

## Skills Building/CBRS Quick Reference Guide – Transition from incarceration or inpatient facility

### Members accessing services directly from a facility discharge.

Optum will work with providers to assure that members being released or discharged from a facility are able to receive medically necessary services in a timely manner. In the event of a discharge from inpatient care or incarceration requiring immediate provision of services for transition to the community, Optum will consider Service Request Forms when the instructions in this Quick Reference Guide are followed.

Providers may not be able to “Team” with some members due to extenuating circumstances such as the ones listed above. However, when it is in the best interest of the member to begin working with them immediately, the directions listed below should be used. Optum will consider authorizing a transitional service request per member to cover 180 days. This will allow the provider time to complete a CDA, a functional assessment, and to develop the Skills Building treatment plan using the teaming approach. Providers will be expected to submit a subsequent authorization request for additional services following the initial transitional authorization. Please follow the instructions below to request this authorization:

- Identify the following on the Service Request Form (SRF) in “Section 6: Treatment History, #2 Psychiatric Hospitalization History”
  - “This is a Transitional Request given this member is discharging from a psychiatric or correctional facility. We are in the process of scheduling a CDA or CDA Addendum and treatment planning meeting.”

Optum encourages providers to document the date of the member’s impending treatment planning appointment in this section.

- Complete Section 6 with the pertinent information from the discharging facility. Providers may use the discharge information from the facility to gather the member’s “functional needs” and identify these functional needs in Section 8.
- In Section 8 of the SRF, under “Goals,” identify goals that will address the listed functional needs and the modality or intervention to be used.
- If the provider adequately demonstrates medical necessity for the service, a 180-day transitional authorization beginning with the date of submission of the SRF will be processed. (For any



services provided prior to the date of the SRF submission date, providers will need to submit a request for these dates using the retrospective review process described in the Optum provider manual.)

- A transitional authorization will only be considered for cases wherein the member receives treatment directly from a psychiatric or correctional facility discharge.
- If more than 308 units are necessary, providers will provide sufficient clinical detail to demonstrate medical necessity for the requested units.
- If a Service Request Form for continued care is subsequently submitted, all of the requirements in the LOCG will need to be followed. This includes teaming, listing assessed functional needs that are measurable, as well as identification of the modality and intervention that will be used to work on the functional need(s) identified.