



Residential Treatment Center (RTC) Requirements

Effective Date: 04/2020

Overview

To define Residential Treatment Center (RTC), evidence-based program guidelines and accreditation requirements for quality of care to ensure members are receiving high quality, evidence-based services.

We intend to ensure members receive evidence-based care under a structured professional environment when the severity of need and intensity of service is met.

Definitions

Residential Treatment Center/Facility: A twenty-four facility that is not a hospital, but which offers treatment for members that require close monitoring of their behavioral and clinical behaviors related to psychiatric treatments, eating disorders, chemical dependency or addiction to drugs or alcohol. These programs are comprehensive and address symptoms and behaviors and incorporate psychotherapeutic treatments and education through a multidisciplinary team approach. The treatment plan is individualized to the member and intensive, offering individual therapy, family counseling, and group therapy. A quality, evidence-based program provides a prolonged after-care component, facilitates peer support and community integration. The patient must meet medical necessity criteria for admission into a residential facility.

Policy

Residential Treatment Center (RTC) Requirements

It is licensed by the state in which it is located. The licensure shall be specific to residential treatment and the levels of care the facility may provide.

Accredited by and remain current and in good standing with one of the following organizations: JACHO, CARF, ASAM, or another body approved by MHC.

Professionally directed, operate twenty-four-hours per day and provide short-term transitional services designed to achieve targeted outcomes for members with mental health and substance abuse disorders.

Provide services twenty-four hours a day, seven days a week supervised at all hours by licensed nurses, physicians, or physician assistants with a background in mental health. A licensed behavioral health practitioner daily evaluates patients.

Montana/Mountain Health CO-OP (MHC)

Applicable Lines of Business:

- Individual Qualified Health Plan
- Large Group
- Small group

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Provide 24-hour, seven-days-a-week nursing services; have an interdisciplinary staff consisting of social workers, nurses, counselors, and behavior health specialists clinically trained to assess and treat the patient's condition with specialized training in behavior management techniques

The facility and program must be overseen by a board-certified medical director in Psychiatry or addictionology who provides onsite psychiatric evaluations and treatments with evidence-based medication management.

The attending physician is a board-certified psychiatrist or addictionologist and is responsible for the clinical evaluation within 24 hours of admission. The physician or physician extender provides daily medical management and evaluation services. Documentation of daily evaluations must be available for review until discharge. The physician must be available 24 hours a day, seven days per week. Time-based, measurable goals drive the treatment plan. After a multidisciplinary assessment, an individualized treatment plan using evidence-based concepts is developed within 72 hours of admission and modified as needed for changes in the member's clinical condition. Elements of this plan include, but are not limited to subjects such as identification of critical aspects to the current episode of treatment, assessment of psychosocial supports available after discharge, availability of aftercare services in member's community, the potential need for supportive living placement to continue their recovery, consideration of the ability of the member/family/support system to meet financial obligations incurred in the discharge plan, need for services for comorbid medical or substance use conditions, contact with aftercare providers to facilitate an effective transition to lower levels of care and other issues that may affect the likelihood of successful community transition.

Residential Treatment Center Exclusions

Certain services provided within an RTC may provide learning and growth opportunities to members; however, services that are not founded on evidence-based research, as determined by MHC, or otherwise do not meet the criteria of the member's benefit design will be considered an exclusion of the member's contract. Additional requirements for medical necessity and similar limitations also apply.

Examples of services that are not evidence-based are listed below:

- Wilderness programs/ Boot camps: Programs that provide therapeutic activities such as experiential learning, outdoor activities, and adventure type programs do not meet the criteria for RTC as they do not involve a psychologist, psychiatrist, or multidisciplinary team approach.
- Therapeutic boarding school: Any facility that provides tuition-based, home replacement education-based education services for youth and teens, which also addresses a behavioral, emotional, or substance abuse disorder. Some of these programs may offer benefit to the behavioral component however they are largely an educational service

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- Group Homes: Professionally directed living facilities or homes that have a psychiatric consultation available when needed. Group homes supply a diverse populace with varying individual and family needs

- Respite care: Respite care service provides caregivers a reprieve or breaks from the daily tasks that are associated with taking care of an ill or special needs family member.

Associated Policies

NA

Revisions

- 04/2020, New Policy

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