

## **Cognitive Adaption Training (CAT) Services STAR+PLUS Billing Guidance**

**Purpose:** In March 2018, HHSC will publish new Texas Administrative Code<sup>1</sup> (TAC), Title 1, Part 15, Chapter 353 & 354 relating to Targeted Case Management (TCM) and Mental Health Rehabilitative Services (MHR). Effective in August 2018, the code formalizes existing MCO contract provisions, describes responsibilities of the MCOs related to information systems and medical records; patient safety, rights, and protections; provider staff member competency; and provider credentialing requirements. The purpose of this document is to provide guidance to providers regarding the delivery of Cognitive Adaptation Training (CAT) services in Medicaid managed care and delineate required criteria.

**Background:** Mental Health Rehabilitative Services provide training and instructional guidance focused on restoring the functioning of individual's with serious mental illness. The services are designed to improve or maintain the individual's ability to remain in the community as a fully integrated and functioning member of that community.

Medicaid plan benefits under Mental Health Rehabilitative Services are Crisis Intervention Services, Medication Training & Supports, Psychosocial Rehabilitative Services, Skills Training & Development Services, and Day Programs for Acute Needs. CAT is an evidence-based practice for conducting 3 of the 5 Medicaid plan benefits:

- Medication Training & Supports
- Psychosocial Rehabilitative Services, and
- Skills Training & Development Services

CAT uses environmental supports such as signs, alarms, checklists, pill containers and the organization of belongings to help individuals improve their independent living skills. CAT addresses areas of everyday functioning including improving hygiene, keeping appointments, medication adherence, increasing leisure interests, and developing meaningful daily activity and work skills.

**Assessment:** Before the Mental Health Rehabilitative Services begin, a uniform assessment that includes the Adult Needs and Strengths Assessment (ANSA) is administered by a qualified mental health professional with a certification in the ANSA. The assessment determines the needs, strengths, and level of functioning of the client and designates a level of care (LOC). The LOC designation is then reviewed and authorized by the member's MCO. The LOC determines which CAT services may be coded. When providing care to clients enrolled in managed care, LMHAs and other (non-LMHA) providers contracted with MCOs must submit authorization requests to the MCO with whom the individual is enrolled. The MCO may choose to waive this authorization submission requirement.

### **Mental Health Rehabilitative Services - Provider Certifications:**

- Qualified Mental Health Professional - Community Services (QMHP-CS): An individual with a degree with credits in relevant coursework, RN, or LPHA (353.1415)
- Community Services Specialist (CSSP) - A staff member of a local mental health authority who has documented full-time experience in the provision of mental health targeted case management and mental health rehabilitative services prior to August 31, 2004.
- Peer Provider: Peer providers must have a high school diploma or high school equivalency, one cumulative year of receiving mental health services, and demonstrated competency in the

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<sup>1</sup> <https://hhs.texas.gov/sites/default/files//documents/about-hhs/communicationsevents/meetings-events/executive-council/2f-1r024-targeted-case-management-mhr.pdf>

**Cognitive Adaption Training (CAT) Services  
STAR+PLUS Billing Guidance**

provision and documentation of mental health rehabilitative services, supported employment, or supported housing.

- Licensed Medical Professional

**Medicaid CPT Procedure Codes for CAT Services**

Medicaid fee for service reimbursement fees<sup>2</sup> are provided below. MCO rates may vary, as they may negotiate rates with their providers irrespective of the TMHP fee schedule.

<b>Levels of Care 1 &amp; 2</b>		
<b>CPT Procedure Code</b>	<b>Service</b>	<b>Medicaid Fee</b>
H0034	Medication Training & Support Services (15 minutes – one unit)	\$13.53
H2014	Skills Training & Development (15 minutes – one unit)	\$25.02

CAT services may be provided to individuals based on their level of care. Individuals in LOC 1S and 2 are eligible for Medication Training & Support Services and Skills Training & Development.

- **Level of Care 1S:** The general focus of this array of services is to facilitate recovery by reducing or stabilizing symptoms, improve the level of functioning, and/or prevent deterioration of the individual’s condition.
- **Level of Care 2:** The overall focus of services in this level care is to improve level of functioning and/or prevent deterioration of the individual’s condition so that the individual is able to continue to work towards identified recovery goals.

<b>Levels of Care – 3 &amp; 4</b>		
<b>CPT Procedure Code</b>	<b>Service</b>	<b>Medicaid Fee</b>
H0034	Medication Training & Support Services (15 minutes – one unit)	\$13.53
H2017	Psychosocial Rehabilitation Services (15 minutes – one unit)	\$26.93

Individuals in LOC 3 and 4 are eligible for Medication Training & Support Services and Psychosocial Rehabilitation Services.

- **Level of Care 3:** The general focus of services in this level of care is to support the individual served in his or her recovery, through a team approach that engages the individual served as a key partner, to stabilize symptoms that interfere with the person’s functioning, improve functioning, develop skills in

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<sup>2</sup> TMHP Fee Schedule on 3/1/18 at <http://public.tmhp.com/FeeSchedules/StaticFeeSchedule/FeeSchedules.aspx>

## **Cognitive Adaption Training (CAT) Services STAR+PLUS Billing Guidance**

self-advocacy, and increase natural supports in the community and sustain improvements made in more intensive level of care (LOC).

- **Level of Care 4:** The purpose is to provide a comprehensive program that serves as the fixed point of responsibility for providing treatment, rehabilitation, and support services to identified individuals with severe and persistent mental illnesses.

### **Procedure Definitions**

**Medication Training & Support Services** consists of education and guidance about medications and their possible side effects. The provider helps understand the role of the prescribed medications in reducing symptoms and increasing or maintaining functioning, and teaches the participant to self-administer his/her medication. (e.g. CAT utilizes cues to assist the member in the organization and administration of their medications.)

One of the following provider certifications are required:

- Qualified Mental Health Professional - Community Services (QMHP-CS)
- Community Services Specialist (CSSP)
- Peer Provider
- Licensed Medical Professional

**Skills Training & Development Services** – These services addresses serious mental illness and symptom-related problems that interfere with the individual's functioning; provide opportunities for the individual to acquire and improve skills needed to function in the community as appropriately and independently as possible; and facilitates the individual's community integration. (e.g. CAT skills include planning and carrying out specific goal-directed activities to improve outcomes.)

One of the following provider certifications are required:

- Qualified Mental Health Professional - Community Services (QMHP-CS)
- Community Services Specialist (CSSP)
- Peer Provider

**Psychosocial Rehabilitative Services** - Social, behavioral, and cognitive interventions that build on strengths and focus on restoring the adult's ability to develop and maintain social relationships, occupational or educational achievements, and other independent living skills that are affected by a serious mental illness. Psychosocial rehabilitative services may also address the impact of co-occurring disorders upon the adult's ability to reduce symptomology and increase daily functioning. Rehabilitative services include independent living services, coordination services, employment-related services, housing-related services, and medication-related services.

CAT services assist individuals in acquiring fundamental functional skills needed to enable the individual to reside in the community. Such services include training in symptom management, personal hygiene, nutrition, food preparation, exercise, money management, and community integration activities.

The following provider certifications are required to provide independent living services, coordination services, employment-related services, and housing-related services:

**Cognitive Adaption Training (CAT) Services**  
**STAR+PLUS Billing Guidance**

- Qualified Mental Health Professional - Community Services (QMHP-CS)
- Community Services Specialist (CSSP)
- Peer Provider

Medication-related services within psychosocial rehabilitation may only be provided by licensed medical personnel. More comprehensive medication-related activities may be billed by QMHP-CS, CSSP, and Peer Providers under Medication Training & Support (see appendix).

An individual receiving psychosocial rehabilitative services may not simultaneously receive Targeted Case Management.

# Cognitive Adaption Training (CAT) Services STAR+PLUS Billing Guidance

## Appendix

### TAC Title 1 Comprehensive Service Definitions February 15, 2018

#### Skills Training & Development Services

Teaching an individual:

- skills for managing daily responsibilities, such as paying bills, attending school, and performing chores;
- communication skills, such as effective communication and recognizing or changing problematic communication styles;
- pro-social skills, such as replacing problematic behaviors with behaviors that are socially and culturally appropriate or developing interpersonal relationship skills necessary to function effectively with family, peer, teachers, or other people in the community;
- problem-solving skills;
- assertiveness skills, such as resisting peer pressure, replacing aggressive behaviors with assertive behaviors, and expressing one's own opinion in a manner that is socially appropriate;
- social skills and expanding the individual's social support network, such as selection of appropriate friends and healthy activities;
- stress reduction techniques, such as progressive muscle relaxation, deep breathing exercises, guided imagery, and selected visualization;
- anger management skills, such as identification of antecedents to anger, calming down, stopping and thinking before acting, handling criticism, and avoiding and disengaging from explosive situations;
- skills to manage the symptoms of serious mental illness or serious emotional disturbance and to recognize and modify unreasonable beliefs, thoughts and expectations;
- skills to identify and use community resources and informal supports;
- skills to identify and use acceptable leisure time activities; and
- independent living skills, such as money management, accessing and using transportation, grocery shopping, maintaining housing, maintaining a job, and decision making.

#### Psychosocial Rehabilitation Services

**Independent Living Services** assist an individual in acquiring the most immediate, fundamental functional skills needed to enable the individual to reside in the community and avoid more restrictive levels of treatment, or assist an individual in reducing behaviors or symptoms that prevent successful functioning in the individual's environment of choice. Such services include training in symptom management, personal hygiene, nutrition, food preparation, exercise, money management, and community integration activities.

**Coordination Services** are training activities that assist an individual in improving the ability to gain and coordinate access to necessary care and services appropriate to the individual's needs. Coordination services include instruction and guidance in such areas as:

- (1) assessment - identifying strengths and areas of need across life domains;

**Cognitive Adaption Training (CAT) Services  
STAR+PLUS Billing Guidance**

- (2) recovery/treatment planning - prioritizing needs, establishing life and treatment goals, selecting interventions, and developing and revising recovery/treatment plans that include wellness, relapse prevention, and crisis plans;
- (3) access - identifying and initiating contact with potential service providers and support systems across all life domains, including advocacy groups;
- (4) coordination - setting appointments, arranging transportation, and facilitating communication between providers; and
- (5) advocacy - asserting treatment needs, requesting special accommodations, and evaluating provider effectiveness and compliance with the agreed upon recovery/treatment plan; and requesting improvements and modifications to ensure maximum benefit from the services and supports.

**Employment-Related Services** provide supports and skills training that are not job-specific and focus on developing skills to reduce or manage the symptoms of serious mental illness that interfere with an individual's ability to make vocational choices or obtain or retain employment. Such services consist of:

- 1) instruction in dress, grooming, socially and culturally appropriate behaviors, and etiquette necessary to obtain and retain employment;
- 2) training in task focus, maintaining concentration, task completion, and planning and managing activities to achieve outcomes;
- 3) instruction in obtaining appropriate clothing, arranging transportation, utilizing public transportation, accessing and utilizing available resources related to obtaining employment, and accessing employment-related programs and benefits;
- 4) interventions or supports provided on or off the job site to reduce behaviors or symptoms of serious mental illness that interfere with job performance or that interfere with the development of skills that would enable the individual to obtain or retain employment; and
- 5) interventions designed to develop natural supports on or off the job site to compensate for skill deficits that interfere with job performance.

**Housing-Related Services** develop an individual's strengths and abilities to manage the symptoms of the individual's serious mental illness that interfere with the individual's capacity to obtain or maintain independent, integrated housing. Such services consist of skills and training related to: (A) home maintenance and cleanliness; (B) problem-solving with the individual's landlord and neighbors, mortgage lender, or homeowners association; and (C) maintaining appropriate interpersonal boundaries; and supportive contacts with the individual to reduce or manage the behaviors or symptoms related to the individual's serious mental illness that interfere with maintaining independent, integrated housing.

**Medication-Related Services** – N/A – Psychosocial Rehabilitation Medication Related Services must be provided by licensed medical professional.

**Medication Training & Support Services** (see chart)

<b>Medication Training &amp; Support Services</b>	<b>Psychosocial Rehabilitation - Medication Related Services</b>
<b>Provider: QMHP-CS, CSSP, Peer Provider, Licensed Medical Professional</b>	<b>Provider: Licensed Medical Professional</b>
Understanding the nature of his/her serious mental illness or serious emotional disturbance	The importance of the individual taking the medications as prescribed
Understanding the concepts of recovery and resilience within the context of the serious mental illness or serious emotional disturbance	

**Cognitive Adaption Training (CAT) Services**  
**STAR+PLUS Billing Guidance**

Understanding the role of prescribed medications in reducing symptoms and increasing or maintaining his/her functioning	Determining the effectiveness of the individual's medications
Identifying and managing his/her symptoms and potential side effects of his/her medication	Identifying side-effects of the individual's medications
Learning the contraindications of his/her medication	Contraindications for the medications prescribed
Understanding the overdose precautions of his/her medication	
Learning self-administration of his/her medication	The self-administration of the individual's medication