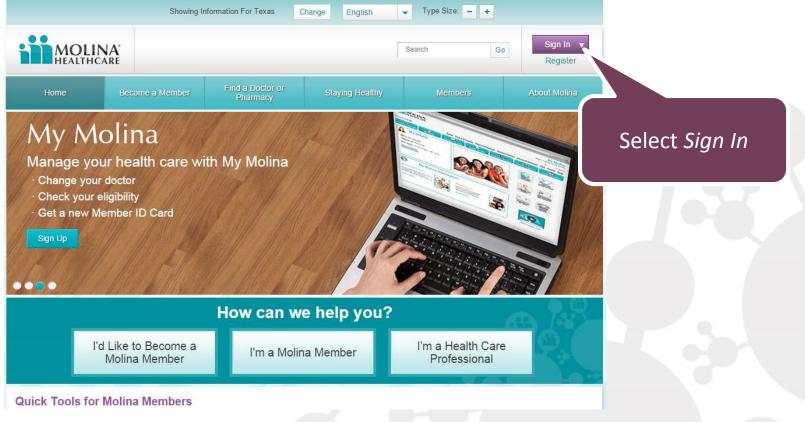
1. Select "I am a Health Care Professional."

2. Enter the user ID and password that you set up during the registration process.

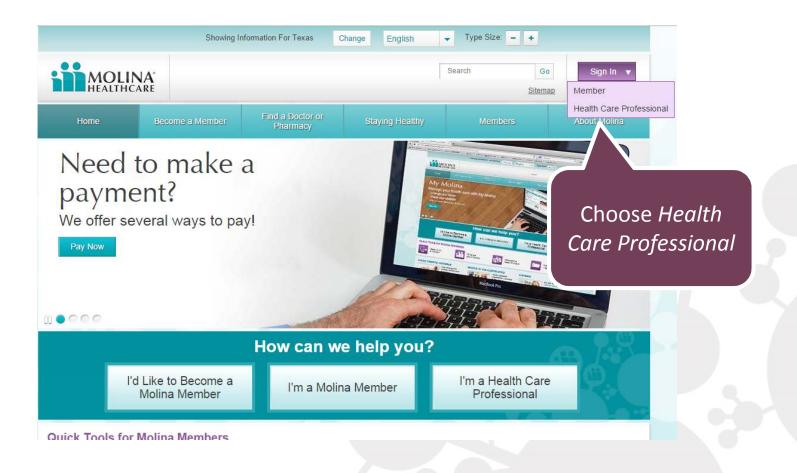


From the Molina Healthcare Website

www.MolinaHealthcare.com



From the Molina Public Website





Provider Portal via Direct Link

https://Provider.MolinaHealthcare.com/

Welcome to the Provider Portal!

Take care of business on your schedule. The portal is yours to use 24 hours a day, seven days a week. It's an easy way for you to accomplish a number of tasks, including:



Check member eligibility



Submit and check the status of your claims



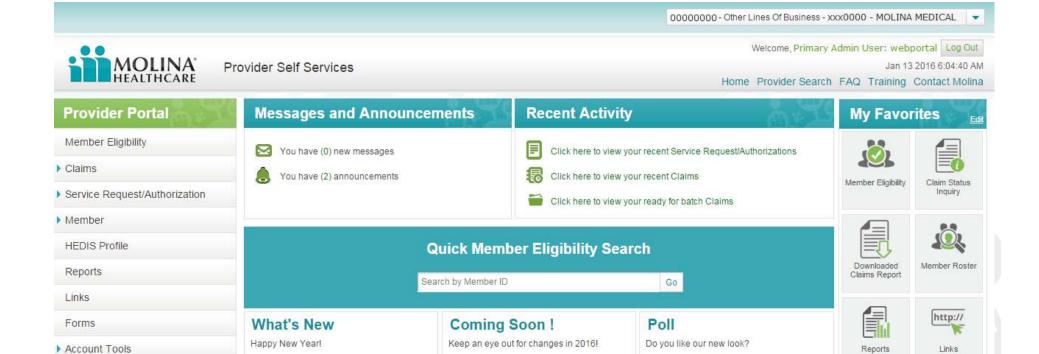
Submit and check the status of your service or request authorizations



View your HEDIS scores







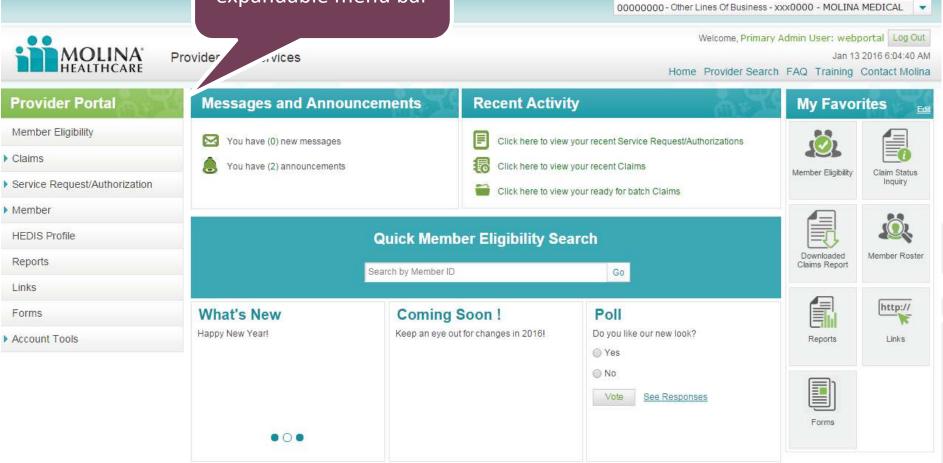
YesNoVote

See Responses



. .

A modernized expandable menu bar





Quick Link Buttons are changeable by Users to access their most used 000000000 - Other Line features

175 7:02:48 AM

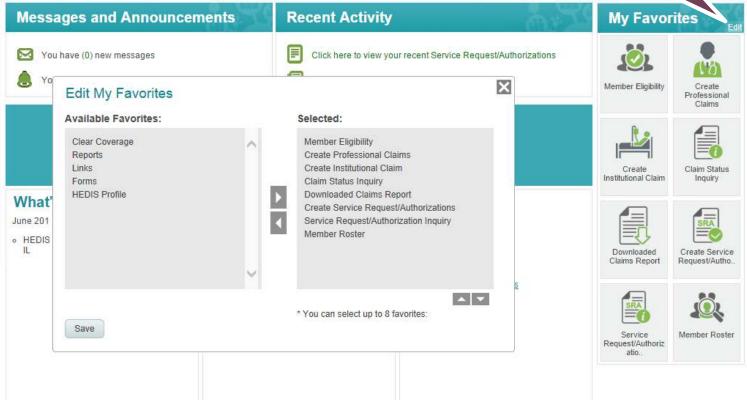
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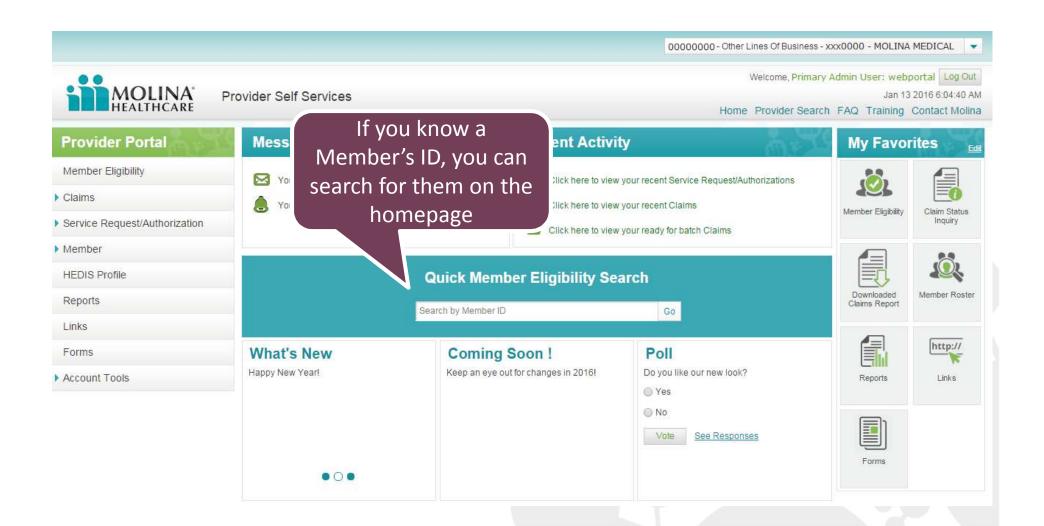
Provider Self Services

Home Provider Search FAQ Train.

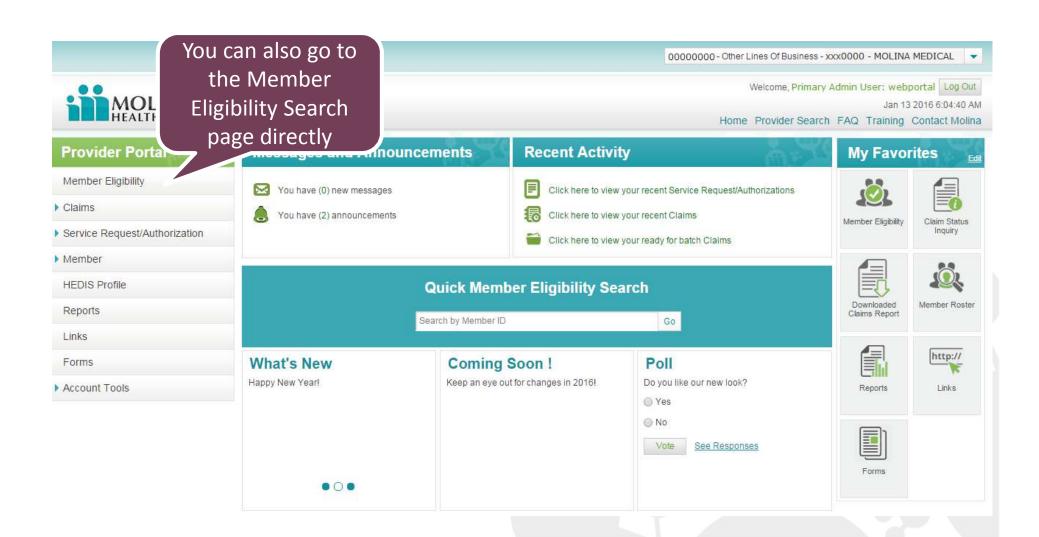














Reminder: Member Eligibility information is updated every 30 minutes	Member Search Enter Member ID or First and Last Name and Date of Birth.	Help Eligibility Information is current as of Oct 16 2014 04:30:09 PM PST
Eligibility searches are limited to Provider's state of business, except for Medicare which is available for all states. For eligibility guestions, please contact Molina Member Services	Member ID: Or First Name: Last Name:	
NOTE - Eligibility verification is not a guarantee of payment.	Date of Birth: (mmddyyyy)	
.e%*@*	Search Options Gender: Select ▼ Zip Code: Line of Select Business:	
	To see member eligibility from certain date enter date here: 12/23/2014 (mmddyyyy) Search for Member Clear All	



Back to Roster

Member Eligibility Details

Quick View

- Member is currently enrolled
- No Missed Services
- ✓ No enrollment restrictions

Member Information

Member ID: 000000000 Enrollment Plan: STAR Enrollment Status: ACTIVE

Enrollment Effective Date: 05/01/2014

Enrollment Termination Date:

Quick Links

Print
Submit Professional Claim
Claim Status

Submit Service Request/Authorization
Service Request / Authorization Inquiry

Member Details

Member Health Record

Member Information • Primary Care Provider Information • IPA/Group Information • History

Name: EVERDEEN, KATNISS of Birth: 06/08/2006

Date of Birth: 06/08/2006 Mailing Address: 123 MAIN ST, FREER, TX, 78357

Member #: 0000000000 Gender #: Female Home #:

Alternative #: Mobile #: Email ID: Quick view sections to help find information

+ Additional Member Information

Expand to view Additional Member Information



Eligibility Information is current as of Oct 16 2014 04:30:09 PM PST

Back to Member Eligibility Inquiry

Member Eligibility Details

Quick Links Quick View Member Information Print Member ID: 000000000 Member is currently enrolled Submit Professional Claim Enrollment Plan: STAR Claim Status No Missed Services Enrollment Status: ACTIVE Submit Service Request/Authorization Enrollment Effective Date: 05/01/2014 Service Request / Authorization Inquiry No enrollment restrictions Enrollment Termination Date:

Member Details

Member Health Record

Member Information • Enrollment Information • Primary Care Provider Information • IPA/Group Information • History

Name: EVERDEEN, KATNISS 06/08/2006

Date of Birth:

Mailing Address: 123 MAIN ST, FREER, TX, 78357 Member #: 000000000 Gender #: Female

Alternative #: Mobile #: **Email ID:**

Home #:

+ Additional Member Information

Expand to view Additional Member Information



Back to Member Eligibility Inquiry Eligibility Information is current as of Mar 25 2015 04:30:06 PM PST **Member Eligibility Details Quick View Member Information Quick Links** Member ID: 000000000 Member is currently enrolled Submit Claim Enrollment Plan: STAR Claim Status No Missed Services Enrollment Status: ACTIVE Submit Service Request/Authorization Enrollment Effective Date: 05/01/2014 Service Request / Authorization Inquiry No enrollment restrictions Enrollment Termination Date: Member Health Record Member Details Service History • Service Authorizations Inpatient Admissions & · Lab Results · Allergies · Medications Emergency Department Visits **Service History** Date of Service Start Date Date of Service End Date (mm/dd/yyyy) (mm/dd/yyyy) Provider Search Date of Service 12/11/2014 MOLINA HEALTHCARE OFFICE VISIT Showing 1-1 of 1 5 ▼ ■ Page 1 of 1 D per page

This information is based on the claims and encounters data; if you know of any discrepancies or if you need any historical Service History information, please contact the Molina Case



Manager or Provider Services.

Claims Drop Down Menu

From the home screen, click on "Claims" to open the menu of claim functions available on the portal. You can:

Provider Portal

Member Eligibility

Claims

Claims Status Inquiry

Create Professional Claim (CMS 1500)

Create Institutional Claim (UB04)

Open Saved Claims

Create/Manage Claims Template

Export Claims Report to Excel

Open a previously saved claim

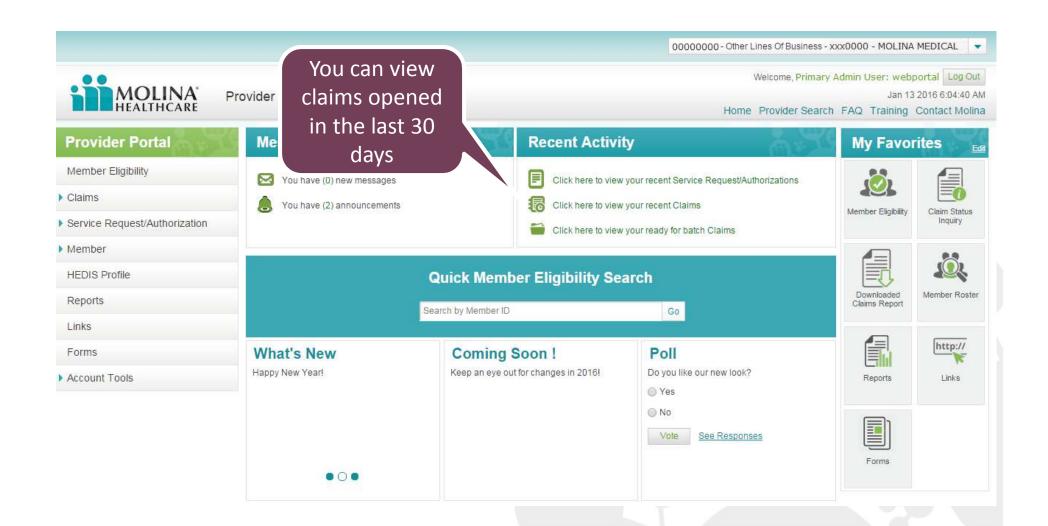
Create a claims template

Export claims

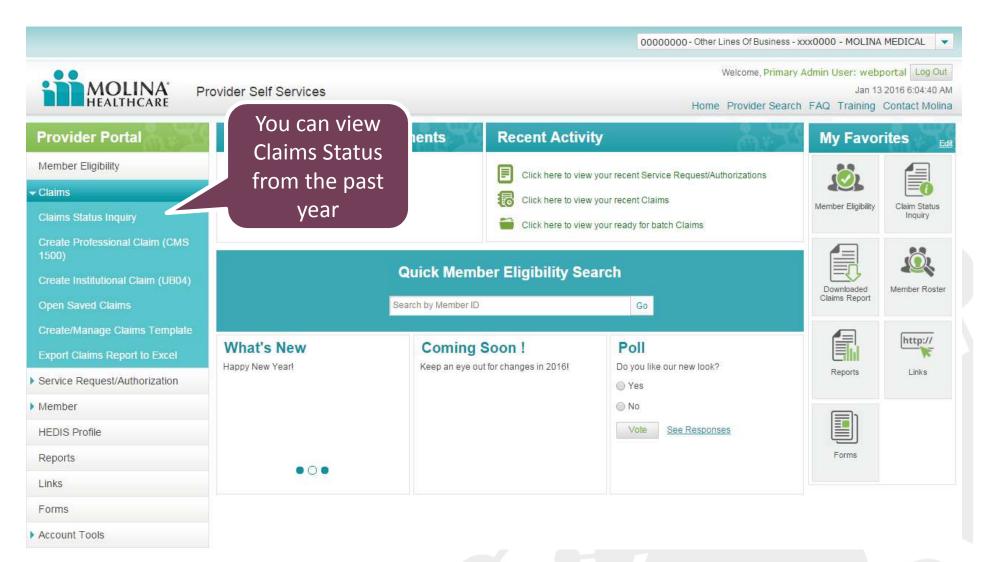
Check the status of a claim

Create a claim





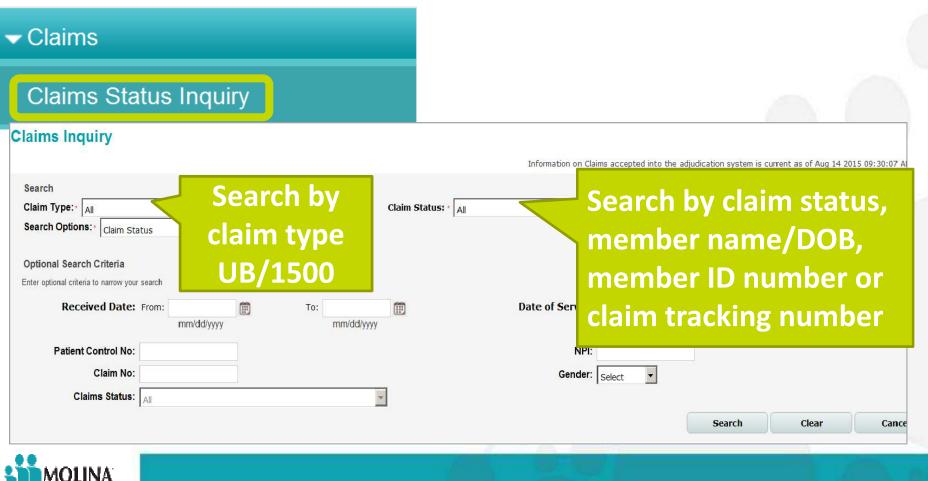






Claim Status Inquiry

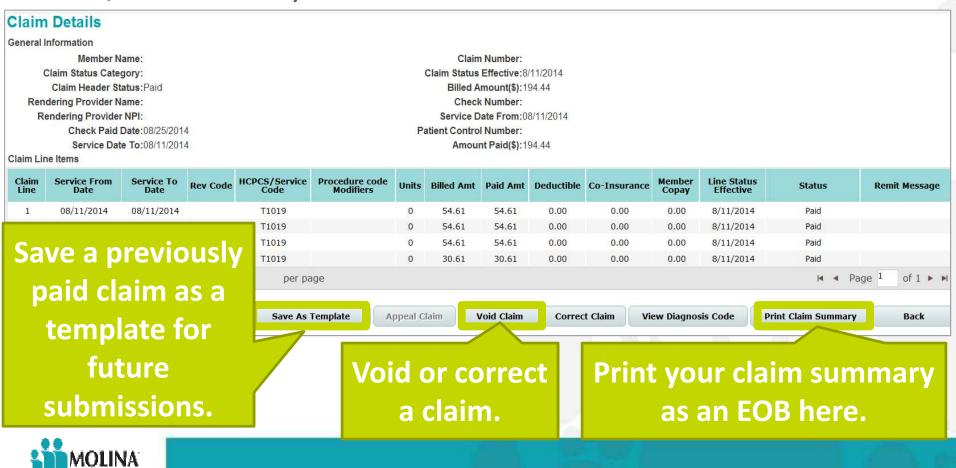
On the claim status inquiry screen, you can perform a claim status inquiry with multiple search functions.





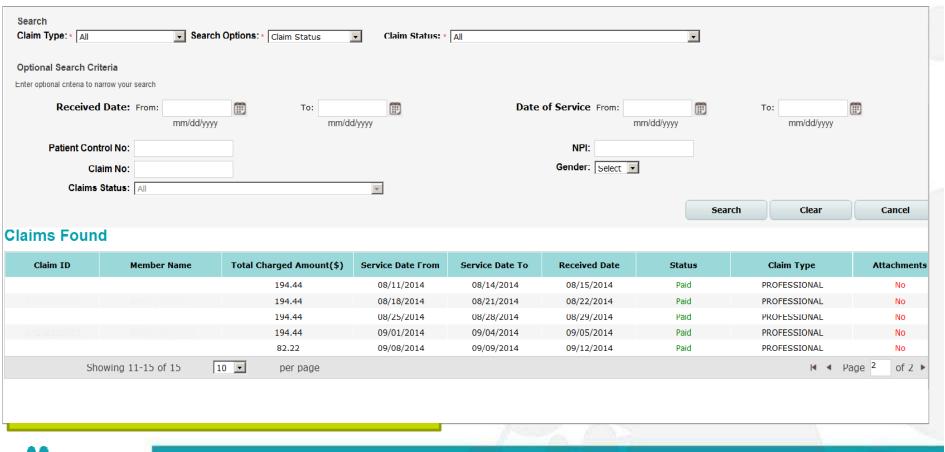
Claim Status Inquiry

From the Claim Details screen, you can view the claim line time charges for your claim. Identify the "Check Number" and "Check Date," to see if any lines were denied in the status fields.



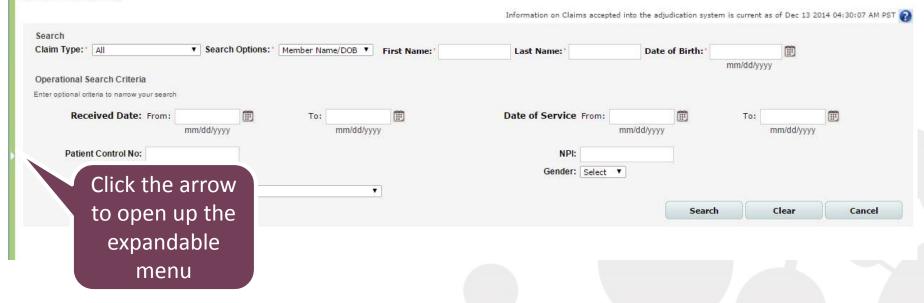
Claim Status Inquiry

Once you have entered your criteria and selected the search button, a list of your claims will display.





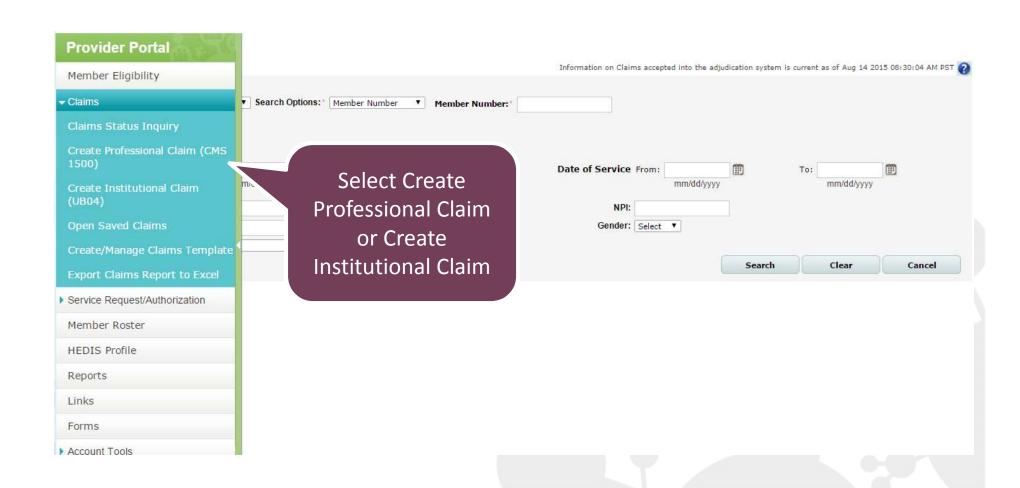
Claims Inquiry













Create a Claim

- You can create and submit a claim through the Provider Portal at no charge. You will receive a confirmation number once the claim is submitted.
- It will take 1 to 3 business days for the claim to be viewable to customer service staff.
- Claims can take up to 30 calendar days to complete processing.

Institutional Claims

These are generally billed on a UBO4 claim form.

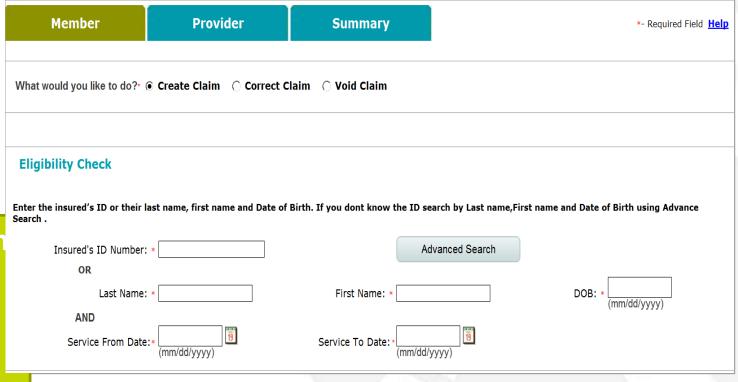
Professional Claims

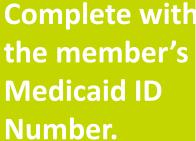
These are generally billed on a CMS 1500 claim form.



Completing the Patient Information

Complete all required (*) fields of member information. If you enter the Member ID and service dates, the fields at the top of the form will auto populate with the member's information.

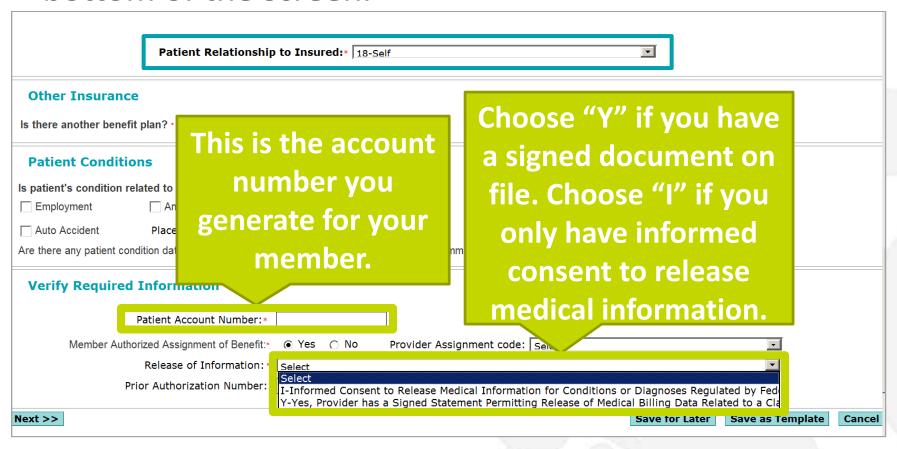






Completing the Patient Information

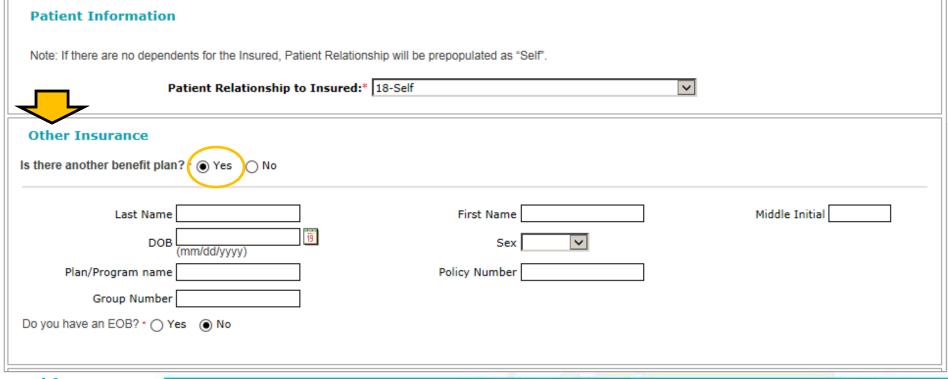
Once this page is filled in completely, click "Next" at the bottom of the screen.





Completing the Patient Information

Complete the patient's primary information by selecting the "YES" radio button under "Other Insurance." This will populate additional fields to be completed. You will also want to attached the explanation of benefits to your claim.





The billing provider information should already be populated. If the information is incorrect, please email MHNYProviderRelations@Molina Healthcare.com to have the information corrected.

<< Previous Next >>	>		Sav	e for Later	Save as Template
Member	Provider	Summary			
Select a Billing P	Provider Information Billing Provider: *				
Last Name Address1	First Name Address2	Middle Initial City	TIN State	NPI Zip	Code
Provider Informa	ation Rendering Provid	er: *			
NPI Li	ast Name	First Name	Middle Initial Zip Coo	ie	

registered group information.



Fill in your diagnosis codes here ensuring they are the correct diagnosis codes based on the date of service. (ICD-9 for dates prior to Oct. 1, 2015 and ICD-10 for

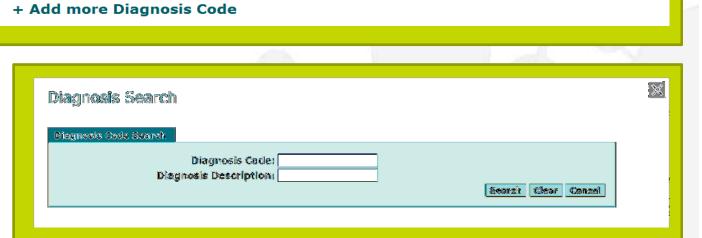
Diagnosis Code

Remove

DX No.

dates after).

You can use the magnifying glass to search by code or description.



Q

Q

Diagnosis Description

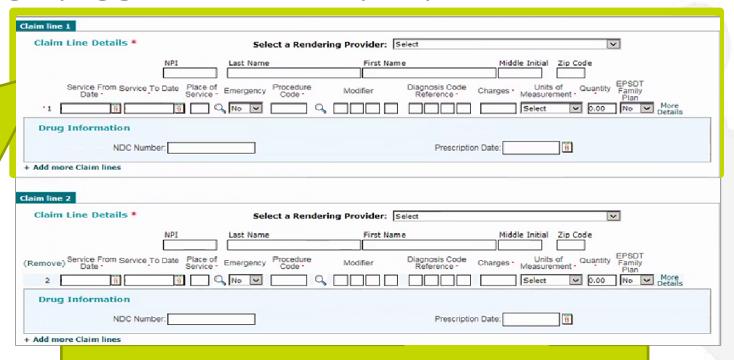
Diagnosis Code



Claim Line Details

- Use the magnifying glass to search for the correct place of service.
- Add the procedure codes, modifiers and DX pointers.
- Use the magnifying glass to search for your procedure code.

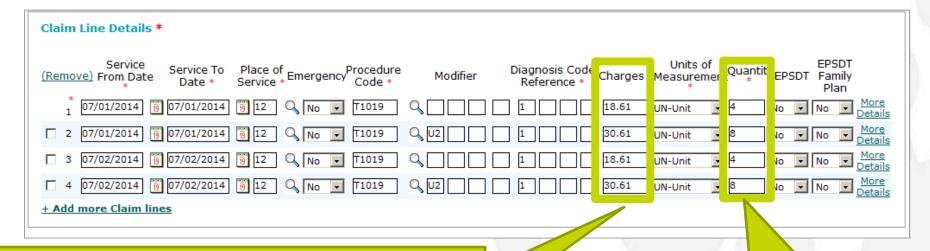
The
"Diagnosis
Code (DX)
Reference"
is where
you point to
the correct
DX code.





Select Rendering Provider per claim line

- Select the unit type.
- Enter the number of units per line item under quantity.
- Add the total charges per line item.



The charge is the total amount billed for that line item, not the amount for a single unit.

Report quantity in units.



Supporting Information

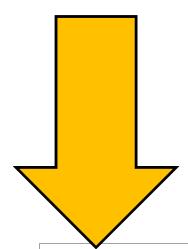
Add any attachment to support your claim such as a primary payer's explanation of benefits or medical records.

- Select the "Type of Attachment" (attachments should not exceed 128MB).
- Select "Browse" to search for the document.
- Upload the attachment after selecting file.





Provider Information



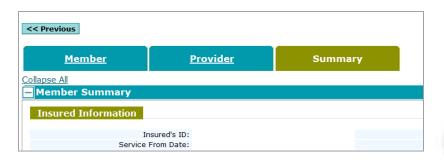
- Add any comments with a maximum of 256 characters.
- Add the total charge of the claim and balance due.
- When finished, click "Next".

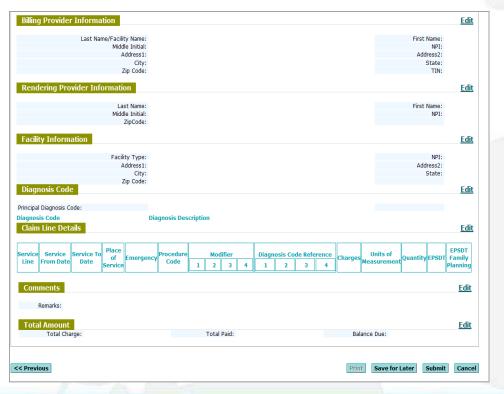
Comments			
Remarks			256 Characters Max. 256 characters remaining.
Total Amount Total Charge: •0	Total Paid: 0	Total Adjusted Amount: 0	Balance Due: •0
Previous Next >>			Save for Later Cancel



Validate Information

- View the summary page.
- Check the insured information, provider information, and general claim information for errors.
- If an error is found, you can go back to the previous screens by clicking "Member" or "Provider."
- Once you validate all information is correct, click "Submit" in the bottom right corner.









and I have Out

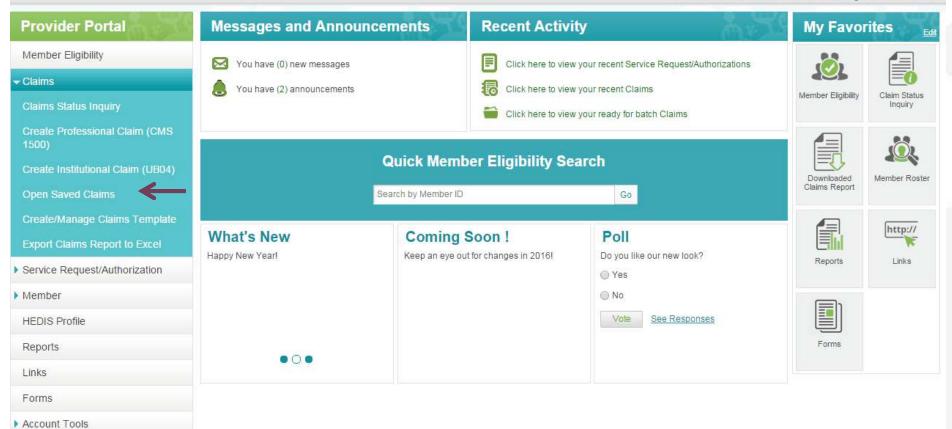


Provider Self Services

Welcome, Primary Admin User: webportal Log Out

Jan 13 2016 6:04:40 AM

Home Provider Search FAQ Training Contact Molina





Batch Submissions

You can also build claims and submit a batch of claims all at once.

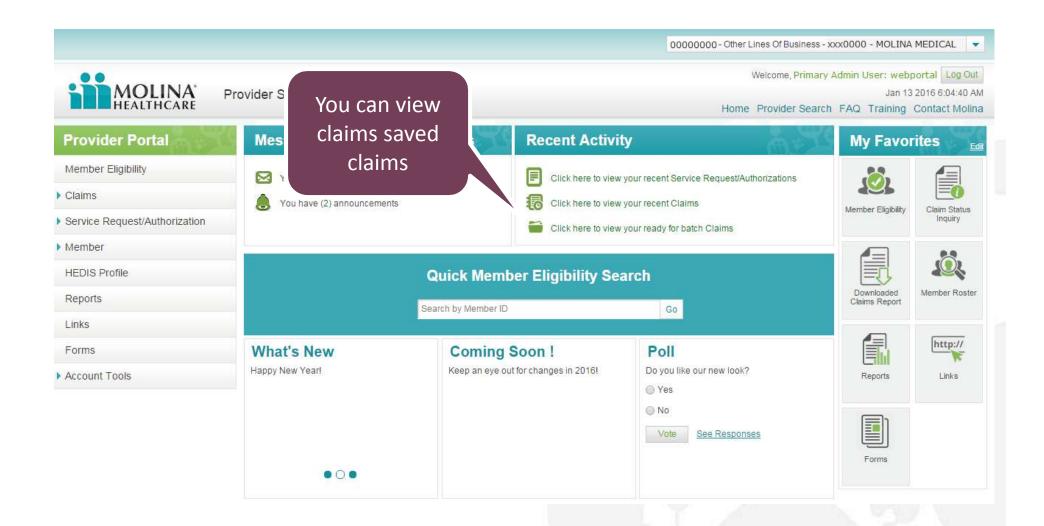
To do this, complete a claim following the normal process, then, instead of submitting, select "Save for Batch."

Claims saved for a batch can be found in the "Saved Claims" section in the side menu. Ready-to-batch claims need to be selected and then can be submitted all at once.

You will still receive an individual claim number for each claim submitted.





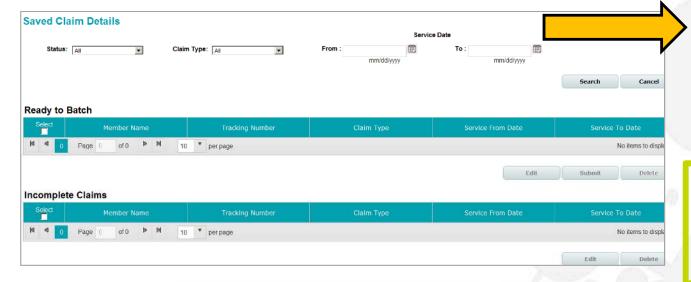




Open a Saved Claim

You can open a previously saved claim from the Provider *Web* Portal home page.

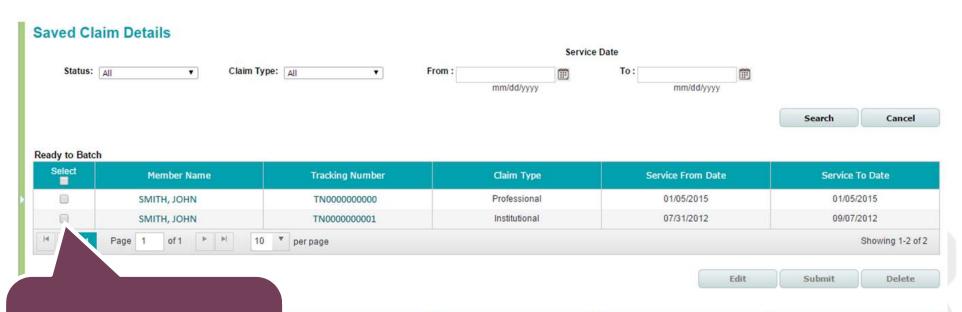
 These are the claims that were saved for batch or claims that were saved prior to completion.





Select the claim you want to complete for submission.





Select numerous claims if want to send in a batch or just one to edit

Tracking Number	Claim Type	Service From Date	Service To Date
TN0000000002	Professional	01/05/2015	01/05/2015
TN0000000003	Institutional	01/05/2015	01/05/2015
per page			Showing 1-2 of 2

Edit Delete

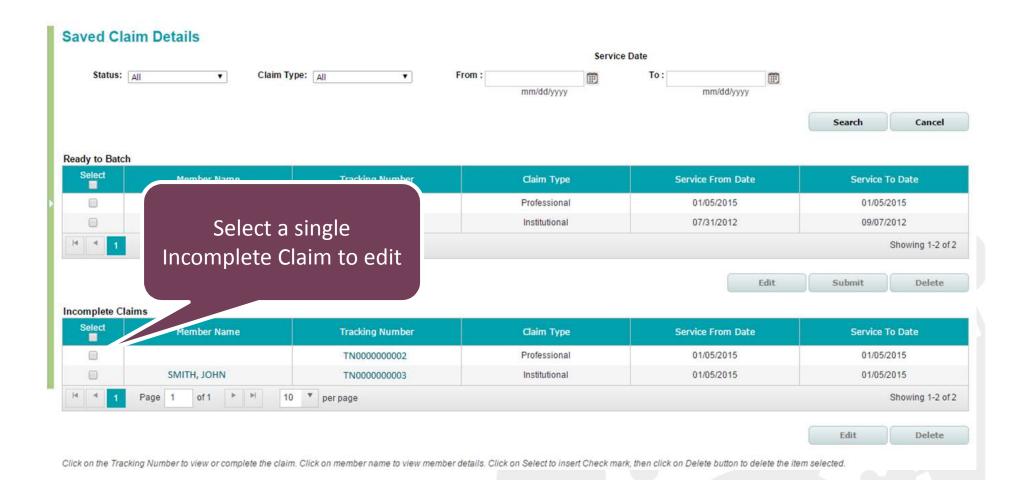
Click on the Tracking Number to view or complete the claim. Click on member name to view member details. Click on Select to insert Check mark, then click on Delete button to delete the item selected.



From this screen you can create, correct, or void a claim

lext >>				Save for Later Can
Member	Provider	Summary		*- Required Field Help
What would you like to do?' C	reate Claim Correct (Claim Void Claim		
Eligibility Check				
Enter the insured's ID or their las Advance Search .	t name, first name and Dat	e of Birth. If you dont know th	ne ID search by Last nam	e,First name and Date of Birth using
Insured's ID Number: *			Advanced Search	
OR				
Last Name: *		First Name: *		DOB: * (mm/dd/yyyy)
AND			1000	
Service From Date:*	(mm/dd/yyyy)	Service To Date: ' (mm	n/dd/yyyy)	
Insured's Information				
Last Name:		First Name:		Middle Initial:
DOB:		Sex:		
Address1:		Address2:		
City:		State:		Zip Code:
Payor Name: MHC	TV	Program Name:		Payor ID: 00-1111111
				,
Patient Information				
Note: If there are no dependents	for the Insured, Patient Rela	tionship will be prepopulated a	s "Self".	
Patien	nt Relationship to Insure	d:* 18-Self		▼
Other Insurance				
Is there another benefit plan? '	Yes No			
Patient Conditions				
ls patient's condition related to th	e following? (check all that	annly)		
		Other Accident		
	tate):* Select ▼			
Are there any patient condition date		(eg:Last menstruation, X-ray,im	munization,etc) 🔘 Yes 🌘	No
Verify Required Informat	tion			
	t Account Number:*			
Patien				
	ssignment of Benefit:*	es No Provider A	Assignment code: Select	•
Member Authorized A			Assignment code: Select	
Member Authorized A	ssignment of Benefit:"		Assignment code: Select	· · · · · · · · · · · · · · · · · · ·

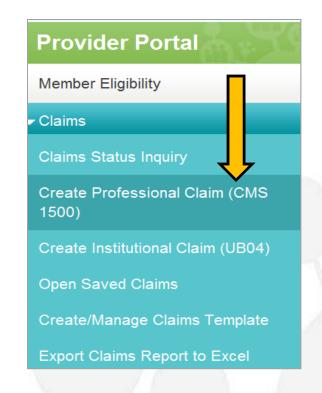


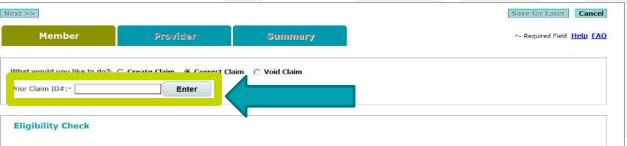


MOLINA
HEALTHCARE
Your Extended Family.

You can now submit a corrected claim on the Provider Portal in one of two ways. One way is by selecting the "Create a Professional Claim," then select the radio button for "Correct Claim" in the first field.

 You will need to enter the previously assigned 11 digit claim ID number that you are correcting, then select enter to proceed.







You can also submit a corrected claim by searching for the claim in the "Claim Status" inquiry field.

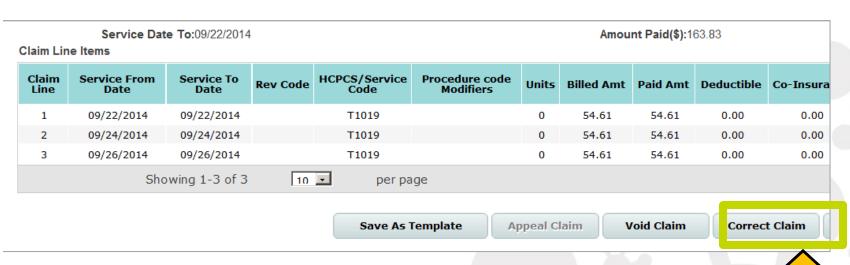
 Enter the information related to the claim you want to correct such as the 11 digit claim number, or enter a date span to pull claims.

 Select the claim you want to edit by clicking on the Claim Type: ◆ All Search Options: Claim Status Claim Status: * All here **Optional Search Criteria** Enter optional criteria to narrow your search Received Date: From: 06/01/2014 To: 03/25/2015 Date of Service From: ice mm/dd/yyyy mm/dd/yyyy mm/dd/yyyy **Patient Control No:** vice Gender: Select 🔻 Claim No: Claims Status: All ~ Search Claims Found Claim ID **Member Name** Total Charged Amount(\$) Service Date From Service Date To **Received Date** Status 163.83 08/11/2014 08/15/2014 08/15/2014 Paid 163.83 08/18/2014 08/22/2014 08/22/2014 Paid 130.83 08/25/2014 08/29/2014 08/29/2014 109.22 09/03/2014 09/05/2014 09/05/2014 Paid 163.83 09/08/2014 09/12/2014 09/12/2014 Paid

00/40/204



- Once you have selected the claim you will be correcting, it will populate the Claim Details screen.
- Select "Correct Claim."
- Once you have selected "Correct Claim," your claim will be opened and you can make changes.

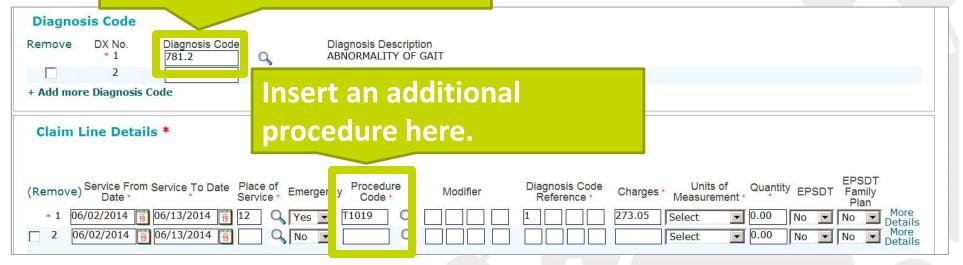


*Note: The claim must be in a paid or denied status to make corrections.



- Once you have entered the claim number you are correcting, the screen will automatically populate the claim information for the patient.
- You can proceed with making your changes to the fields needed, such as the diagnosis code and procedure codes.

Type in corrected diagnosis code here.





Add attachments to claims during submission and to previously submitted "pended" claims. To do so, perform a claim search through the Provider Portal.

1. Select the "Pending Claim" to which you want to add an attachment.

2. Select your "Type of Attachment" and then add your document.

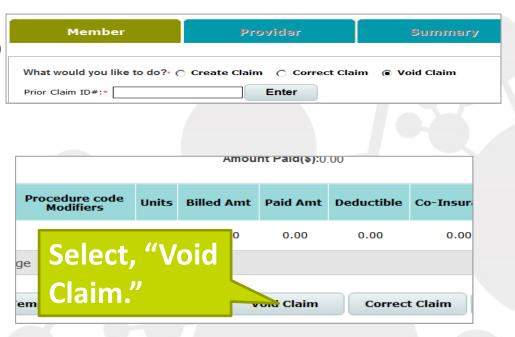
upporting Information	Select						
Type of Attachment :	Select						
File :			Browse Upload				
	Supported file formats are PDF, TIF, J Max size of each uploaded file should	PG, BMP and GIF. Upload 1 file not exceed 5MB. Total Size of	at a time. all Attachments should not	exceed 20 MB.			
					B		
emarks							
CHICHTES							
inical Notes or Comments: 256 c	character Max						-
	character Max						
	character Max					256 characters r	emainin



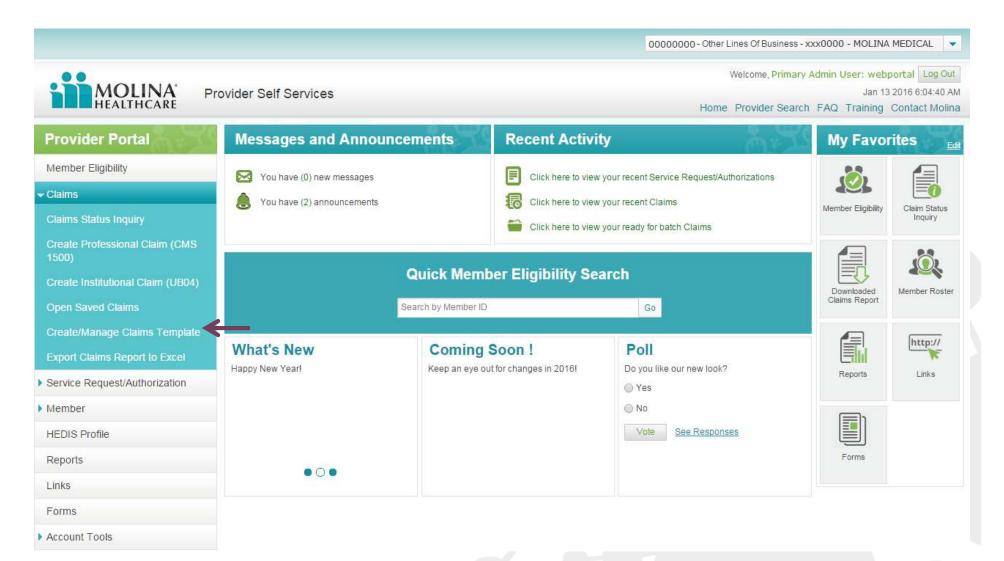
Voiding a Claim

You may find that you need to void a claim that has been paid or is in processing.

- Select the "Void Claim" button and enter the claim number you want to void.
- Claims voided after they have been paid will generate a cost recovery request.
- A claim can only be voided for up to a year through the Provider Portal.
- Corrected claims still must be submitted within your contractually agreed timelines.





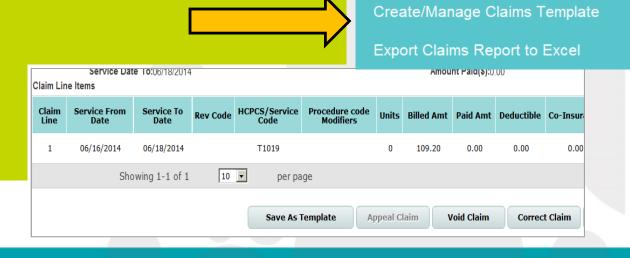




Creating a Claim Template

Template section in the side menu.
You can customize the information in the temp examples are:

member information, provider information, and claim specific information such as the procedure codes.



Provider Portal

Member Eligibility

Claims Status Inquiry

Open Saved Claims

Create Professional Claim (CMS

Create Institutional Claim (UB04)

Claims

1500)



Create/Manage Claims Template

Manage and Use Templates

Select	Claim Type	Template Name	Template Description				
	UB04-Institutional	TX_Prov_0511815					
	UB04-Institutional	TX_Prov_0512115	This is from correction.				
	UB04-Institutional	TX_Prov_0512115TI	From Incomplete				
	Page 1 of 1 P per page Showing 1-3 of 3						

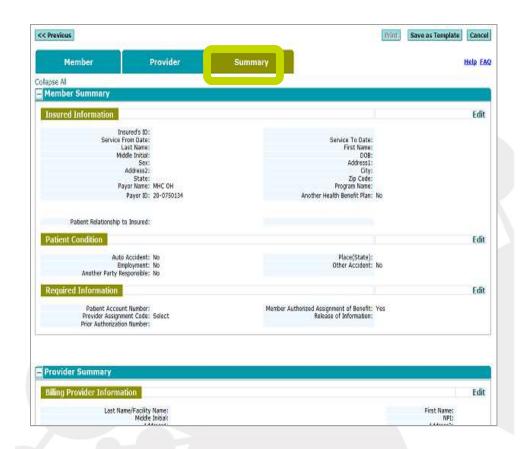
Create Load Delete

Create a template from a blank claim, or Load a previously created template



Creating a Claim Template

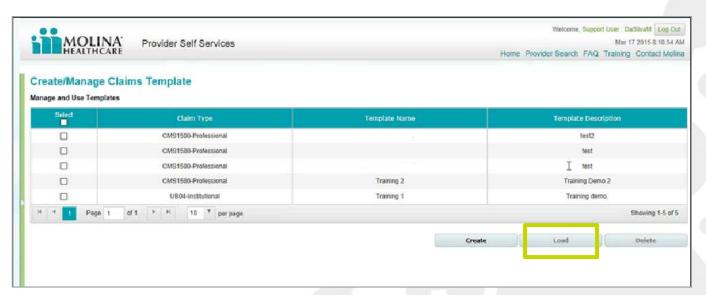
- Once you select the claim type, the claim fields will appear.
- Enter information in the "Member," "Provider," and "Summary" tabs.
- Select "Save As Template" button in the top right of your claim.
- Templates can be named for future use.



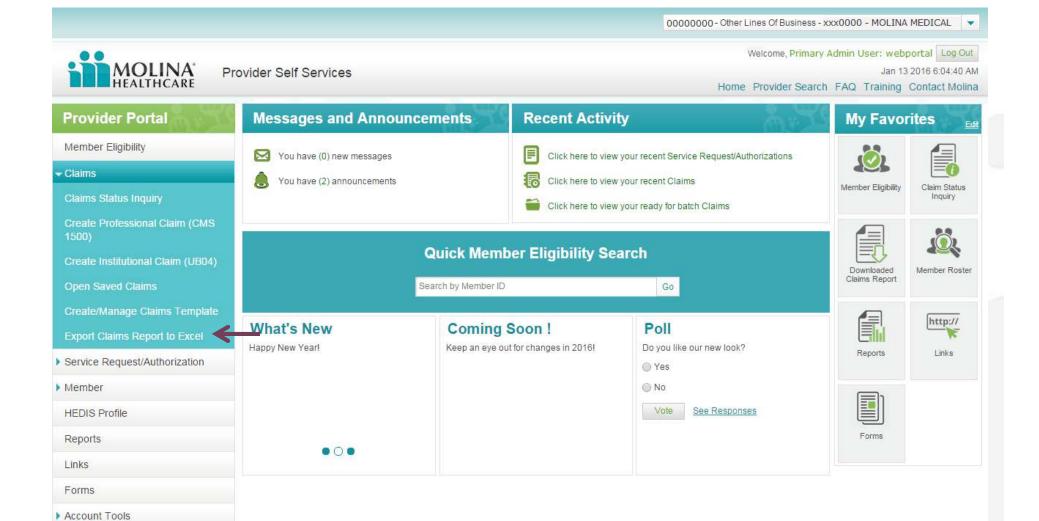
Saving as a Template

You can create multiple templates and save them for future use.

- To load a previous template, check the "Select" box and click the "Load" button.
- Now you can make changes or add additional information to submit your claim for processing.









Export Claims to Excel



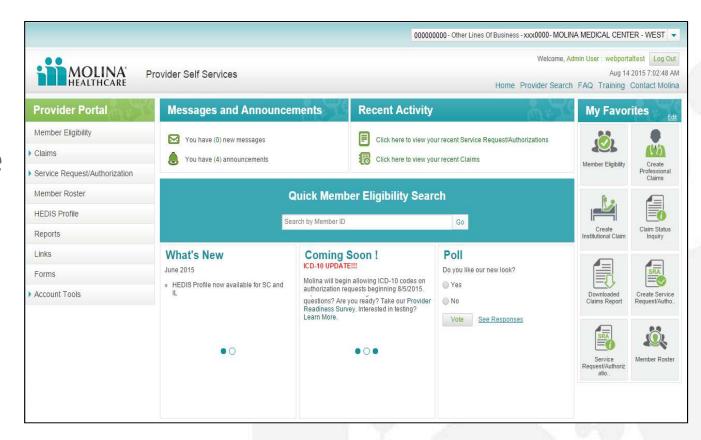


To Export a Claim to Excel, enter Service Dates in the required fields below and click "Search". You can enter dates for claims beyond 12 months and receive your report as little as 10 minutes. To retrieve your Exported Claim Record, go to the Homepage.



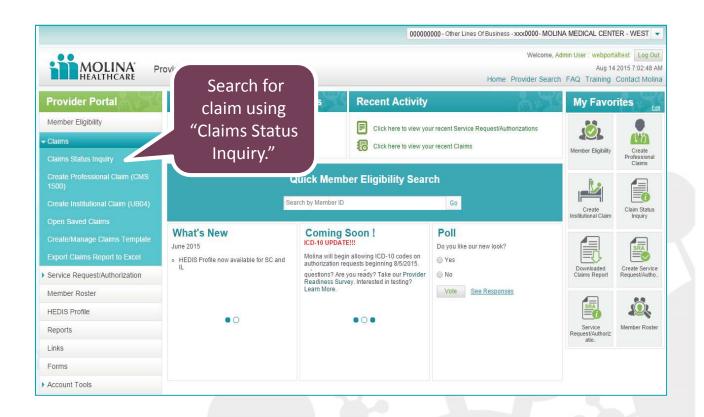


On the Home
Page select the
"Claims" dropdown menu

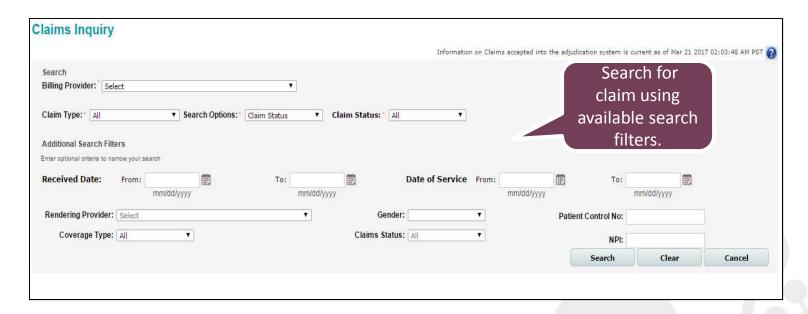




Once you select the Claims Status Inquiry feature you may search for the claim you would like to appeal.

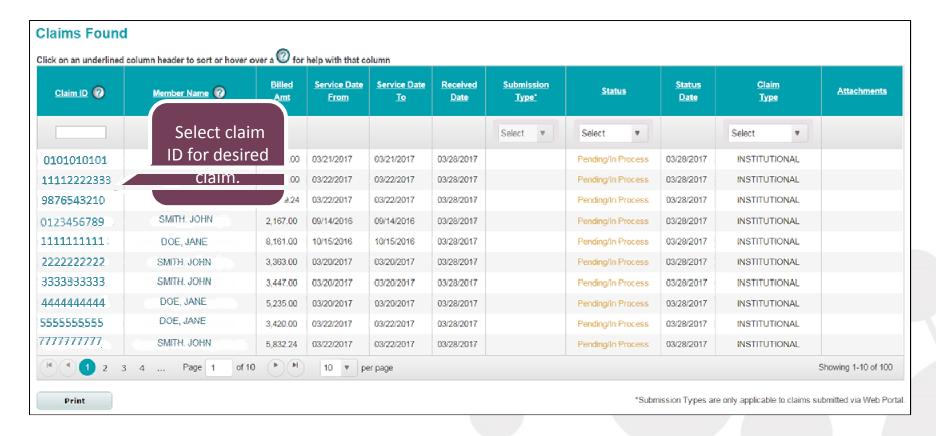






You may search for the desired claim by using any of the available search filters (claim status, claim number, date of service, etc.)





Once the search results display, click on the desired claim ID to access the claim details.





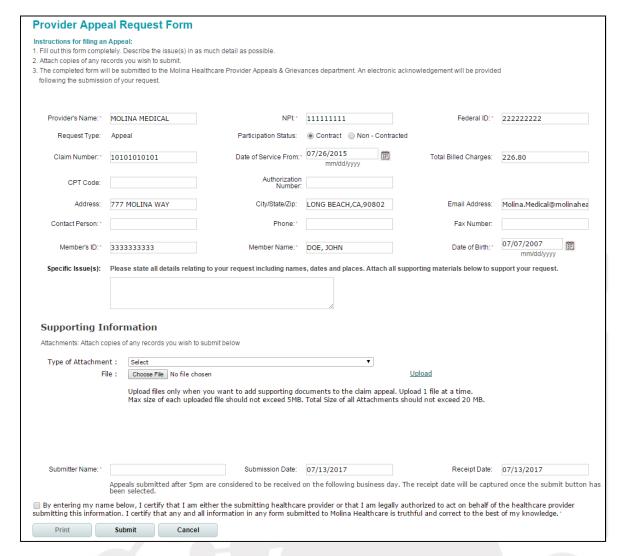
Once routed to the "Claim Details" page, you can access the Provider Appeal Request Form by selecting the "Appeal Claim" button.

NOTE: The "Appeal Claim" button is only available for finalized (paid, denied, etc.) claims.



The following information will be auto-populated:

- Provider Name
- NPI
- Federal ID
- Claim Number
- Date of Service
- Total Billed Charges
- Address
- City/State/Zip
- Member ID
- Member Name
- Date of Birth
- Submission Date
- Receipt Date

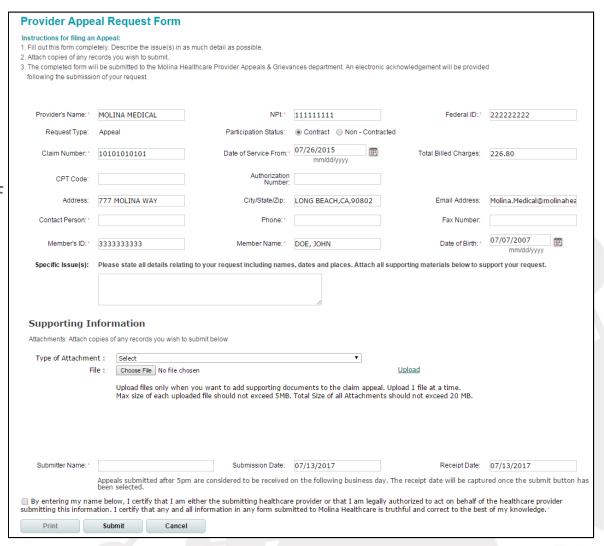




All populated data can be updated by backspacing and typing the correct information into the field.

All fields with the exception of "Member ID," "Member Name," "DOB" and "Email Address" are editable.

The "Submission Date" and "Receipt Date" are populated based on the time zone of the logged in provider. These values are set and cannot be changed.



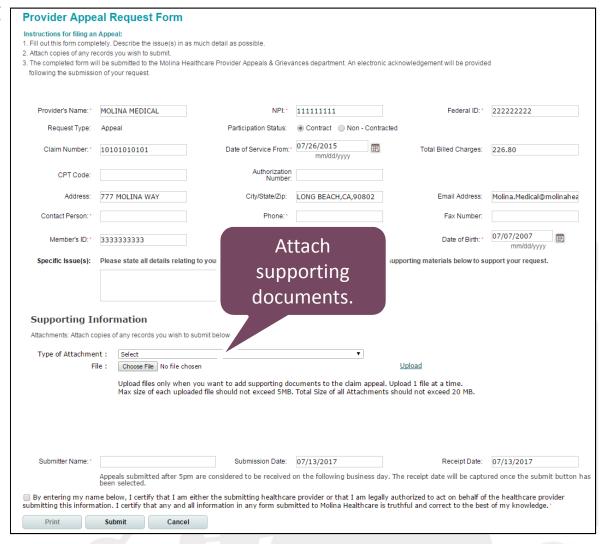


You may attach any supporting documents that are related to the appeal request.

Maximum file size is 5MB for individual files and 20MB for the total size of all attachments.

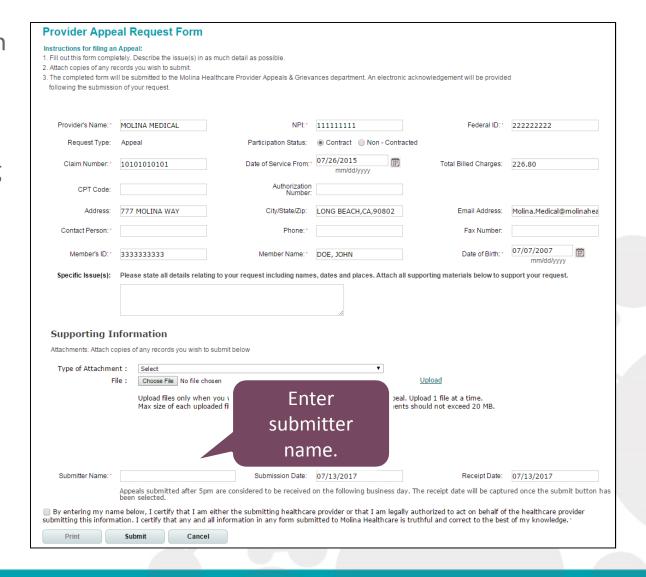
Attachments must be submitted in one of the following formats: .tif, .gif, .pdf, .bmp, or .jpg.

Attachments can be uploaded by using the "Supporting Information" section.





Once all fields have been completed and attachments made, you must agree to the terms and conditions by typing your name into the "Submitter Name" field.



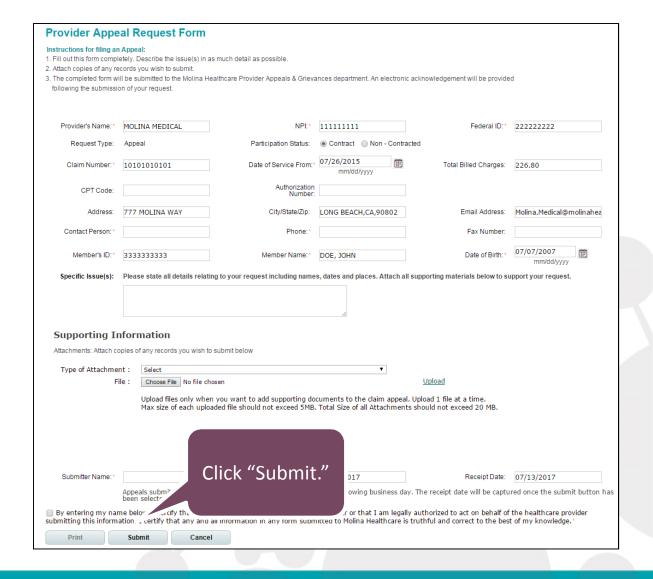


The check box next to the disclaimer at the bottom of the form must also be selected.

Attach copies of any re		s much detail as possible. althcare Provider Appeals & Grieva	nces department. An electronic ac	knowledgement will be provide	d
Provider's Name:*	MOLINA MEDICAL	NPI:*	111111111	Federal ID:*	22222222
Request Type:	Appeal	Participation Status:	Contract	d	
Claim Number: *	10101010101	Date of Service From:	07/26/2015 mm/dd/yyyy	Total Billed Charges:	226.80
CPT Code:		Authorization Number:			
Address:	777 MOLINA WAY	City/State/Zip:	LONG BEACH,CA,90802	Email Address:	Molina.Medical@molinahea
Contact Person:*		Phone:*		Fax Number:	
Member's ID:*	333333333	Member Name:	DOE, JOHN	Date of Birth:	07/07/2007 mm/dd/yyyy
Supporting In	nformation opies of any records you wish to	submit below	<u> </u>		
		70011111 001011	▼		
	ile : Choose File No file cho	sen		Upload	
Type of Attachme F	Upload files only when	you want to add supporting do ded file should not exceed 5MB.			

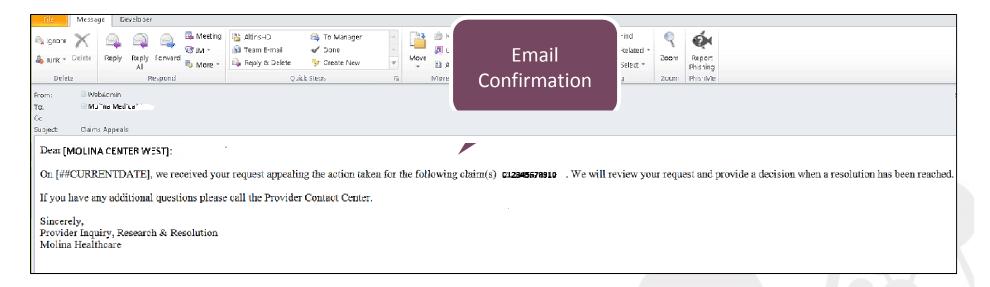


The Provider Appeal request is considered complete once the "Submit" button has been selected at the bottom of the form.





Email Confirmation



Upon submission, you will receive an email confirmation, which serves as an electronic acknowledgement letter.



Email Confirmation

You have received a secure message

Read your secure message by opening the attachment, securedoc.html. You will be prompted to open (view) the file or save (downlo in a Web browser. To access from a mobile device, forward this message to mobile@res.cisco.com to receive a mobile login URL.

If you have concerns about the validity of this message, contact the sender directly.

First time users - will need to register after opening the attachment. For more information, click the following Help link.

Help - https://res.cisco.com/websafe/help?topic=ReqEnvelope

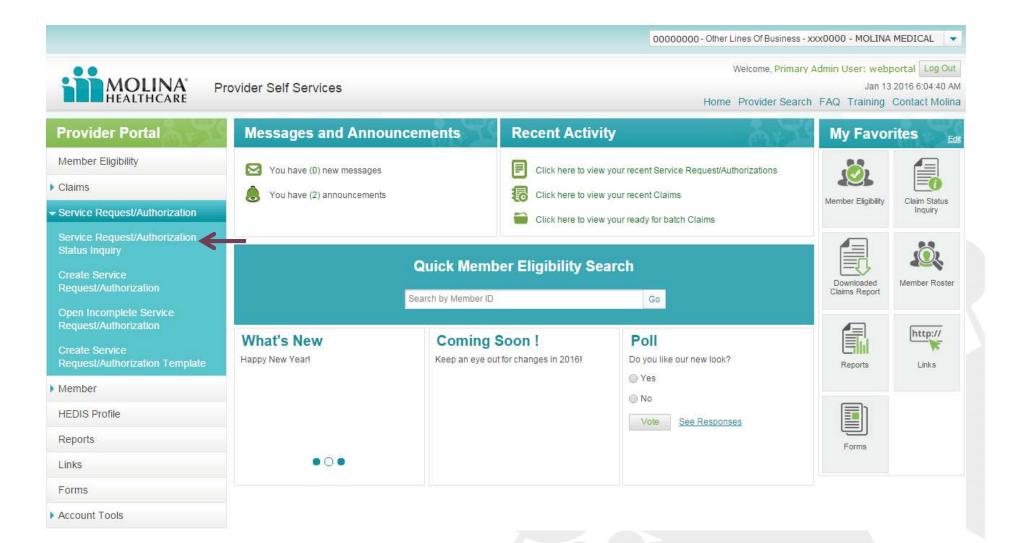
About Cisco Registered Email Service - https://res.cisco.com/websafe/about

Secure email message

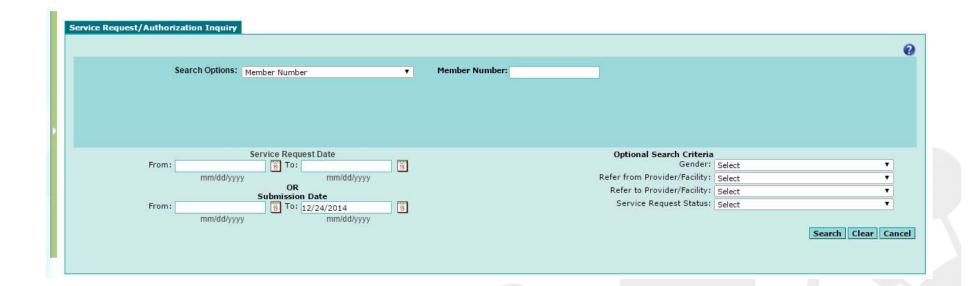
save the file first, then open it

Upon receipt of the message, you will be prompted to do a one time registration with the provider's email address to view the message. A password will be required for all messages received thereafter.

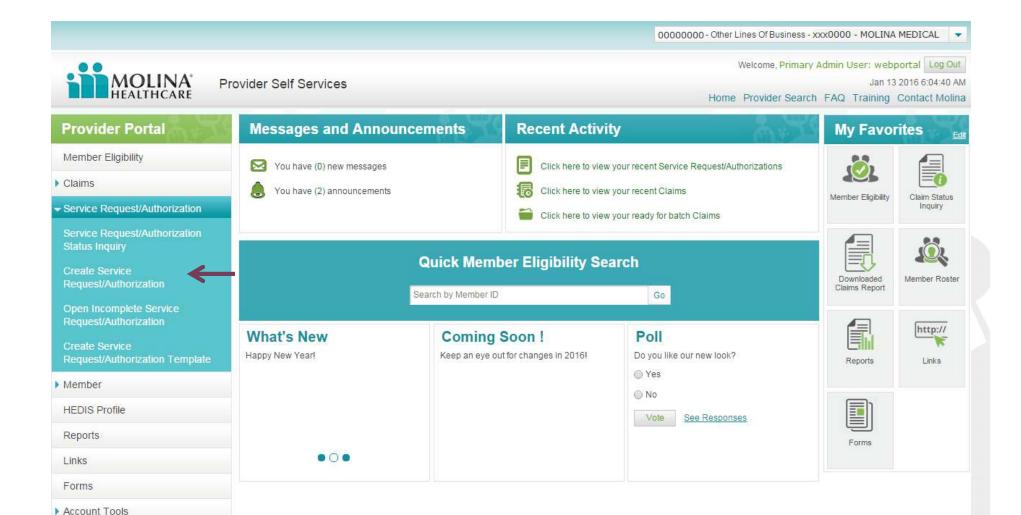












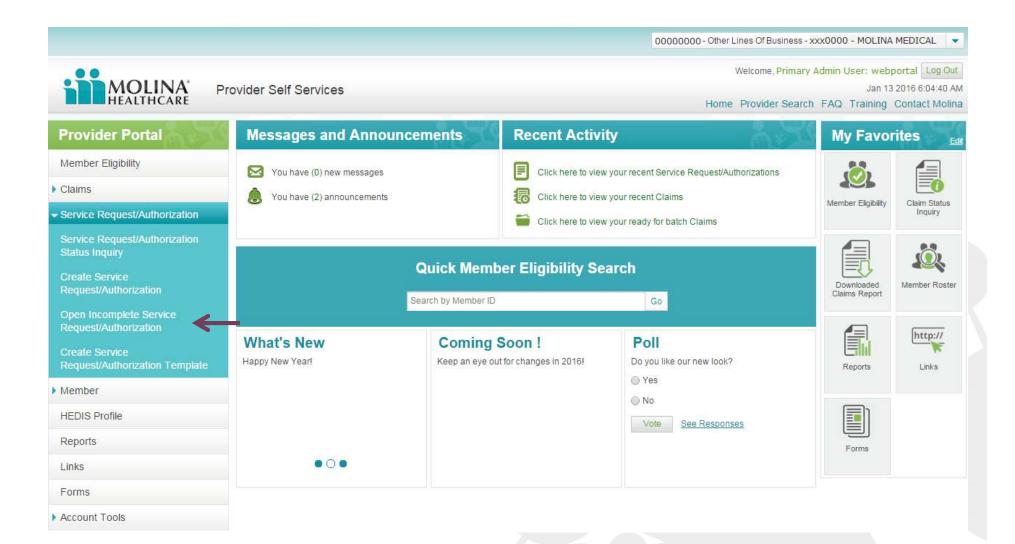


1. All out of network services require Prior Authorization (PA); you may submit PA requests through ePortal. 2. Initial consults to Molina contracted Medical providers are direct referrals and do not require PA. Please do not submit direct referrals through ePortal.

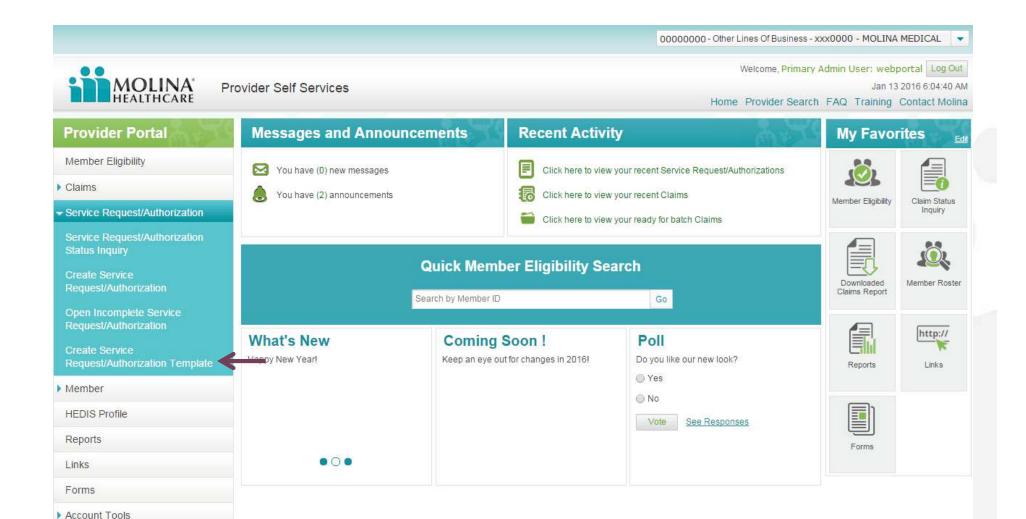
Save Clear Cancel Save Template

Service Request/Authorization Form				다 1000년 1000년
* - Required Field				
Member Search				
			Eligibility information is current as	of Oct 16 2014 04:30:09 PM PST 🕡
Member ID: *	A	dvanced Search		
or Last Name: *	First Name: *		Date Of Birth: *	mmddyyyy
		F-		
Patient Information				
This section will automatically populate when	you enter valid information for Me	wher Search		
Last Name	First Name	Middle Initial	Date of Birth	Sex
Address		City	State	Zip Code
Audress		City	State	Zip Code
Phone # (Home)	Phone # (Mobile)	PCP Name		11.
			<u> </u>	
Service Information				
Enter Required Information				
Type of Service :* Select	▼			Submit Date : 12/23/2014
Place of Service : * Select	▼ Inpati	ent Notification :* Select	■ V	
Proposed Start Date : mmddyyyy	19	Admission Date : * mmddyyyy	Discharge Date	:* mmddyyyy

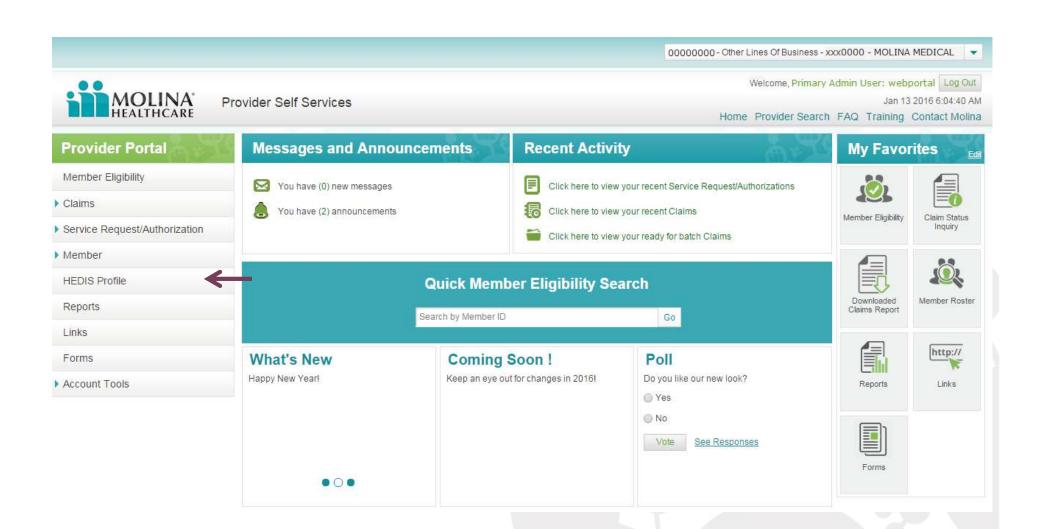
















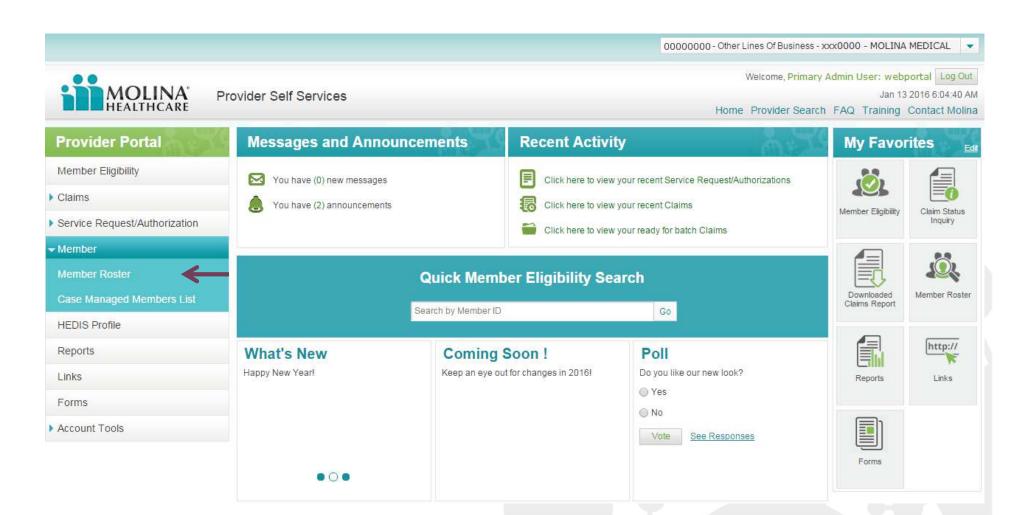
Provider Self Services

Welcome, Admin User: webportaltest Log Out
Aug 14 2015 9:00:14 AM

Home Provider Search FAQ Training Contact Molina

y Rates Members						The performa	nce rates are based on	claims/encounters data	FAQ eceived as of 06/30
Group Name: MOLINA MEDICAL CENTER -	WEST								
Select a Provider: All			v]						
Select a Service location: All			•						
Show Data For: All Members	•								
	Your	Current 2015 Measure	ment Year Perfo	ormance		rement Year	2014 NO	CQA Nat'l Medicaid Pero	entiles ³
Medicaid Measure	Total # Patients in Measure	# Patients Completed Services		% of Patients who Received Services	Your	SAN REAL CORP.		NCQA benchmarks 75th Percentile	NCQA benchmar 90th Percentil
Adult BMI Assessment - All (ABA)	156	48	108	30.77%	19.87%	91.23%	78.81%	85.23%	90.82%
Appropriate Medications for Asthma Patients -All (ASM)	12	6	6	50.00%	78.26%	83.73%	84.96%	87.26%	91.47%
Avoid Treatment of Adults with Acute Bronchitis - All (AAB)	5	4	1	80.00%	80.00%	35.69%	24.31%	30,54%	38.66%
Breast Cancer Screening -All (BCS)	54	25	29	46 30%	54.35%	45.76%	57.37%	65.12%	71.35%
Cervical Cancer Screening -All (CCS)	157	76	81	46.41%	55.56%	62.09%	66.42%	71.96%	76.64%
Childhood Immunizations * (CIS) CO3	73	50	23	68.49%	67.95%	75.94%	72.33%	77.78%	80.86%
Chlamydia Screening (CHL) Total	18	4	14	22.22%	36.36%	37.07%	54.93%	62.75%	67.19%
Controlling High Blood Pressure 18-85 Years (CBP)	8	0	8	0.00%	0.00%	68.48%	56.46%	63.76%	69.79%
Diabetes HbA1c Test (CDC)	47	29	18	¥170%	79.17%	87.95%	83.88%	87.59%	91.73%
Diabetes Nephropathy Test (CDC)	47	28	19	59.57%	70.83%	83.26%	80.05%	83.11%	86.86%
[4] (4) (1) 2 Page [1] of 2	F)(H)	10 ▼ per page							Showing 1-10 of 1
Your rate is at or above 90% NCQA bench Your rate is at or above 75% NCQA bench									
Your rate is below the 75% NCQA benchm	nark							Print	Export







Member Roster

Select a Primary Care Provider: All Providers who are grayed out on the list do not have members assigned to them.

Select a letter to find a Member by Last Name

All A B C D E F G HIJKL M NOP QR S T U V W XYZ

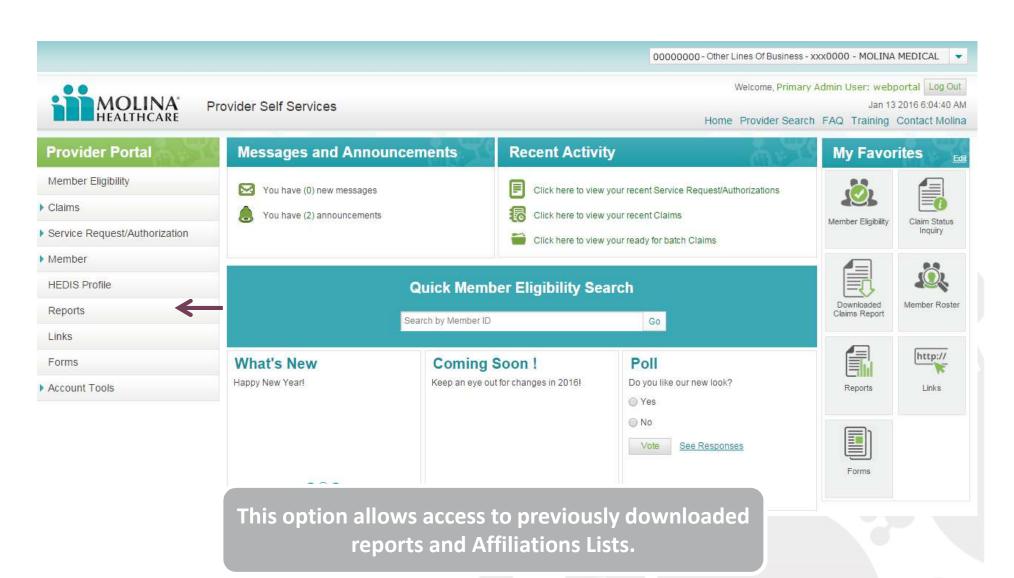
Clear Filters

Click on an underlined column header to sort or hover over a for help with that column

elect	<u>Last Name</u>	0	First Name	8	Date Of Birth	Member ID	② Line Of Business		PCP Effective Date	Status	8	PCP Name
							Select	•		Select	٧	
)	SMITH		JOHN		09/06/2012	111111111	STAR (State of Texa	s Access Reform)	07/01/2014			GRANGER, HERMIONE
)	SMITH		JOHN		05/06/2014	111111111	STAR (State of Texa	s Access Reform)	05/06/2014			GRANGER, HERMIONE
)	SMITH		JOHN		11/22/2002	111111111	STAR (State of Texa	s Access Reform)	04/01/2014			GRANGER, HERMIONE
)	SMITH		JOHN		06/08/2006	111111111	STAR (State of Texa	s Access Reform)	05/01/2014			GRANGER, HERMIONE
D	SMITH		JOHN		08/09/2000	111111111	STAR (State of Texa	s Access Reform)	06/01/2014			GRANGER, HERMIONE
D.	SMITH		JOHN		04/03/2002	111111111	STAR (State of Texa	s Access Reform)	07/01/2014	Needed Services		GRANGER, HERMIONE
0	SMITH		JOHN		12/12/1997	111111111	STAR (State of Texa	s Access Reform)	07/01/2014	Needed Services		GRANGER, HERMIONE
D	SMITH		JOHN		12/02/2003	111111111	STAR (State of Texa	s Access Reform)	07/01/2014			GRANGER, HERMIONE
0	SMITH		JOHN		10/08/2001	111111111	STAR (State of Texa	s Access Reform)	09/01/2013			GRANGER, HERMIONE
0	SMITH		JOHN		09/17/2013	111111111	STAR (State of Texa	s Access Reform)	11/01/2013	Needed Services		GRANGER, HERMIONE

By default, Members are be listed by Last Name







Downloadable Claims Reports

File Name	Service From Date	Service To Date	Generated Date
*****9022_08-01-2014_12-11-2014	08/01/2014	12/11/2014	12/22/2014

View more Claim files

* Displays the last 30 days' most recent 5 Claim files based on Date of Service

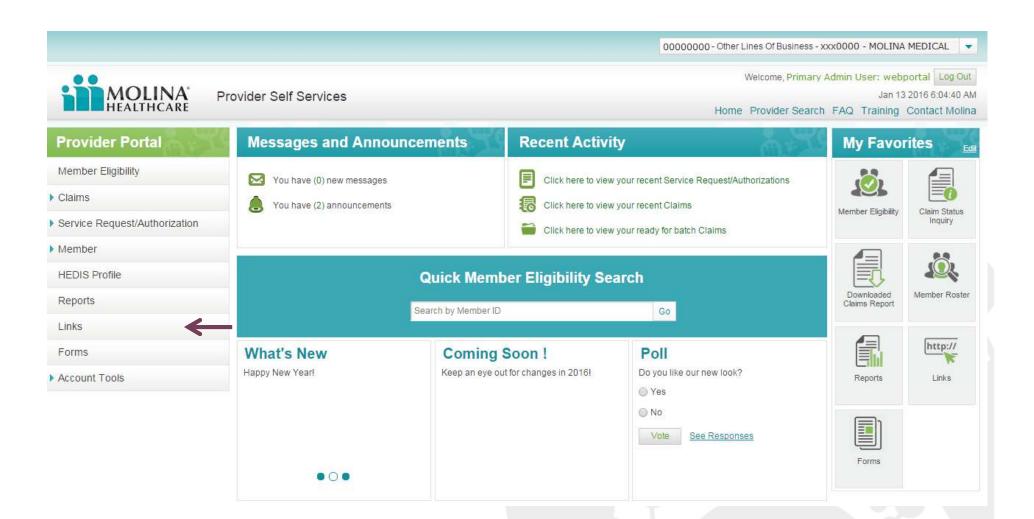
Affiliation List

Affiliation List - PDF

Affiliation List - EXCEL

This page will display a list of previously downloaded reports and the Affiliation List.







Links

AHCA Website

Avesis

Beacon Health Strategies

Emdeon WebConnect Batch Claims

Find a Dental Provider

Find a Pharmacy

Find a Vision Provider

Find Transportation

Formulary

Herslof

HIPAA 5010

IL HFS URL

Medicaid Newsletter

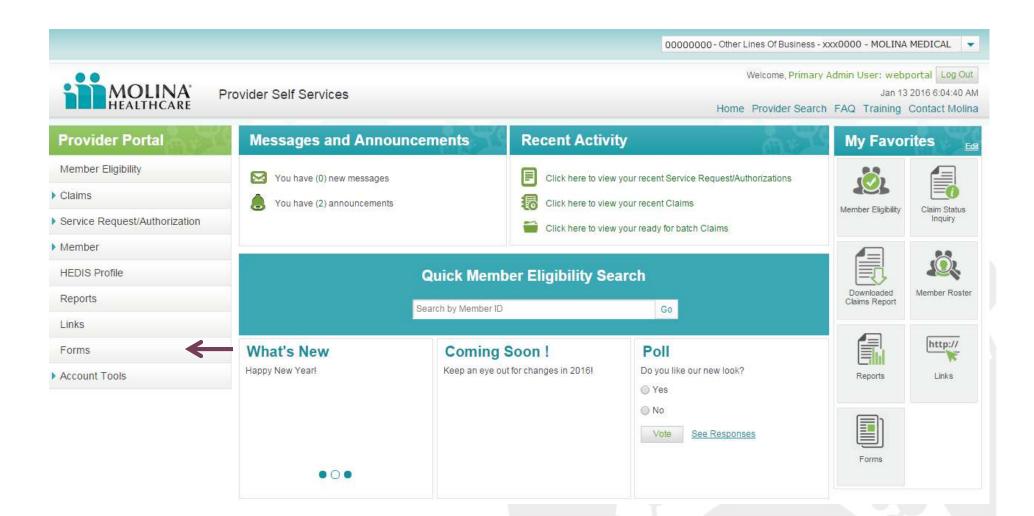
Molina Dental Portal

ProviderNet Remittance EFT

View Nurse Advice Reports

This page will display a list of the most commonly used links.







This page will display a list of the most commonly used forms.

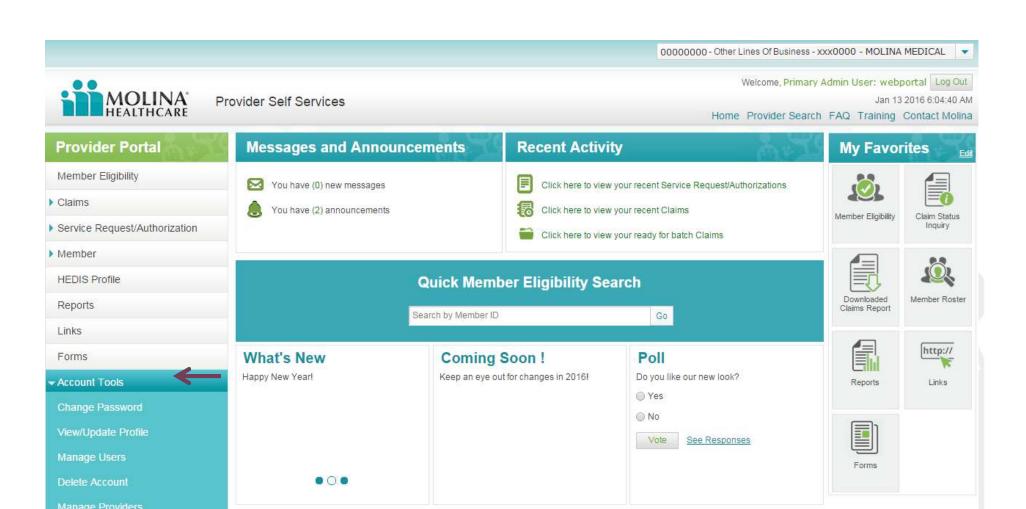
Provider Forms

- **EXECUTE** DESCRIPTION OF LCD's
- Medicaid Provider Forms
- Medicare Provider Forms
- Molina Duals Option Medicare/Medicaid Plan

Provider Documents

- Medicare/MMP HCC Pearl Cerebrovascular Accident (CVA)
- Medicare/MMP HCC Pearl Chronic Kidney Disease
- Medicare/MMP HCC Pearl Fractures
- Medicare/MMP HCC Pearl Morbid Obesity
- Medicare/MMP HCC Pearl Respiratory Failure
- Pharmacy Prior Authorization Form
- Prior Authorization Guide and Request Form





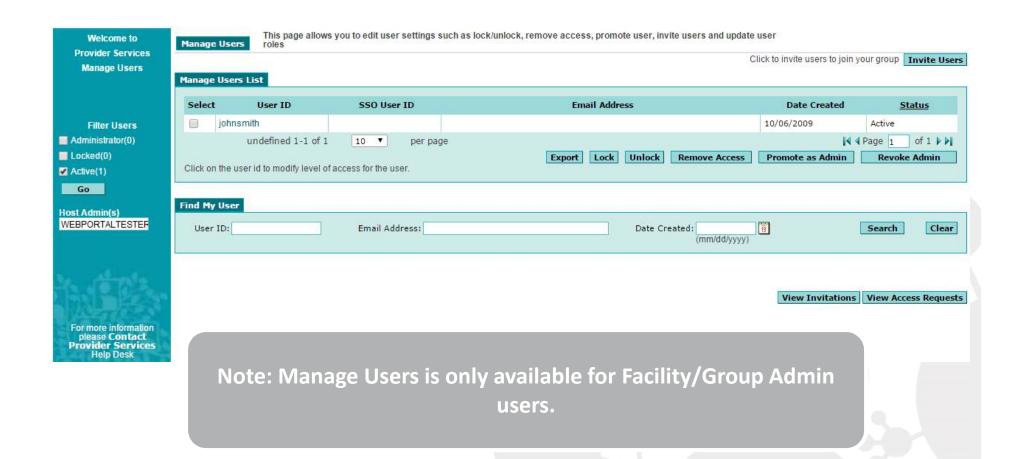


Change Password User ID: WEBPORTALTESTER Current Password: * 12 Characters Max. 12 Character(s) Remaining Confirm Password: * Submit Cancel Password Rules: Must have at least 8 and no more than 12 characters in the password. Must contain at least one uppercase and lowercase letter, Must have at least one number Password cannot contain partial User ID, first name or last name



ly Profile								
User Profile								
Last Name:		First Nar	ne: Web Portal					
	Provider Admin - Group/Facility		us: Active					
Primary Phone Number:		Registered Em	ail:					
Account Profile								
General Information	WEB PORTAL TESTER	+	tle:					
Status:		Credential Stat						
Provider Type:	FACILITY/GROUP	Federal Tax	ID: 111111111					
License Number:		License Effective Da	ite:					
License Termination Date:		Ethnic	ty: NO ETHNICITY					
Date Of Birth:		Gend	er:					
Specialty								
	Specialty Type		Specialty					
HOME HEALTH - 251E00000X		SECONDARY						
NURSING CARE - 251J00000X		PRIMARY						
SUPPORTS BROKERAGE - 251X00000X		SECONDARY						
LTC - ADAPTIVE AIDS AND EQUIPMENT		SECONDARY						
LTC - ASSISTED LIVING / RESPITE CARE		SECONDARY						
LTC - PRIMARY HOME CARE/ NURSING SER	VICES	SECONDARY						
Languages								
	Language Code		Description					
ENGLISH								
Contact Information								
Mailing Address								
Address 1	: 123 MAIN ST	Address						
	:: TX		ty: RICHARDSON					
County	: COLLIN	2	ip: 75080					
Account Emai	:							
Physical Address								
	: 123 MAIN ST	Address						
	:: TX		ty: RICHARDSON					
	: COLLIN		ip: 75080					
Phone Numbers	** FFE -FFE -FFE	as Education						
Primary Phone Number	1 000-000-0000	Mobile Numb	er:					







Delete Provider Self Services Account

To continue with account deletion, click the button below.

Delete Account | Cancel



Host Admin(s): WEBPORTALTESTER
Other Lines Of Business State: TX

Registered Providers

Tax ID Number	Provider ID	NPI #	Provider Name	Program	Molina Status	
111111111	QMP00000000000	1234567890	WEB PORTAL TESTER	Other Lines Of Business	Active	Delete
				MEDICARE ▼		Add
					Export	Submi

Note: Manage Providers is only available for Facility/Group Admin users.



Electronic Funds Transfer & Remittance Advice (EFT & ERA)

Contracted Providers are required to register for EFT within 30 days of entering the Molina Network. Provider enrolled in EFT payments will automatically receive ERAs as well. Additional information regarding EFTs and ERAs is available under the "EDI, ERA/EFT" tab on the Molina website.

Benefits of EFT/ERA:

- Faster payment (as little as 3 days from the day the claim was electronically submitted)
- Search historical ERAs by claim number, member name, etc.
- View, print, download and save PDF ERAs for easy reference
- Providers can have files routed to their ftp and/or their associated clearinghouse

How to Enroll:

- Molina partners with Change Healthcare for EFT and ERA Services
- To register for EFT/ERAs with Change Healthcare go to:
 - https://providernet.adminisource.com/Start.aspx
- Step-by-step registration instructions are available on Molina's website <u>www.molinahealthcare.com</u> under the "EDI, ERA/EFT" tab



Pharmacy Benefits & Drug Formulary

Prescription drugs are covered by Molina, via our pharmacy vendor. A list of in-network pharmacies is available on the MolinaHealthcare.com website, or by contacting Molina at (877)872-4716.

The "Formulary", also known as the "Preferred Drug List" (PDL), is available on the Molina Healthcare website: www.molinahealthcare.com

The formulary was created to help manage the quality of our Members' pharmacy benefit. The formulary is the cornerstone for a progressive program of managed care pharmacotherapy. Prescription drug therapy is an integral component of a patient's comprehensive treatment program. The formulary was created to ensure that our members receive high quality, cost-effective, rational drug therapy.

Prescriptions for medications requiring prior approval, for most injectable medications or for medications not included on the formulary may be approved when medically necessary and when formulary alternatives have demonstrated ineffectiveness. When these exceptional needs arise, providers may fax a completed Prior Authorization/Medication Exception Request.

Phone: (800) 223-7242

Prior Authorization Fax: (844) 823-5479

The Prior Authorization Request Form is included in the Welcome Kit and is also available on our website: www.molinahealthcare.com



Reporting Suspected Fraud, Waste & Abuse

- To report an issue by telephone, call Molina Healthcare's Compliance AlertLine (Hotline) toll free: 1-866-606-3889.
- To report an issue online: Visit: https://molinahealthcare.AlertLine.com
- You may also report an issue in writing. Please contact your local Compliance team for further instructions.



Claims Process Guidelines



Join the network!

http://www.molinahealthcare.com/providers/ny/PDF/Medicaid/practitoner-enrollment-application.pdf

											Page
			APPLICAT	ION FOR PR	ROVIDER	ENROL	LMENT	Address C	Street:		 Primary Office Additional Office
MOLINA HEALTHCARE	ENROLLMENT APPLICATION REQUIRED DOCUMENTATION	WOLINA: The bagin the carellinest process, please complete the information appropriate to your specialty. Complete and rotten with the Brann on the attributed chedital. All information must matter NPES. Please care that pre-CQB information is completed and reloads to a with the source post-data information.							STI :		: Correspondence : Remittance o Medical Record
HEALTHCARE	CHECKLIST	Todos's Date: Repeated Effective Date: Group Name:					-	State: ZIP C	ıdı:		
Place submit curr	rent copies of ALL of the documentation listed below. Any	Group TAX III:		Group NPI: Pro		Provider Name		Para .			binedicap accumble: 's or N Politic Transportation V or N
	ate information will delay the enrollment process.	Individual NPIs-		SSNe		D08:		Address D	Street:		: Primary Office : Additional Office o Correspondence
		Geodern □Male □Fernale		Provider Licensel/State:		DEA Certification			STE:		c Remittance : Medical Record
○ W-9 1	form	CAQH»:		Accepting new patients? PCP? Panel?	YES NO YES NO OPEN CLOSE		her than English:	Plann	Office Hours:	inde:	- Gardingsmonalder Var N
	osure and Ownership Form (Facility	Taxonomy Code (required). Cit Primary Specialty:		One: MD DO E	PA NP Otl			Pas:	_		Public Transportation: Yor N
	entialing ONLY) License	Second Specialty:			Taxonomy Code:			All ascabas ou unio u	appointment and be to study at Adds	ress. A L D L C L D L Hosp	atarat at Address. A □ U □ C □ U □
o DEA	License	Third Specialty: This of Specialty: Please note: A correspondence street level address must be applied when a remittance address is a PO Box. Please use					s is a PO Bex. Please use			TACT INFORMATION	
o Proof	f of Malpractice Insurance	Address A	ded for multiple	addresses.			Primary Office		sunt to the erned ha	ted under "General Molans Eipe	
	p Roster	Auditor A	Street:			-	Additional Office Correspondence	Best contact (Pleas General Moline Update		Enuil	Phone Number
	rvising/Collaboration physician form evels only)		City:				Remittance Medical Record	Challetoing Office Manager			
(mai	CVCIS OHLY)	Phone:	Office Hour	ZIP Code:			Handicap accessible: Y or N	Quality-			
		Address B					Public Transportation: Y or N • Primary Office	Clain			
We will notif	fy you when your application has been approved. Upon		Street:			_	Additional Office Correspondence Remittance	litting			
	will be considered a participating provider in our network. ving this notification, you are not considered in-network.		City:	ZIP Code:		_	o Medical Record	Authorized person	completing form:		
MOLINA'	Supervising/Collaboration Physician	Phone	Office Hour	rs:			Handicap accessible: Y or N Public Transportation: Y or N	Nane.	Places.	Enal.	
	Form										
Name of Midlev	cl:										
NP/PA:											
NPI:											



NPI of Physician:

Effective date:

Claims

Claims Processing Standards

- Participating Providers are strongly encouraged to submit Claims to Molina with appropriate documentation. Providers must follow the appropriate State and CMS Provider billing guidelines.
- On a monthly basis, over 90% of claims received by Molina from our health plan network providers are processed within 30 calendar days; 100% of claims are processed within 45 working days
- These standards have to be met in order for Molina to remain compliant with regulatory requirements and to ensure that our providers are paid in a timely manner.
- Correct coding is required to properly process claims. Molina requires that all claims be coded in accordance with the HIPPA transaction code set guidelines and follow the guidelines within each code set.
- CPT and HCPCS Codes must be submitted in accordance with the chapter and code-specific guidelines set forth in the current version of the AMA CPT and HCPCS codebooks.
- Modifiers consist of two alphanumeric characters and are appended to HCPCS/CPT codes to provide additional information about the services rendered. Modifiers may be appended only if the clinical circumstances justify the use of the modifiers.
- ICD-10-CM/PCS codes effective 10/01/2015 will utilize the billing rules and will deny claims that do not meet Molina's ICD-10 Claim Submission Guidelines.
- Place of Service (POS) Codes are two-digit codes placed on health care professional claims (CMS 1500) to indicate the setting in which a service was provided.
- Type of Bill is a four-digit alphanumeric code that gives three specific pieces of information after the first digit, a leading (0).
- Revenue Codes are four-digit codes used to identify specific accommodation and/or ancillary charges.
- Diagnosis Related Group (DRG) claim submissions must contain minimum requirements to ensure accurate claim payment.
- National Drug Code (NDC) number must be reported on all professional and outpatient claims when submitted.



Claims Submission Options

Claims Submission Options

- Molina encourages contracted providers to submit all claims electronically.
- Electronic claims include claims submitted via a clearinghouse using the EDI process and claims submitted through the Molina Provider Web Portal
- The Provider Portal (https://provider.molinahealthcare.com) is available free of charge and allows for attachments to be included.
- Via a Clearinghouse.
 - Molina partners with Claimsnet as our "gateway" clearinghouse. Claimsnet has relationships with hundreds of other clearinghouses. (More information is available in the Provider Manual.)
 - Providers may use the Clearinghouse of their choosing. (Note that fees may apply).



Claims Submission Options

EDI Claims Submission Information

- Claimsnet Payer ID# 16146
- Claimsnet Telephone #(800)-356-1511

Molina's Provider Web Portal (Provider Portal)

- The Portal is available free of charge, 24/7 to all Contracted Molina Providers.
- Can be accessed at: https://provider.molinahealthcare.com
- Allows for submission of UB and CMS 1500 claims, including claims with attachments and corrected claims.
- Is the recommend method to submit claims with attachments.
- Contact your Provider Services Representative for registration instructions and to obtain the "Molina ID" required to register.

Electronic Claim Submission Issues

- Providers should work with their Clearinghouse to resolve issues;
- If issue is on Molina's side, Providers can call the EDI customer service line at (866) 409-2935; and/or
- Submit an email to EDI.Claims@molinahealthcare.com.

Portal Issues

• If your are experiencing difficulties with the Provider Portal submission process, please contact the Provider Portal Technical Support team at (866) 449-6848.



Claims Submission Guidelines

- When submission of an Electronic claim is not possible, paper claims should be submitted to the following address:
 - Molina Healthcare of New York, Inc.
 PO Box 22615
 Long Beach, CA 90801
- DO not include DOS for June and July on the same billing (exception for Hospital stays and DME rental), please submit separate claim forms for these billings.

Required Elements

The following information must be included on every claim:

- · Member name, date of birth and Molina Member ID number
- Member's gender
- Member's address
- Date(s) of service
- Valid International Classification of Diseases diagnosis and procedure codes
- Valid revenue, CPT, HCPCS for services or items provided
- Valid Diagnosis Pointers
- Total billed charges for service provided
- Place and type of service code
- Days or units are applicable
- Provider Tax Identification
- National Provider Identifier (NPI)
- Rendering Provider as applicable
- · Provider name and billing address
- Place of service and type (for facilities)
- Disclosure of any other health benefit plans
- E-signature
- Service Facility Location



Claims Submission – Timely Filing

Timely Claim Filing

Providers shall promptly submit to Molina Healthcare claims for Covered Services rendered to members.

- Claims must be submitted by provider to Molina Healthcare within 90 calendar days after the following
 have occurred: discharge for inpatient services or the date of service for outpatient services; and provider
 has been furnished with the correct name and address of the member's health maintenance organization.
- If Molina Healthcare is not the primary payer under coordination of benefits or third party liability, provider must submit claims to Molina Healthcare within 90 calendar days after final determination by the primary payer.
- Unless otherwise provided by law, any claims that are not submitted to Molina Healthcare within these timelines shall not be eligible for payment, and provider hereby waives any right to payment therefore.



Claims Submission and Disputes

Corrected Claims

- Corrected claims are considered new claims.
- Corrected claims may be submitted electronically via the Provider Portal or through an EDI clearinghouse.
- Corrected claims must include the correct coding to denote if a claims is a Replacement of Prior Claim or Corrected Claim for an 837I or the correct Resubmission Code for an 837P.

(See the Provider Manual for additional details on how to correctly include this coding.) http://www.molinahealthcare.com/providers/ny/PDF/Medicaid/provider manual 2018.pdf

Claims Disputes/Adjustments

Providers seeking a redetermination of a claim previously adjudicated must request such action within ninety (90) days of Molina Healthcare's original remittance advice date. Additionally, any claim(s) dispute requests (including denials) should be submitted to Molina Healthcare using the standard claims reconsideration review form (CRRF). This form can be found on the provider website.

In addition to the CRRF, providers should submit the following documentation:

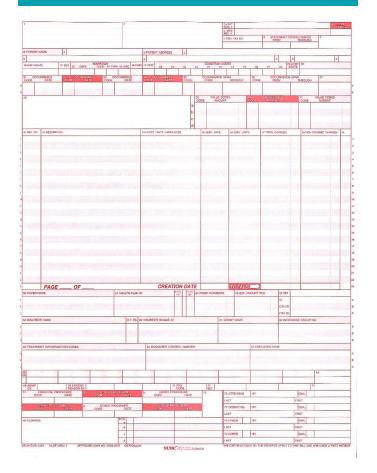
- The previous claim and remittance advice;
- Any other documentation to support the adjustment;
- A copy of the Service Authorization form (if applicable) and;
- The claim number clearly marked on all supporting documents.

Submit written requests to the address found on the Remittance Advice

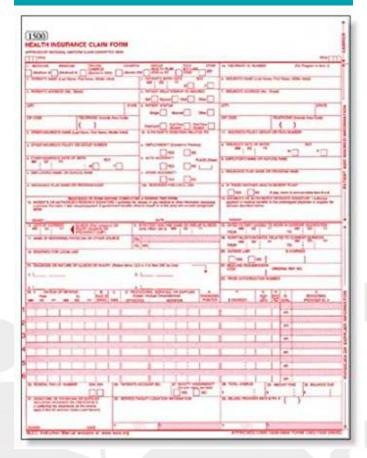


Type of Claim Forms

UB04



HCFA 1500



For further guidance, please visit the following link http://billing.ctacny.org/



Balance Billing and Claims Payment

Providers <u>may not</u> balance bill Molina Members for any reason for <u>covered</u> services. Detailed information regarding the billing requirements for non-covered services are available in the MHNY Provider Manual.

Your Provider Agreement with MHNY requires that your office verify eligibility prior to rendering any service and obtain approval for those services that require prior authorization.

In the event of a denial of payment, providers shall look solely to **MHNY** for compensation for services rendered, with the exception of any applicable cost sharing/co-payments.

- ✓ The date of claim receipt is the date as indicated by its data stamp on the claim.
- ✓ The date of claim payment is the date of the check or other form of payment.



Diversity & Cultural Competency



Topics Of Discussion

- Overview
- Creating a Climate for Diversity and Cultural Competence
 - value and knowledge
 - legal protections
 - Assistive technology
 - Services that support diversity
 - Identify population diversities
 - Health literacy
 - Language assistance
 - Multi-cultural/linguistic providers
 - Written translation
 - Allow for complaints/grievances
- Tips for working with specific populations



Objectives of Training

- Review the dimensions that make us diverse and their impact
- Review the tools that Molina Healthcare of New York use to be culturally competent and
- Provide the ways in which you can be culturally competent to individuals that you serve



What is Diversity?

- A reflection of the differences between people
- Recognizing differences, accepting them, and allowing them to change our perceptions

What is Cultural Competence?

- The ability to interact effectively with people from different cultures, which includes:
 - The Languages
 - Thoughts
 - Actions
 - Customs
 - Beliefs
 - Values and Institutions that unite a group of people



How does Diversity and Cultural Competence Work Together?

- Diversity teaches us to acknowledge and value the differences of cultures
- But that is not enough when you are a health care or human services provider
- Awareness and sensitivity has to be followed by
 - Being able to connect with the people in the cultures that you serve and
 - Adjust your approach to the manner that is culturally competent to the individual



Dimensions of Diversity

- All of the differences and similarities we encounter
- All of the components that make us unique also make us diverse

Valuing others is something that happens in our minds as well as our actions.

Specific Dimensions of Diversity

Race Mental Ability Religious Affiliation

Ethnicity Language

Gender Marital Status

Age Learning Style

Sexual Orientation National Origin

Physical Ability Economic Status



Example of Diversity

- Eye contact
 - Many cultures view direct eye contact as a sign of defiance or disrespect.
- Personal space
 - Some cultures value giving people a wide berth, while in others, keeping a distance would be interpreted as an insult

Impact of Diversity

- Affirmative action
 - The need for workforce diversity that mirrors the community diversity
- Assimilation
 - A process in which the minority culture is expected to adopt behaviors and standards of the majority culture
- Bias
- An inclination towards a certain belief that interferes with objective judgment
- Discrimination
 - The act (behavior) of giving unequal treatment
- Equal Employment Opportunity
 - Ensures positions for protected classes of people (e.g., veterans, the disabled)
- Ethnocentrism
 - The tendency to look at the world primarily from the perspective of one's own culture
- Prejudice
 - An opinion based upon biases, without complete information
- Sexism
 - A prejudice against a particular gender
- Stereotype
 - A conventional, usually overly simplified opinion applied to a particular group



Creating a Climate for Diversity and Cultural Competence

- Create value and knowledge
- Provide legal protections
- Use assistive technology
- Offer services supporting diversity
 - Identify population diversities
 - Health literacy
 - Language assistance
 - Multi-cultural/linguistic providers
 - Written translation
- Allow for complaints/grievances



Valuing Diversity

- The first step is to take a clear look at your automatic beliefs regarding others
 - Proactively review those beliefs to decide whether they are accurate
- Learn historical facts about different groups so as to understand how individuals in those groups may experience their world
- Avoid stereotyping by asking open-ended questions to understand the person better
- Empathize by expressing appreciation for the person's perspective
- Interact with others based upon what you know about a person, not react to old, generalized beliefs



Creating Knowledge

- To better assist our staff in understanding the health needs of our members as it is applicable to their cultural heritage, we provide the following:
- Education and training in diversity cultural competency and disability awareness is adequately provided
 - Cultural competency skills are developed, implemented and practiced by all staff
- A clear understanding of respect for the member's beliefs about their:
 - Illness and health;
 - Interpersonal styles,
 - Traditional home remedies,
 - Attitudes and behaviors of the members,
 - Families and communities served is provided and practiced throughout the delivery of culturally relevant and competent care to ensure the member's language and literacy needs are met.
- Methods for training and interaction with providers and the health care structure are implemented.
 - Alternative methods are developed and implemented as needed to ensure that administrative policies and practices are responsive to the culture and diversity within the member populations served are being met.



Understand How Culture Impacts the Care Given to Members:

- Culture informs:
 - Concepts of health and healing
 - How illness, disease and their causes are perceived
 - Behaviors of patients who are seeking health care
 - Attitudes toward health care providers
- Who provides treatment
- What is considered a health problem
- What type of treatment is needed
- Where care is sought
- How symptoms are expressed
- How rights and protections are understood
- Adapted from: http://minorityhealth.hhs.gov



Cultural Differences

- To take care of health issues within different ethnicities in the United States, you need to understand the values, beliefs and customs of different people.
- Example of a cultural difference that impacts health care
- Consider people from the Middle East and Central Asia: Understand that women from that part of the world might not be comfortable undressing.
- When working with a wide array of different people from different cultures, take into account the following:
- Have respect for everyone.
- Have respect for everyone's traditions, norms and other traits



Subcultures and Populations

- Understanding the many different subcultures that exist within our own culture is also an important aspect of cross-culture health care
 - Not just understanding Americans in general, but also understanding different issues that affect different subcultures of American society.
- A subculture is an ethnic, regional, economic or social group exhibiting characteristic patterns of behavior sufficient to distinguish it from others within an embracing culture or society.
- With growing concerns about health inequities and the need for health care systems to reach increasingly diverse patient populations, cultural competence has increasingly become a matter of national concern
- Industry Collaboration Effort



Legal Protections

- Americans with Disabilities Act
 - People with disabilities must be consulted before an accommodation is offered or created on their behalf.
- Equal Opportunity Employment Act
 - Creates a more inclusive environment



Assistive Technology

 Assistive technology products are designed to provide additional accessibility to individuals who have physical or cognitive difficulties, impairments, and disabilities.

Examples

- Screen readers: Speak everything on the screen
- Speech recognition or voice recognition program: Allows people to give commands and enter data using their voices rather than a mouse or keyboard
- Screen enlargers, or screen magnifiers
- Alternative keyboards: Feature larger (or smaller) than standard keys or keyboards
- Electronic pointing devices: Used to control the cursor without use of hands
- Touch screens: Allow direct selection or activation by touching the screen
- Braille embossers: Transfer computer-generated text into embossed Braille output
- TTY/TDD conversion modems



Services that support diversity

- Identify population diversities
- Health literacy
- Language assistance
- Multi-cultural/linguistic providers
- Written translation
- Allow for complaints/grievances



Identification of Population Diversities

- Molina Healthcare of New York uses national census data and membership geographic data to identify the percentage of cultural/linguistic groups within each county/state where members reside.
- Whenever a cultural/linguistic groups exceeds the established percentage, processes are implemented to ensure diversity of services for the identified cultural/linguistic groups.



Health Literacy

- All written and electronic behavioral health, clinical, utilization management, and preventative health materials distributed to members are developed based on federal and state health literacy standards.
- All documentation can be made available in the threshold languages.
 - Some are already in existence, such as, all documentation is available in Spanish
- The reading ease of all written materials distributed to members is tested using the Flesch-Kinkaid Grade Level Readability Statistics Test.
- Health literacy references are:
 - "National Standards for Culturally and Linguistically Appropriate Services in Health Care" – minorityhealth.hhs.gov
 - "Federal Plain Language Guidelines" plainlanguage.gov
 - "Measuring Knowledge and Health Literacy Among Medicare Beneficiaries" cms.gov



Multi-cultural/linguistic providers

- During the credentialing/contracting process, practitioners are asked to identify their cultural/ethnic, linguistic and racial information.
- The provider's information is recorded in the management system and used to identify providers who match a member's cultural or linguistic need.
- If a provider match cannot be identified, Network Management will assist in a broader provider search per health plan guidelines



Working with Specialized Population

- Development Disabilities
- ☐ HIV/AIDS
- ☐ End Stage Renal Disease (ESRD)
- ☐ Disabled & Homeless
- ☐ Mental Health & Intellectual Disabilities
- ☐ Substance Use Disorder (SUD)
- ☐ Serious Mental Illness (SMI)
- ☐ Hearing Impairment
- ☐ Visual Impairment
- ☐ Dementia/Alzheimer's
- ☐ Traumatic Brain Injury



Dementia/Alzheimer's

WHAT YOU SHOULD KNOW

- Patients with dementia may need a caregiver
- Older adults suffer more losses.
 - May be less willing to discuss feelings
 - Have high suicide rates at 65 and older

WHAT YOU CAN DO

- Communicate with patient and caregiver
- Assess for
 - Depression
 - Dementia / cognitive ability

Industry Collaboration Effort



Developmental Disabilities (I/DD)

WHAT YOU SHOULD KNOW

- I/DD is generally determined by:
- Significantly below average intellectual capacity evidenced by intellectual assessment
- Onset before age 18
- Limitations on adaptive skills
- The following factors increase the risk of developing depression and other mental health issues and are very common among people with DD
- Social Loneliness
- Emotional Loneliness
- Negative Experiences



Developmental Disabilities (I/DD)

- Treat enrollees and family members with dignity and respect
- Empower to set and reach personal goals
- Recognize the right of the enrollee to make informed choices and take responsibility for those choices and related risks
- Build on the strengths, gifts, talents, skills, and contributions of the enrollee
- Foster community connections



Visual Impairment Examples

- Macular degeneration
- Diabetic retinopathy
- > Cataract
- > Glaucoma

Industry Collaboration Effort

- Problems
 - Reading, depth perception, contrast, glare, loss of independence
- Solutions
 - Decrease glare
 - Use bright, indirect lighting and contrasting colors
 - Share printed material with LARGE, non-serif fonts



Hearing Impairment

WHAT YOU SHOULD KNOW

- Presbycusis: Gradual, bilateral, high frequency hearing loss
 - Consonant sounds are high frequency
 - Word distinction difficult
 - Speaking louder does not help

- Speak slowly and enunciate clearly
 - -Do not use contractions
- Rephrase if necessary
- Do not cover your mouth
- Reduce background noise
- Offer listening devices and services
- Industry Collaboration Effort



Serious Mental Illness (SMI)

WHAT YOU SHOULD KNOW

- A Serious Mental Illness is a medical condition that disrupts a person's:
 - Thinking
 - Feeling
 - Mood
 - Ability to relate to others
 - Daily functioning
- SMI Includes:
 - Major depression
 - Schizophrenia
 - Bipolar disorder
 - Obsessive compulsive disorder (OCD)
 - Panic disorder
 - Post traumatic stress disorder (PTSD)
 - Borderline personality disorder



What you can do

Serious Mental Illness (SMI)

- Treat the member with respect
- Provide enrollee-centered services
- Create recovery-focused goals
- Educate the member
- Help the member be as independent as possible



What you should know

Substance Use Disorders (SUD)

- In 2011, about 20.6 million people 12 and older were classified with substance dependence or abuse
- In 2011, 3.8 million people 12 and older received treatment for a substance use disorder (SUD)
- In 2010, of those needing treatment, 95% of people 12 and older did not feel they needed treatment, 3.3% felt they needed treatment and did not make an effort, and 1.7% felt they needed treatment and did make an effort

www.ansauk.org



What you can do

Substance Use Disorders (SUD)

- Express empathy as a means of effecting change
- Explain confidentiality
- Set boundaries
- Respect the member's decision to seek or reject treatment
- Respond precisely and calmly
- Enable the member to identify their own needs and problems



Mental Health and Substance Abuse

WHAT YOU SHOULD KNOW

- 41-65% people with a substance use disorder (SUD) also have a serious mental illness
- Of the 2.8 million adults with both substance use and SMI, only 62% received some sort of treatment
- Drugs and alcohol can be a form of selfmedication.
 - People with mental illnesses may have untreated conditions that feel better when the person is on drugs or alcohol
- Drugs and alcohol can cause people without mental illnesses to experience symptoms of an illness for the first time
- Drugs and alcohol can worsen mental illnesses

WHAT YOU CAN DO

- Integrate treatment consisting of the same health professionals, working in one setting, providing treatment for both SMI and substance abuse
- Take a gradual approach
- Remember that individuals with dual diagnosis must proceed at their own pace in treatment

National Alliance on Mental Health



Mental Health and Intellectual Disabilities

WHAT YOU SHOULD KNOW

- People with intellectual disability have a disproportionately high rate of mental illness when compared with the general population and a much lower rate of treatment and care
- Mental illness and mental disorders are poorly recognized and treated in people with intellectual disability

Intellectual Disability Rights Service

- Minimize distractions
- Build rapport
- Use short sentences, and avoid jargon and abstract concepts
- Raise only one topic at a time. Ask only one question at a time
- Clearly signpost changes in the topic to avoid confusion
- Allow more time than usual for a response
- Use the recount technique (ask enrollee to repeat back in their own words) to check that they understood the key points
- Take breaks
- Don't rely on written correspondence



Disabled and Homeless

WHAT YOU SHOULD KNOW

- The greatest risk of homelessness occurs immediately following hospital discharge
- Heterogeneity and diversity of the SMI population requires a range of housing and service options
- Unpredictability of illness episodes requires continuity of care
- Housing and services must be linked as neither alone is sufficient.

- Make the environment welcoming
- Avoid stereotyping
- Develop a trusting relationship
- Be available to offer help, but not overly intrusive
- Strive to be patient, persistent, consistent, and reliable
- Pay close attention to an individual's perception of his or her own needs



Traumatic Brain Injury (TBI)

WHAT YOU SHOULD KNOW

- Differences in rate of recovery can include:
 - Specifics of the injury
 - Other impairments or physical injuries
 - Co-morbid conditions
- An important factor in recovery is the enrollee's response to the injury and their interpretation of how fully they will recover

- Communicate appropriately about risks
- Educate the member and their family to reduce fears, set positive expectations, and prevent future injury
- Use simple terminology (example: use the term "concussion" instead of "mild traumatic brain injury)
- Take a multidisciplinary team intervention approach



End Stage Renal Disease (ESRD)

WHAT YOU SHOULD KNOW

- Members are more at risk for ESRD if they have:
- Chronic kidney disease (CKD)
- Injury or trauma to the kidneys
- Major blood loss
- Health prevention habits:
- Regular check-ups
- Low-fat, low-salt diet
- Exercise most days of the week
- Avoid tobacco
- Drink alcohol only in moderation

http://www.kidneyfund.org/kidney-health/kidney-failure/endstage-renal-disease.html

- Create a support networks
- Provide crisis intervention
- Provide education, emotional support, and self-help strategies to member and their families
- Facilitate community agency referrals
- Advocate for the member



HIV/AIDS

WHAT YOU SHOULD KNOW

- HIV damages the immune system by attacking the body's natural infectionfighting cells
- Possible reactions to a positive HIV test result:
 - Fear
 - Sense of loss
 - Grief
 - Denial
 - Depression
 - Anger
 - Anxiety
 - Stress
 - Shock

- Provide unconditional positive regard for the client
- Establish trust and confidentiality
- Show empathy
- Assess the enrollee's needs and state of mind quickly



Severe Mental Illness and Functionally Limiting Substance Use Disorder in Primary Care

Molina Healthcare of New York
May, 2018



Molina Healthcare

Our Vision

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- Respectful We respect each other and value ethical business practices.
- Focused We focus on our mission.
- Thrifty We are careful with scarce resources. Little things matter and the nickels add up.
- Accountable We are personally accountable for our actions and collaborate to get results.
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Co-Occurring Mental Health and Substance Abuse

Dual Diagnosis and Co-Occurring Disorders are terms used to refer to someone who experiences mental illness and substance use disorders simultaneously. These disorders can occur in either order – for example, someone can experience depression and self-medicate with alcohol or someone using substances can start to experience mental health problems due to the effects of the substances and subsequent changes in brain chemistry.

- About 1/3 of all people experiencing mental illness and about half of those experiencing severe mental illness also have substance abuse issues.
- About 1/3 of alcohol abusers and more than half of drug abusers report experiencing a mental illness.
- Men are more likely than women to develop a co-occurring disorder
- Military veterans are at increased risk
- People with multiple medical illnesses are at increased risk
- People in lower socioeconomic status are at increased risk

NAMI Dual Diagnosis Fact Sheet



Depression

Depression is a common, serious medical illness and it can be effectively treated. Depression typically manifests in sad or irritable mood, sleep changes, weight changes, loss of interest in pleasurable activities, somatic complaints, decreased energy, isolation, helplessness, hopelessness and can also present with anxiety.

- The risk of depression is greater for people who also have other serious medical illnesses.
 <u>Co-Occurring Disorders and Depression</u>
- Screening tools for depression:
 - Beck Depression Inventory Self Report Scale
 - PHQ-9
- If the patient is willing, the combination of medication and counseling has been shown to be the most effective treatment approach. <u>Treating Depression in Primary Care</u>



Adolescent Depression

- Adolescent depression occurrences range by age, gender, race and ethnicity with the NIMH reporting 2.8 million youth ages 12-17 having at least one major depressive episode in 2014: Statistics
- Although teenage girls report suffering from depression more often than teenage boys, teenage boys underreport this
- 30% of teens with depression also develop a substance use problem
- Teens with depression are more likely to engage in risky sexual behaviors
- Untreated depression is the #1 cause of suicide which is the 3rd leading cause of death among teens
- Screening tools
 - PHQ-A
 - KADS-6
- The American Academy of Pediatrics released new guidelines for treating Adolescent Depression in 2018: <u>AAP Guidelines</u>



Post-Partum Depression

Post-Partum Depression is linked to child birth. The typical onset is between one week to one month following child birth. Untreated, it can last for months or longer. Symptoms may include: extreme sadness, decreased energy, anxiety, changes in sleeping and eating patterns, crying episodes, irritability, feeling overwhelmed, diminished ability to think clearly, concentrate or make decisions, difficulty bonding with the baby and may involve thoughts of death, suicide or psychosis. Mayo Clinic Article

Risk Factors:

- History of depression or bipolar disorder or a family history of mood disorders
- Post-partum depression with a previous pregnancy
- Difficulty breast-feeding
- The baby has health issues or special needs
- Stressful events in the past year such as pregnancy complications, illness, job loss, financial issues
- Inadequate supports
- The pregnancy was unplanned or unwanted



Anxiety Disorders

Anxiety Disorders are a group of related conditions, each with unique attributes. All share excessive fear or worry that is persistent. They are the most common mental health concern in the United States with 40 million adults (18%) and 8% of children and adolescents diagnosed. Typically, symptoms manifest before the age of 21. Physical symptoms, e.g., racing heart, sweats can be confused with other medical conditions such as heart disease so primary care providers will want to rule them out before screening for anxiety. Types of anxiety disorders include: generalized anxiety, social anxiety, panic disorder, phobias. NAMI Overview

- Screening for anxiety symptoms can help drive treatment planning: **Beck Anxiety Inventory**
- For more information about signs, symptoms and treatment of anxiety: <u>NIMH Anxiety</u>
 Overview



Eating Disorders

Eating Disorders are serious and can be fatal with severe disturbances in eating behaviors and the thoughts and behaviors around eating. There is frequently an obsession with food, body weight and body image. There are three main categories of eating disorders.

- Anorexia Nervosa
 - Calorie/food restriction and/or excessive exercise
 - Fear of being fat and denial of low body weight
 - Body weight 15% below normal healthy weight for their height
 - The body begins to show signs of starvation
- Bulimia Nervosa
 - Weight is not an indicator and can range from under to over-weight
 - Binge eating followed by purging typically by vomiting or laxative use
- Binge-Eating Disorder
 - Frequent overeating during a discrete period of time
 - Eating more rapidly than normal and until feeling uncomfortable full
 - Eating alone due to embarrassment and feelings of guilt afterward

APA Information on Eating Disorders



Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder (PTSD) can occur in some people who have witnessed or experienced a shocking, scary or dangerous event such as a natural disaster, a serious accident, sexual or physical assault, or combat. PTSD affects approximately 3.5% of adults in the US and an estimated 1 in 11 people will experience PTSD in their lifetime. Not every traumatized person will develop chronic or even acute PTSD.

People diagnosed with PTSD must have all of the following for at least 1 month:

- Experience intrusive thoughts
- One avoidance symptom
- Experience negative thoughts or feelings or distorted beliefs about themselves or others
- Feel like they are reliving the event (flash-backs) and have unexpected arousal or reactive symptoms such as angry outbursts, being easily startled, or have problems concentrating and sleeping

After a traumatic event, some people may experience the above symptoms, but for people with PTSD, these symptoms can persist for months or years, causing significant distress and often occur with other conditions such as depression, substance abuse and an increase in physical health issues. APA Information on PTSD



Alcohol and Substance Use

Abuse of alcohol or a substance (such as cocaine, opiates, etc.) can lead to significant impairment.

- General signs and symptoms of abuse:
 - Using more medication than has been prescribed
 - Physical signs: bloodshot or glazed eyes, dilated or constricted pupils, abrupt weight and appetite changes, deterioration of personal grooming habits
 - Unexplained changes in personality, mood swings, unusual hyperactivity or lethargy
 - Behavioral changes: risk taking, relationship problems, decreased functioning at work or school, less involvement in hobbies or social activities, financial concerns

If the person you are treating is exhibiting any of these signs and symptoms, screening them for substance abuse is indicated.



Alcohol and Substance Use

- Screening, Brief Intervention, Referral and Treatment (SBIRT) is an approach to the delivery of early intervention and treatment
 - SBIRT Online Screening Tool
 - SBIRT Resources
 - SBIRT White Paper
 - Pocket Guide for Screening for Alcohol Use

There are several options for Medication Assisted Treatment for alcohol and opiates. Some, such as Methadone and Buprenorphine (Suboxone, Zubsolv and others), have prescribing restrictions. Others, such as Naltrexone (Revia and Vivitrol), Campral and Antabuse, do not.

SAMHSA's Information on Medication Assisted Treatment



Alcohol Abuse and Dependence

Alcohol use disorder is defined by a pattern of drinking that causes problems in your personal life, health, work, education and relationships and can have legal implications. People with alcohol use disorder have problems controlling their drinking, continue to do so despite the problems it is causing, need to drink more to get the same effect or have withdrawal symptoms when they rapidly decrease or stop drinking. It can also manifest in binge drinking rather than regular daily drinking.

Signs and Symptoms:

- Bloodshot eyes, slurred speech, impaired coordination and memory lapses
- Loss of interest in activities, hobbies and personal appearance
- Relationship problems
- Frequent changes in mood and defensive behavior

Physical implications can include, but are not limited to:

- Liver, cardiac and digestive disease, diabetes complications and a weakened immune system
- Eye problems such as nystagmus and paralysis of eye muscles
- Neurological complications
- Increased risk of cancer





Opioid Abuse and Dependence

Opioids (also referred to as opiates) include Oxycodone, hydrocodone, codeine, fentanyl, morphine and heroin. An estimated 210 million prescriptions for opiates were dispensed in 2010. Long-term use puts people at risk of addiction, even when taken as prescribed. As tolerance and physiological dependence develop and use becomes abuse, opiate users are more likely to develop a heroin addiction than non-opiate abusers. Heroin offers a similar high at a lower price. Signs of Opioid abuse:

- Constricted pupils, slowed breathing and constipation
- Confusion, sedation and intermittent nodding off/loss of consciousness
- Doctor shopping (prescriptions from multiple prescribers)
- Shifting or dramatically changing moods and social withdrawal/isolation
- Sudden financial problems

Effects of Opioid abuse:

- Weakened immune system, gastric problems, and significant respiratory depression which can result in cumulative hypoxic end-organ injury
- Medical issues related to intravenous use such as localized abscesses, embolic events, systemic infection and blood-borne illnesses

NIDA article on Opiate Abuse



Other Substances of Abuse

There is a wide variety of legal and illegal substances that can be abused, all with varying signs and symptoms. Some of the more common include:

- **Marijuana** use can result in delayed reaction time, balance and coordination impairment, a chronic cough, repeated respiratory infections and decreased IQ points when repeated use begins in adolescence.
- **Synthetic Cannabinoids**, known as synthetic marijuana, Spike or K-2. This will not be detected on a standard urine drug screen. Although it was intended to be chemically similar to marijuana, it is a far more dangerous combination of chemicals and often stronger.
- **Dextromethorphan (DXM)** taken in higher than recommended amounts can result in euphoria but also breathing problems, seizures, increased heart rate and blood pressure, nausea and vomiting.
- Loperamide (Immodium) in high doses can cause euphoria and is sometimes misused to control withdrawal symptoms of opiates but can also result in constipation, fainting, stomach pain, pupil dilation, cardiac toxicity, loss of consciousness and kidney failure from urinary retention.
- **Inhalants** are more commonly abused by adolescents and young adults with 68.4% of inhalant abusers being 12-18 years old.
- Cocaine abuse can result in narrowed blood vessels, enlarged pupils, increased body temperature, heart rate and blood pressure, infection and death of bowel tissue due to restricted blood flow as well as many other complications dependent upon method of use (smoked, inhaled, IV use).
- For a more complete list: Commonly Abused Drugs



Cultural Competence

Cultural Competence is the ability to interact effectively with people of different cultures. In practice, both individuals and organizations can be culturally competent. "Culture" is a term that goes beyond just race or ethnicity. It can also refer to such characteristics as age, gender, sexual orientation, disability, religion, income level, education or profession.

Cultural Competence means to <u>be respectful and responsive</u> to the health beliefs and practices – and linguistic needs – of diverse population groups. Developing cultural competence is also an evolving, dynamic process that takes time and occurs along a continuum.

Cultural Competence applies to organizations and health systems, just as it does to professionals. Molina Healthcare is committed to creating and sustaining a culturally competent workforce as well as being a culturally competent organization by:

- Continually assessing organizational diversity
- Investing in building capacity for cultural competency and inclusion
- Conducting strategic planning that incorporates community culture and diversity
- Implementing prevention strategies using culture and diversity as a resource
- Evaluating the incorporation of cultural competence

SAMHSA Cultural Competence article HHS Think Cultural Health



Useful Links

- Screening tools for depression:
 - Beck Depression Inventory Self Report Scale
 - PHQ-9
- Screening tools for depression in Adolescents
 - PHQ-A
 - KADS-6
- Substance abuse screening: <u>SBIRT Online Screening Tool</u>
- Training in Depression in Primary Care: <u>Training Link to Massachusetts General</u> (Free CME's)
- Algorithm for treating depression in Primary Care: Algorithm
- Trends in care are moving towards integrating medical and behavioral health care: Integrating
 Physical and Behavioral Health
- Specific substances signs and symptoms: <u>Signs and Symptoms</u>
- If you are interested in becoming a Buprenorphine prescriber: <u>Buprenorphine Training</u>
 <u>Resources</u>
- Center for Practice Innovations: http://practiceinnovations.org/



The Relationship Between Mental and Physical Health:

Common Medical Conditions and Challenges in the HARP Population

Molina Healthcare of New York May, 2018



Molina Healthcare

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Overview

Mental and physical health are fundamentally linked. There are multiple associations between mental health and chronic physical conditions which impact quality of life, demands on health care and other service providers, and the cost of care. The World Health Organization (WHO) defines health "as a state of complete physical, mental and social well-being and not merely an absence of disease or infirmary. The WHO also states that "there is no health without mental health." WHO Report (2004)

Evidence has shown that mental health disorders, most often depression, are strongly associated with the risk, occurrence, management, progression and outcome of serious chronic diseases and health conditions including but not limited to: diabetes, heart disease, stroke, and hypertension. This appears to be caused by mental health disorders that occur before chronic disease which then can intensify the mental health symptoms, thus creating a vicious cycle of poor health. This double whammy can have a profound and negative impact on a person's ability to recover from chronic disease and mental health disorders. Healthy People 2020, US Dept. Health and Human Services

People with mental health disorders have higher morbidity and mortality rates than those without mental health concerns. There are many factors impacting these rates including but not limited to: people with mental health conditions are less likely to receive physical health care and therefore are less likely to receive routine checks such as blood pressure, weight and cholesterol, they do not have a primary care provider, are disengaged from care, PCP's do not have the training to assess for mental health conditions. BJMP Article



Mental Illness: A Few Facts

- What is it?: Mental illnesses are conditions that affect a person's thinking, feeling, mood or behavior, such as depression, anxiety, bipolar disorder, or schizophrenia. Such conditions may be occasional or long-lasting (chronic) and affect someone's ability to relate to others and function each day. CDC
- 1 in 5 Americans age 18 and older will be diagnosed with a mental illness or disorder at some time in their life
- 1 in 25 Americans age 18 and older lives with a serious mental illness
- Just over 20% -1 in 5 children have had a serious mental disorder.
- US adults with serious mental illness die on average 25 years earlier than others, largely due to treatable medical conditions
- Suicide is the 10th leading cause of death in the US and the 2nd leading cause of death among people aged 15-34 years. CDC



Co-occurrence of Depression with Medical Disorders

The risk of clinical depression is often higher in people with serious medical conditions such as COPD, diabetes, obesity and other chronic illnesses. Many times the symptoms are minimized or ignored by individuals and by their family members who believe it is to be expected given their physical health challenges. These depression symptoms can also be masked by the other medical illnesses. And, though they occur together, they may be unrelated. Certain medications may also trigger depression. It is a treatable illness even if an individual has another medical condition.

Primary Care Physicians will have individuals who can present with anxiety disorders, eating disorders, alcohol and other substance use, schizophrenia and other psychotic disorders as well as other mental health conditions. Given the prevalence of depression and medical illnesses, this training will focus on this particular co-morbid set of conditions.



Common Symptoms of Depression And Other Medical Disorders

- Weight loss, sleep disturbances, and low energy may occur in individuals diagnosed with diabetes, heart disease, stroke, cancer and are also common symptoms of depression
- Poor concentration, apathy, and memory loss can occur in individuals with Alzheimer's and Parkinson's disease and are also signs of depression
- Medications for high blood pressure, Parkinson's disease, and other medical conditions can produce side effects that mimic signs of depression. Parkinson's medications can cause psychosis

psychcentral.com



Cancer

- There are several types of cancer including cervical, lung, breast, colorectal
- Risk factors: Alcohol consumption (the more you drink, the higher your cancer risk), HPV (Human Papillomavirus), Tobacco-smoking causes almost 9 of every 10 cases of lung cancer
- From 1999-2014 black men were more likely to die of cancer than any other group and among women black women were more likely to die of cancer than any other group
- One in four people with cancer suffer from clinical depression
- Depression can be mistaken as a side effect of corticosteroids or chemotherapy, both treatments for cancer
- Depressive symptoms can be mistakenly attributed to the cancer, which can also cause weight and appetite loss, insomnia, energy loss

mentalhealthamerica.net; cdc.gov; psychcentral.com



COPD

- Chronic Obstructive Pulmonary Disease, or COPD was the 3rd leading cause of death in the US in 2014.
- The following groups were more likely to report (in 2013):
 - People aged 65-74 and > than 75 years
 - Women
 - American Indian/Alaska Natives and multiracial non-Hispanics
 - Individuals unable to work, retired or unemployed
 - Individuals with less than a high school diploma
 - Individuals who were widowed, divorced or separated
 - People with a history of asthma
 - Current or former smokers (individuals with depression are 2x as likely to smoke as other people and individuals with schizophrenia are 3x as likely)
- Three out of every individuals diagnosed with COPD also had anxiety and/or depression.

mentalhealthamerica.net; cdc.gov; psychcentral.com



Diabetes

- Diabetes is the 7th leading cause of death in the US (and may be underreported)
- Type 2 diabetes accounts for about 90% to 95% of all diagnosed cases; type 1 diabetes accounts for about 5%
- Individuals with adult onset diabetes have a 25% chance of having depression
- Depression affects as many as 70% of individuals with diabetic complications

mentalhealthamerica.net



Individuals most at risk for diabetes:

- Smokers are 30 to 40% more likely to develop type 2 diabetes than non-smokers
- Individuals with diabetes who smoke are more likely to develop serious related health problems such as heart and kidney disease
- Overweight
- Age 45 years and older
- Have a parent or sibling with type 2 diabetes
- Have had gestational diabetes
- American Indians/Alaska Natives are 2x more likely as whites to have diabetes
- African Americans, Hispanic/Latino Americans, American Indians/Alaska Natives, Pacific islanders and some Asian Americans are at higher risk for prediabetes and for type 2 diabetes
- During their lifetime, half of all Hispanic men and women and non-Hispanic black women are predicted to develop diabetes

cdc.gov



Heart Disease

- Is the leading cause of death for both men and women. More than half of the deaths due to heart disease in 2015 were men
- Coronary heart disease is the most common type
- Is the leading cause of death for individuals in most racial/ethnic groups in the US
- Risk factors include: high blood pressure, high LDL cholesterol and smoking. About half of Americans (49%) have at least one of these risk factors.
- Depression occurs in 40 to 65 % of patients who have experienced a heart attack, and in 18 to 20% of individuals who have coronary heart disease and who have not had a heart attack
- After a heart attack, patients with clinical depression have a 3 to 4x greater chance of death within the next six months

cdc.gov; mentalhealthamerica.net



Obesity

- More than 1/3 (36.5%) of US adults are obese
- Obesity-related conditions include heart disease, stroke, type 2 diabetes, and certain types of cancer, some of the leading causes of preventable death
- Non-Hispanic blacks have the highest age-adjusted rates (48.1%) followed by Hispanics (42.5%), non-Hispanic Whites (34.5%) and non-Hispanic Asians (11.7%)
- Is higher among middle age adults, 40-59 years old (40.2%) and older adults age 60 and over (37.0%) than among younger adults age 20-39 (32.3%)
- Individuals with obesity report higher rates of depression than non-obese individuals

cdc.gov; psychcentral.com



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SAMHSA Cultural Competence article HHS Think Cultural Health



Impact of Depression in Primary Care Settings

- Nearly 74% of Americans who seek help for depression will go to a primary care physician rather than a mental health professional
- The diagnosis of depression is missed 50% of the time in primary care settings.
- Rate of depression among individuals with medical illnesses in primary care settings is estimated at 5 to 10 %
- The more severe the medical condition, the greater the likelihood that an individual will experience clinical depression
- Individuals with depression are in significant distress, have an increase in impaired functioning and therefore less ability to follow medical regimens, thus hindering the treatment of any medical conditions

Mentalhealthamerica.net



Opportunities in the Primary Care Setting

- Primary care practitioners are a critical link in identifying and addressing mental health disorders and have often been called the 'de facto mental health system' since most individuals with mental illness never make it to a specialty mental health provider
- Can screen for unrecognized and therefore undiagnosed mental illness. Without ready access
 to mental health, individuals' discomfort, and the stigma attached to mental illness, these
 conditions are frequently not treated
- An already established relationship with a primary care team fosters engagement in treatment.
- Adding mental health professionals to the team is a step closer to integrated care

va.gov



Helpful Links

- <u>Diabetes Mellitus Flow Sheet</u>
- <u>Diabetes Quick Facts</u>
- Adult Obesity Facts
- Health Effects of Smoking
- Heart Disease Fact Sheet
- What is COPD?



Training for Behavioral Health Providers and Health Homes Regarding HCBS Requirements

Molina Healthcare of New York May, 2018



Molina Healthcare

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- Accountable We are personally accountable for our actions and collaborate to get results.
- **Feedback** We strive to improve the organization and achieve meaningful change through feedback and coaching.
- One Molina We are one organization. We are a team.



What are Home and Community Based Services (HCBS)

They are an enhanced benefit package of services for individuals determined by New York State to be eligible for and enrolled in a Health and Recovery Plan (HARP). A HARP is a managed care product in which physical, mental health and substance abuse services are integrated for adults 21 years and older who have significant behavioral health needs.



HCBS Services

- Individual Employment Support Services
 - Pre-vocational Support
 - Transitional Employment Support
 - Intensive Employment Support
 - On-going Supported Employment
- Educational Support Services
- Peer Supports/Empowerment Services
- Family Support and Training

- Rehabilitation
 - Psychosocial Rehabilitation
 - Community Psychiatric Support and Treatment (CPST)
- Habilitation
- Crisis Intervention
 - Short-Term Crisis Respite
 - Intensive Crisis Intervention



HCBS Services Explained

- For a full explanation of the purpose and benefits of each HCBS Service please visit: <u>HCBS</u>
 <u>Resource Guide MCTAC Trainings</u>
- Community Psychiatric Support and Treatment (CPST) is a clinical mobile treatment team that works with members in his or her own home setting. It is designed for members who are disengaged from site-based services due to temporary physical or behavioral setbacks and need time limited treatment.
- Psychosocial Rehabilitation (PSR) is designed to help members regain functional or basic skills they need and may be related to relapse prevention, socialization skill building and wellness/self-management.
- Habilitation helps members attain functional and social skills related to self-care, ADL's, relationship development, use of community resources as well as money and time management.
- **Vocational Supports:** There are 4 types Pre-Vocational, Transitional, Intensive Supported and Ongoing Supported geared toward members' needs in preparing for, obtaining and retaining employment.



HCBS Services Explained

- Educational Support Services are for members who want to obtain formal education or training to become employed
- **Peer Support Services** are for members with a need/preference for peer support or persons with lived experience. The focus is on advocacy, outreach and engagement, education on self-help tools, recovery support and empowerment.
- **Family Support and Training** is for the member's family when the member feels their family/support system would benefit from education and training support to help the member in their recovery.
- Crisis Respite has two levels of service: Short Term and Intensive
 - Short Term is for members experiencing daily life challenges and are at risk for escalation of behavioral health symptoms
 - Intensive is for members who are experiencing a behavioral health crisis that may include suicidal or homicidal ideation and the provision of a safe place to stay with treatment helps them stay out of the hospital



HCBS Settings

- HCBS Services provide opportunities for members to receive services in their own home or community
- Designed to meet the members where they are
- Plan of Care development should include designation of the sites preferred by members
- A HARP Member residing in an excluded setting may not be eligible for HCBS services. These settings are defined by NYS: <u>DOH Guidance</u>



HCBS Workflow

HH Care Manager or State
Designated Entity (SDE)
Conducts HCBS Eligibility
Assessment

In collaboration with the Member, HH Care Manager develops the Initial Plan of Care with recommended HCBS and Selected Network Providers

HH Care Manager forwards the Initial Plan of Care to Molina for approval

Molina approves the Initial Plan of Care and the HH Care Manager refers the Member to In Network HCBS Provider(s) HCBS Provider(s) conduct service specific assessments and contacts Molina to obtain authorization with intensity, frequency and duration information Molina notifies the HH Care
Manager of the service
authorization; the HH Care
manager updates the Plan of
Care and remits the Completed
Plan of Care to Molina



Person-Centered Planning Process

- Members strengths and preferences are central
- Recovery oriented with goals determined by members
- Services and supports explored with members that support their health needs and help them to achieve their goals
- Culturally competent treatment provided that is responsive to cultural diversity



Cultural Competence

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Cultural Competence means to <u>be respectful and responsive</u> to the health beliefs and practices – and linguistic needs – of diverse population groups. Developing cultural competence is also an evolving, dynamic process that takes time and <u>occurs along a continuum</u>.

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The Initial Plan of Care

- The Initial Plan of Care (IPOC) contains 4 Elements:
 - The HARP Tier determined by the Eligibility Assessment
 - Current services the Members are utilizing and their service providers
 - Member's goals
 - Requested HCBS Services
- Once Molina receives the IPOC, eligibility for the requested services will be verified and a Letter of Service Determination will be issued. There are some services that cannot be billed in conjunction with HCBS services and that guidance can be found: HCBS-billing-Manual
- Members must be given a choice of at least 2 HCBS Providers, where possible, from Molina's network.
- Members will work with the HCBS Service Provider(s) in completing an assessment to determine the appropriate Intensity, Duration and Frequency of the requested services



The Complete Plan of Care

- Once the appropriate Intensity, Duration and Frequency of the requested HCBS services have been determined, the Health Home Care Manager can then work with the Member to complete the Plan of Care
- This process should involve input from the Member's entire Treatment Team (HCBS
 Treatment Providers, PCP's and other treatment providers) so that their team can work
 together to support the Member reaching their goals.
- The Member's signature is required. All other providers in the plan are encouraged to sign as well.
- The Plan of Care must comply with federal guidelines, which can be found here: <u>Guidelines</u>



Medical Necessity Criteria

- For Mental Health admissions and authorizations, MHNY uses InterQual for mental health and LOCADTR 3.0 for substance abuse with a few exceptions. One of these exceptions is HCBS Services. For these MHNY uses New York State designated criteria.
- The New York State Eligibility Assessment determines the Tier.
 - Tier 1 is eligible for Education, Employment and Peer Support Services
 - Tier 2 is eligible for the full array of services
 - All HARP members are eligible for Crisis Respite services regardless of assessment status or Tier
- When Members meet their goals, aftercare transition planning to the next appropriate level of care should occur.



Prior Authorization Requirements

- Three assessment visits for HCBS services are permitted with no need for authorization located at <u>Authorization Guidelines</u>
- Once the New York State Eligibility Assessment is completed, an authorization request should be faxed to 866-879-4742 on the NYS designated form. This form must include Intensity, Duration and Frequency of services being requested. NYS HCBS Prior and Continuing Authorization Request Form



NYS Allowable Billing Combinations of OMH/OASAS State Plan Services and HBCS

HCBS/State Plan Service	OMH Clinic/OLP	OASAS Clinic	OASAS Opioid Treatment Program	ОМН АСТ	OMH PROS	OMH IPRT/CDT	OMH Partial Hospital	OASAS Outpatient Rehab
PSR	Yes	Yes	Yes				Yes	
CPST							Yes	
Habilitation	Yes	Yes	Yes				Yes	
Family Support & Training	Yes	Yes	Yes			Yes	Yes	Yes
Education Support Services	Yes	Yes	Yes		Yes	Yes	Yes	Yes
Peer Support Services	Yes	Yes	Yes		Yes	Yes	Yes	Yes
Employment Services	Yes	Yes	Yes			Yes	Yes	Yes



Independent Evaluation Requirements

- Tier Eligibility is not determined by the Managed Care Organization (MCO)
- Health Home assessors approved and trained by the State conduct the Eligibility Assessments
- State Designated Entities (SDEs) are being identified for the purpose of performing adult behavioral health HCBS assessment, referral and development of Plans of Care for HARP members not currently enrolled in a Health Home
- The MCO oversees the Care Planning process to ensure that Member choice is protected and that the Center for Medicare & Medicaid Services regulations regarding HCBS services are adhered to
- One annual face-to-face assessment is required. However, if circumstances warrant a change in the Plan of Care, face-to-face reassessment(s) can occur twice in a 12 month period.



Provider Qualifications

- New York State is the licensing entity for HCBS Providers
- If you are a licensed HCBS provider and are not currently in Molina's network, but would like to be: Provider Enrollment form and please remit the form and required information to: MHNYProviderServices@molinahealthcare.com



Critical Incident Definition and Reporting Requirements

Molina is committed to the timely identification and reporting of unanticipated critical events. As the result of such events, improvement strategies and corrective action steps will be identified as indicated.

- Critical Incidents can include, but are not limited to :
 - Medication error
 - Suicide (attempt or completed)
 - Abuse or neglect
 - Elopement/missing
 - Patient death
- Critical Incidents must be reported to Molina within 24 hours or, if on a weekend or holiday, the next business day. The report must be made to:

Suzanne Reid, Director, Health Care Services 315-233-5829 Suzanne.reid@molinahealthcare.com



First Episode Psychosis

Molina Healthcare of New York May, 2018



Molina Healthcare

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What is First Episode Psychosis?

First episode psychosis refers to the first time someone experiences psychotic symptoms or a psychotic episode. People experiencing a first episode may not understand what is happening. The symptoms can be highly disturbing and unfamiliar, leaving the person confused and distressed.

Yale School of Medicine, 11/2013



Facts About Psychosis

- Psychosis can often begin when a person is in their late teens to mid-twenties
- Can be a symptom of a mental illness or a physical condition
- Can be caused by some medications, alcohol or drug abuse
- Three out of 100 people will experience psychosis at some point in their lives
- Approximately 100,000 adolescents and young adults in the US experience first episode psychosis each year
- Psychosis affects people from all walks of life



Causes

We are still learning about how and why psychosis develops, but several factors are likely involved. We do know that teenagers and young adults are at increased risk of experiencing an episode of psychosis because of hormonal changes in their brain during puberty.

Several factors that can contribute to psychosis:

- **Genetics:** Many genes can contribute to the development of psychosis, but just because a person has a gene doesn't mean they will experience psychosis. Ongoing studies will help us better understand which genes play a role in psychosis.
- **Trauma:** A traumatic event such as a death, war or sexual assault can trigger a psychotic episode. The type of trauma-and a person's age-affects whether a traumatic event will result in psychosis.
- **Substance Use:** The use of marijuana, LSD, amphetamines and other substances can increase the risk of psychosis in people who are already vulnerable.
- **Physical Illness or Injury:** Traumatic brain injuries, brain tumors, strokes, HIV and some brain diseases such as Parkinson's, Alzheimer's and dementia can sometimes cause psychosis.
- **Mental Health Conditions:** Sometimes psychosis is a symptom of a condition like schizophrenia, schizoaffective disorder, bipolar disorder or depression.

NAMI, Early Psychosis and Psychosis



Symptoms

Psychotic symptoms typically include changes in thinking, mood and behavior. Symptoms vary from person to person and may change over time. Following are the more characteristic symptoms:

Confused Thinking: Thoughts become muddled or confused. The person may not make sense when speaking. They may have difficulty concentrating, following a conversation or remembering things. His or her mind may race or appear to be processing information in slow motion.

False Beliefs: False beliefs, known as delusions, are common. The person can be so convinced of the reality of their delusion that no amount of logical argument can dissuade them. For example, they may believe the police are watching them, or they might think they are receiving special messages from the television, radio or newspaper.

Hallucinations: In psychosis, the person sees, hears, feels, smells or tastes something that is not actually there. For example, they may hear voices which no one else can hear, or see things which aren't there. Things may taste or smell as if they are bad or poisoned.

Changed Feelings: How someone feels may change for no apparent reason. They may feel strange and cut off from the world. Mood swings are common and they may feel unusually excited or depressed. A person's emotions feel dampened and they may show less emotion to those around them.

Changed Behavior: People with psychosis may behave differently from the way they usually do. They may be extremely active or lethargic. They may laugh inappropriately or become angry or upset without apparent cause. Often, changes in behavior are associated with the symptoms already described above. For example, a person believing they are in danger may call the police. Someone who believes he is Jesus Christ may spend the day preaching in the streets. A person may stop eating because they are concerned that the food is poisoned, or have trouble sleeping because they are scared.

Yale School of Medicine, 11/2013



Phases of Psychosis

A psychotic episode occurs in three phases. The length of each phase varies from person to person.

Phase 1: Prodome

The early signs may be vague and hardly noticeable. There may be changes in the way some people describe their feelings, thoughts and perceptions, which may become more difficult over time. Each person's experience will differ and not everyone will experience all of the following "common signs":

- Reduced concentration
- Decreased motivation
- Sleep disturbance
- Anxiety
- Social withdrawal
- Suspiciousness
- Deterioration in functioning
- Withdrawal from family and friends
- Odd beliefs/magical thinking



Phases of Psychosis

Phase 2: Acute

The acute phase is when the symptoms of psychosis begin to emerge. It is also known as the "critical period." Clear psychotic symptoms are experienced, such as hallucinations, delusions or confused thinking. During this phase, the person experiencing psychosis can become extremely distressed by what is happening to them or behave in a manner that is so out of character that family members become extremely concerned and may start to seek help. Before this stage, the individual may have been experiencing a more gradual decline.

Phase 3: Recovery

With effective treatment most people will recover from their first episode of psychosis and may never have another episode. It is important to remember that psychosis is a treatable condition and if help is sought early, an individual may never suffer another episode. Initially, some of the symptoms that are apparent in the acute phase may linger in the recovery phase but with appropriate treatment most people successfully recover and return to their normal, everyday lives.



Treatment of Early or First-Episode Psychosis

Early treatment of psychosis, especially during the first episode, leads to the best outcomes.

Research has shown significant success using a treatment approach called Coordinated Specialty Care (CSC). CSC uses a team of health professionals and specialists who work with a person to create a personal treatment plan based on life goals while involving family members as much as possible.

CSC has the following key components:

- Case management
- Family Support and Education
- Psychotherapy
- Medication Management
- Supported education and employment
- Peer Support



Treatment of Early or First-Episode Psychosis

Treatment for psychosis often involves a combination of psychotherapy and medication. Several types of therapy can help individuals learn to manage their condition, while medication targets symptoms and helps to reduce their impact. How well treatment works depends on the cause(s) of the psychosis, its severity and its duration.

Psychotherapy

Therapy is essential in treating psychosis. Common therapies include the following:

- Cognitive behavioral therapy (CBT)-teaches people to observe and to change ineffective patterns of thinking. For psychosis, CBT teaches someone to critically evaluate an experience to determine whether or not the experience is real.
- **Supportive Psychotherapy** teaches a person to cope with developing and living with psychosis. The therapist attempts to reinforce a person's healthy ways of thinking and reduce internal conflict.
- Cognitive Enhancement Therapy (CET)- builds brain capacity through the use of computer exercises and group work. Increasing cognitive functions, such as the ability to organize thoughts, is the ultimate goal.
- **Family psychoeducation and support** gives families skills and support to help a loved one reach recovery.
- Peer Support –connects people with others who have been through similar experiences.

NAMI, Early Psychosis and Psychosis



Antipsychotic Medications

Treatment with a class of drugs known as antipsychotics is the most common therapy for people with a psychotic illness. They are effective at reducing psychosis symptoms but they do not themselves treat or cure the underlying psychotic illness. Examples of antipsychotic medications include but are not limited to: Thorazine, Prolixin, Haldol, Clozapine, Seroquel.

These so-called second-generation antipsychotics are in widespread use in the US, but this is controversial. The World Health Organization does not recommend them, except Clozapine (branded Clozaril), which may be used under special supervision if there has been no response to other antipsychotic medicines. Medical News Today, 12/2017

Many patients with first-episode psychosis receive medications that do not comply with recommended guidelines for first-episode treatment, researchers have found. Current guidelines emphasize low doses of antipsychotic drugs and strategies for minimizing the side effects that might contribute to patients stopping their medication. A study finds that almost 40% of people with first-episode psychosis in community mental health clinics across the country might benefit from medication treatment changes. The study further recommends that more effort and education is needed to improve prescription practices. Science Daily, 12-14-17



Importance of Getting Help Early

Often there is a long delay before treatment begins for the first episode (on average a year or more). The longer the illness is left untreated, the greater the disruption to the person's family, friends, studies and work.

The way that individuals feel about themselves can be adversely affected; particularly if treatment is prolonged. Problems may occur or intensify, such as unemployment, depression, substance misuse, breaking the law and self-injury. In addition, delays in treatment may lead to slower and less complete recovery.

If psychosis is detected and treated early, many problems can be prevented.



Benefits of Early Intervention

Research has found that early intervention is beneficial for patients and loved ones for the following reasons:

- Less treatment resistance and lower risk of relapse
- Reduced risk for suicide
- Reduced disruptions to work or school attendance
- Retention of social skills and support
- Decreased need for hospitalization
- More rapid recovery and better prognosis
- Reduced family disruption and distress



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Specialty Program and Provider(s) for Adults with First Episode Psychosis

The New York State Office of Mental Health developed the OnTrackNY Program which provides psychiatric treatment, employment, educational services and family education and support for young adults with newly emerging psychotic symptoms. There are multiple sites in NYC's 5 boroughs as well as in the Hudson River and Western Regions. In the Central Region, the program is housed in Syracuse at Hutchings Psychiatric Center.

OnTrack is an innovative, best practice treatment program for people between the ages of 16 and 30 years of age who have recently begun experiencing symptoms such as unusual thoughts and behaviors for over a week but less than two years. A specialized team of professionals will provide services to referred individuals meeting clinical admission criteria, without wait lists and regardless of their insurance status or ability to pay.

OnTrackNY Central Region Program Site:
Hutchings Psychiatric Center
600 E. Genesee Street, 1st Floor, Suite 123
Syracuse, NY 13202
315-484-3520
ONTRACK-CNY@omh.ny.gov



Transition Age Youth (TAY)

Molina Healthcare of New York, Inc.



Topics

- Overview of Transition Age Youth
- Potential Pitfalls
- Key Facts
- Effective Programs
- Local Resources
- Summary



Overview

Transition Age Youth

- Transitioning from adolescence to adulthood is particularly challenging for those who also have a serious mental illness
 - These individuals require additional support and services
- The term transition age youth refers to individuals aged 16 to 25 years



Potential Pitfalls

Transition Age Youth

- Onset of mental health problems peak and the vast majority of mental health disorders have onset by the early 20s
 - (Kessler et al., 2005; Kim-Cohen et al., 2003; Newman et al., 1996;
 Substance Abuse and Mental Health Services Administration
 [SAMHSA], 2012)
- Has the highest rates of onset problematic substance use and substance use disorders
 - (Chassin, Flora, & King, 2004; Delucchi, Matzger, & Weisner, 2008; SAMSHA, 2009)



Key Facts

Transition Age Youth

In the US:

- An estimated 29,500 youth were emancipated from foster care in FY 2008 (U.S. Department of Health and Human Services, 2009).
- Approximately 100,000 youth are released from secure and residential facilities each year (Altschuler, Strangler, Berkley & Burton, 2009).
- Reliance on social services is common among youth aging out of foster care and youth released from secure and residential facilities (Altschuler, Strangler, Berkley & Burton, 2009).

- Young adults with disabilities are three times more likely to live in poverty as adults than their peers without disabilities (National Collaborative on Workforce and Disability, n.d.).
- Youth transitioning from out-of-home placements, such as foster care, experience high rates of involvement in the criminal justice system (Altschuler, Strangler, Berkley & Burton, 2009).
- The adjudication rate of youth with disabilities is four times higher than for youth without disabilities (Gagnon & Richards, 2008).



Effective Programs for TAY

- Researchers have identified common characteristics of effective programs for teens (Hall, Israel and Shortt, 2004):
 - Youth feel a sense of independence through participation in the program, including financial independence (wages or stipend).
 - Programs offer job skills, job preparation, job training, and actual employment opportunities.
 - Schools and principals are active partners.
 - Youth are supported as they work to navigate life after high school.
 - Youth voices are incorporated into decision making, and participants feel that the time they have dedicated counts.
 - Youth interact with peers and adults, including community and business leaders.
 - Youth are exposed to life outside of their immediate neighborhood.
 - Programs are flexible.





Local Resources

Transition Age Youth

- Topics:
 - Alcohol and Substance Abuse
 - Developmental Information
 - Disability Disclosure
 - Healthcare and Wellness
 - Life Skills and Independent Living Skills
 - Mental Health
 - Resilience and Recovery



Alcohol and Substance Abuse Resources

Name	Description	Link for more information	
NY State Office of Alcoholism and Substance Abuse Services (OASAS) Provider Directory Search	Search engine to assist in selecting an OASAS provider within the community	http://www.oasas.ny.gov/providerDirectory/index.cfm?search_type=1	
NY State HOPEline	Provides crisis intervention, referrals and community resources	1877-8-HOPENY (46-7369) http://www.oasas.ny.gov/pio/needhlp.cf m	
NY State AA Meeting schedule portal	You can search by county for AA meetings throughout New York State	http://www.ny-aa.org/	
Narcotics Anonymous (NA) Meetings	Search portal for NY NA meetings	http://www.drugstrategies.org/NA- Meetings/New-York/	



Developmental Information Resources

Name	Description	Link for more information	
Communication Skills Primer	Online workbook that can be used to explore communication and how to be successful with it	http://www.advocatesforyouth.org/storage/advfy/documents/chapter3.pdf	
Assets Coming Together (ACT) for Youth Center of Excellence	Connects research to practice in the areas of positive youth development and adolescent sexual health	http://www.actforyouth.net/ http://www.actforyouth.net/publications/	
National Institute of Mental Health: The Teen Brain	The more we learn, the better we may be able to understand the abilities and vulnerabilities of teens, and the significance of this stage for life-long mental health. The fact that so much change is taking place beneath the surface may be something for parents to keep in mind during the ups and downs of adolescence.	http://www.nimh.nih.gov/health/publicat ions/the-teen-brain-still-under- construction/teen-brain.pdf	



Disability Disclosure Resources

Name	Description	Link for more information	
NCWD/Youth – The National Collaborative on Workforce and Disability for Youth	NCWD/Youth is your source for information about employment and youth with disabilities. Our partners-experts in disability, education, employment and workforce development strive to ensure you will be provided with the highest quality, most relevant information available.	http://www.ncwd-youth.info/	
Youth organizing! Disabled and Proud!	Comprehensive disability and employment technical assistance agency in the U.S.	http://yodisabledproud.org/	
Job Performance of Transition-Age Youth With Emotional and Behavioral Disorders	Published specifically for teachers and administrators of children with disabilities and gifts and talents	http://cec.metapress.com/	



Health Care and Wellness

Name	Description	Link for more information
Adolescent Health Library	There are many materials on many topics to explore for adolescents, parents and educators. The materials are organized by the following topics: Healthy Relationships, Mental Health, Physical Health & Nutrition, Reproductive Health and Substance Abuse.	http://www.hhs.gov/ash/oah/resources-and-publications/publications/
HealthyTransitionsNY.org	Teaches skills and provides tools for care coordination, keeping a health summary, and setting priorities during the transition process	http://healthytransitionsny.org/site/view/152



Life Skills and Independent Living Resources

Name	Description	Link for more information
Casey Life Skills	Casey Life Skills (CLS) is a free tool that assesses the behaviors and competencies youth need to achieve their long term goals. It aims to set youth on their way toward developing healthy, productive lives.	http://caseylifeskills.force.com/
Independent Living Centers	Independent Living Centers provide a set of core services geared toward promoting self-help, equal access, peer role modeling, personal growth, and empowerment. The core services are as follows: Peer Counseling Independent Living Skills Training Information and Referral Services Individual and Systems Advocacy	http://www.acces.nysed.gov/vr/lsn/ilc/brochure.htm



Mental Health Resources

Name	Description	Link for more information
Strength of Us	Strength of Us is an online community designed to inspire young adults impacted by mental health issues to think positive, stay strong and achieve their goals through peer support and resource sharing.	http://strengthofus.org/about
Find mental health services in NY State by County	Search for mental health programs by county, program category or subcategory	http://bi.omh.ny.gov/bridges/index
Becoming an Adult: Challenges for Those with Mental Health Conditions	This brief describes psychosocial development and family life cycle changes during the transition to adulthood in typical youth and youth with SMHC.	http://labs.umassmed.edu/transitionsRTC/Resources/publications/brief3.pdf
Youth Guide to Treatment – A Better Life	The main focus of this guide is to help you and those who care for you approach things better with a view toward youth strengths, desires, and potential.	http://files.www.cmhnetwork.org/news/Yout h Guide to Treatment - A Better Life.pdf
Recovery to Practice	The Recovery to Practice (RTP) is a 5-year funded project which incorporates the vision of recovery into the concrete and everyday practices of mental health professionals in all disciplines.	http://www.samhsa.gov/recoverytopractice/
NAMI- NYC Metro Transition Age Resource List	NAMI (National Alliance on Mental Illness) has put together a resource list for support specifically for this age group with mental health issues.	http://naminycmetro.org/LinkClick.aspx?fileti cket=LXjmF%2B6ypsY%3D&tabid=72



Resilience and Recovery Resources

Name	Description	Link for more information	
Reach Out.com	Collection of real stories from teens and young adults that have been there and come out on top.	http://us.reachout.com/wecanhelpus/	



Summary

- There is not a seamless transition from child/youth services to adult services
- It is important that when working with a youth in transition, that we keep in mind the difference in barriers to success and approach the support in a way that is appropriate to the age group
- Additional information regarding TAY can be found in a presentation provided by NY State Rehabilitation Association (NYSRA) done in 2012 at: http://www.nyrehab.org/uploads/TransitionAgeYouthInstituteHandouts2012.pdf



Trauma-Informed Care in an Integrated World



Overview of Presentation

- What is Trauma?
- How Does Trauma Affect People?
- Why is Understanding Trauma Important?
- What Can We Do to Provide Trauma Sensitive Care and Practices?



What is Trauma?

- How would you define trauma?
- What are some examples of traumatic life experiences?



What is Trauma?

- Trauma refers to intense and overwhelming experiences that involve serious loss, threat or harm to a person's physical and/or emotional well being.
- These experiences may occur at any time in a person's life. They may involve a single traumatic event or may be repeated over many years.
- These trauma experiences often overwhelm the persons coping resources. This often leads the person to find a way of coping that may work in the short run but may cause serious harm in the long run.



Examples of Traumatic Life Experiences

- Physical, emotional and/or sexual abuse in childhood or adulthood
- In Childhood:
 - Neglect or abandonment (food insufficiency, lack of money to met basic needs, homelessness)
 - Death of a parent
 - Divorce
 - Family life that includes drug addiction, alcoholism, parental incarceration, violence
- Rape
- Serious medical illness or disease (disabling conditions, loss of function, invasive and distressing procedures)



Trauma Experienced in Adulthood May Also Affect a Person's Emotional and Physical Well-being

Examples:

- Combat related trauma
- Refugee/torture/civil unrest
- Witnessing or experiencing violence
- Catastrophic loss (natural disasters)
- Terrorism

Bottom line findings: These experiences raise the individuals risk for severe emotional distress, suicide, physical illness, substance abuse and a host of other life difficulties



How Does Trauma Affect People?

- What have we learned about the effect of trauma on people?
- What are some examples of what happens to people who have experienced trauma early in their lives?
- What experience have you had working with individuals with trauma histories?



What the Research Tells Us – The Adverse Childhood Experiences (ACE) Study

- Center for Disease Control and Kaiser Permanente (an HMO) Collaboration
- Over a ten year study involving 17,000 people
- Looked at effects of adverse childhood experiences (trauma)over the lifespan
- Largest study ever done on this subject



Impact of Trauma Over the Lifespan

Increases the risk of neurological, biological, psychological and/or social difficulties such as:

- Changes in brain neurobiology;
- Social, emotional & cognitive impairment;
- Adoption of health risk behaviors as coping mechanisms (eating disorders, smoking, substance abuse, self-harm, sexual promiscuity, violence); and
- Severe and persistent behavioral health, physical health and social problems, early death.

(Felitti et al, 1998)



Healthcare conditions often associated with a history of adverse childhood experiences:

Diabetes

Cancer

COPD

• Liver Disease

Heart Disease

• Gynecologic Disorders

High Blood Pressure

Sexually Transmitted Diseases

Obesity

Unintended Pregnancies



Why is Understanding Trauma Important?

- To provide effective services we need to understand the life situations that may be contributing to the persons current problems
- Many current problems faced by the people we serve may be related to traumatic life experiences
- People who have experienced traumatic life events are often very sensitive to situations that remind them of the people, places or things involved in their traumatic event
- These reminders, also known as triggers, may cause a person to relive the trauma and view our setting/organization as a source of distress rather than a place of healing and wellness



Triggers in Healthcare Settings

Definition: An external event that causes internal discomfort or distress such as:

- Sights white lab coats, medical equipment, restraints, X-ray bib, room temperature
- Sounds dental drill, ambulance sirens, chaos in environment
- Smells rubbing alcohol, antiseptic odors, latex gloves



Why medical settings may be distressing for people with trauma experiences:

- Invasive procedures
- Removal of clothing
- Physical touch
- Personal questions that may be embarrassing/distressing
- Power dynamics of relationship
- Gender of healthcare provider
- Vulnerable physical position
- Loss of and lack of privacy



Signs that a person may be feeling distressed:

- Emotional reactions anxiety, fear, powerlessness, helplessness, worry, anger
- Physical or somatic reactions nausea, light headedness, increase in BP, headaches, stomach aches, increase in heart rate and respiration or holding breath
- Behavioral reactions crying, uncooperative, argumentative, unresponsive, restlessness
- Cognitive reactions memory impairment or forgetfulness, inability to give adequate history



Trauma may negatively influence access to and engagement in primary care:

- Avoidance of medical and dental services
- Non-adherence to treatment
- Postponing medical and dental services until things get very bad
- Misuse of medical treatment services ex. over use of ER Services and misuse of pain meds



Why trauma is not routinely addressed:

- Lack of time
- Lack of awareness
- Lack of tools
- Lack of training
- Misconceptions/discomfort



What Can We Do to Provide Trauma Sensitive Care and Practices?



Examples of steps providers may consider to create a trauma informed care integrated system

- Screen and assess for trauma
- Communicate a sensitivity to trauma issues
- Train "all" staff about trauma, sensitive practice and sharing critical information
- Create a safe and comfortable environment
- Provide services in a trauma informed manner some practical tips



Principles of Sensitive Practice

- Respect
- Taking Time
- Rapport
- Sharing Information
- Sharing Control
- Respecting Boundaries
- Fostering Mutual Learning
- Understanding Non-linear Healing
- Demonstrating Awareness and Knowledge of Trauma



Health Appraisal Questionnaire – Examples of Questions with Yes/No Responses (completed in private)

- I have been physically abused as a child
- I have been verbally abused as a child
- I was sexually molested as a child or adolescent
- I have been raped
- I have been threatened or abused as an adult by a sexual partner
- My partner has threatened, pushed, shoved me
- My partner has threatened or abused my children
 Vincent J. Felitti, MD



A brief, empathic, validating response by a healthcare provider to someone who discloses a trauma history may be:

"I'm sorry that that happened to you; no one has the right to hit another person/force another person to have sex"

"Growing up in an environment of violence is so difficult for a child – no one should have to face such upsetting and scary situations"

"We know that there is a direct relationship between these experiences and a person's physical health; have you ever had a chance to explore these?"



Communicating a Sensitivity to Trauma Issues

- Trauma related materials in waiting areas
- Posters inviting individuals to talk about trauma and/or needs located in exam rooms
- Asking questions about trauma and/or needs before and during exams



Train Staff about Trauma, Sensitive Practices and Sharing Critical Information

- Increase awareness and importance of trauma as a factor in health outcomes
- Primary and behavioral health have communication channels to inform each other about a person's trauma and its effect on:
 - Mental health, substance use and physical wellbeing
 - The person's comfort with and use of medical and dental services



Trauma Informed Care: Practical Tips

- Engage person, develop rapport and build trust over time
- Provide calm and soothing office environment
- Give relaxed, unhurried attention
- Talk about concerns and procedures before doing anything (ex. asking patient to disrobe)
- Give as much control and choice as possible
- Validate any concerns as understandable and normal
- Allow a support person or female staff person to be present in the room
- Explain thoroughly each procedure and get consent



Trauma Informed Care: Practical Tips

- Ask if person is ready to begin and inform them that they can pause or stop procedure at anytime
- Encourage questions and ask about any worries or concerns and how you can help (ex. leaving door ajar)
- Maintain a personable, respectful, kind and honest manner
- Talk to person throughout to let them know what you are doing and why
- Encourage person to do what feels most comfortable (ex. keeping coat on, listening to music, keeping dental chair upright)
- Place a high priority on culture; including ethnicity, race, religion, sexual orientation, historical and social trauma such as homelessness and poverty



Resources

- Health Appraisal Questionnaire Felitti
- Trauma Survivors in Medical and Dental Settings The Western Mass Training Consortium <u>https://nchdv.confex.com/nchdv/2012/recordingredirect.cgi/id/347</u>
- Traumatic Stress in III or Injured Children National Child
- Traumatic Stress Network <u>www.nctsnet.org</u>
- Handbook on Sensitive Practice for Health Care Practitioners by Candice L. Schachter et al
- www.phac-aspc.gc.ca/ncfv-cnivf/pdfs/nfntsx-handbook_e.pdf
- National Center for Trauma-Informed Care www.nasmhpd.org



Health Appraisal Questionnaire

- Male Version Health Appraisal Questionnaire
- Female Version- Health Appraisal Questionnaire



• Adapted from:



Trauma-Informed Care in an Integrated World

September 6, 2012
Linda Ligenza, Region 2 Liaison
Clinical Services Director, National Council



Molina Healthcare of New York would like to ensure a positive experience for our partners.

For providers who would like to have any additional training sessions regarding Behavioral Health and HCBS Services, you may reach out to:

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Thank You!

