



# Intensive Outpatient Services

1115 SUD and BH Waiver Services  
Growing Access to Substance Use Disorder and  
Behavioral Health Services in Alaska

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# 1115 SUD waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services

Alaska Behavioral Health Provider Service Standards & Administrative Procedures for SUD Provider Services

- Referred to as a “Manual”
- Located on DBH Website
- [1115 Behavioral Health Medicaid Waiver \(alaska.gov\)](#)
  - Quick Reference Documents

# 1115 SUD waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services

- Page 13 in the manual
- For Adolescents and Adults
- Regulation [7AAC 138.250 Outpatient substance use disorder services](#)

# 1115 SUD Waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services description

- IOP includes structured programming
- Treatment is focused on clinical issues
- A SUD assessment using the ASAM criteria determines a clinical diagnosis and recommendations for the intensity and setting of treatment needed (outpatient, intensive outpatient, or residential) and supportive services

# 1115 SUD Waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services service components

- Individualized assessment and treatment
- Cognitive, behavioral, and other mental health **and** substance use disorder
- Treatment therapies (individual, group, family)
- Psychoeducational services
- Linkage to medication services
- Crisis Intervention Services
- Linkage to social support services

# 1115 SUD waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services contraindicated services

- Contraindicated Services are services that are **not allowed** to be provided to the same recipient on the same day as 1115 Waiver services. These are found listed in the manual, page 13.

Contraindicated Services	Listed in the manual
Partial Hospitalization Program	Medically Monitored Intensive Inpatient Services 3.7
Intensive Outpatient (BH)	Medically Managed Intensive Inpatient Services 4.0
Children's Residential Treatment I/II	Clinically Managed Low Intensity Residential 3.1
Clinically Managed Residential Withdrawal Management 3.2	Clinically Managed High Intensity Residential Treatment 3.3 (Pop. Specific)
Medically Monitored Inpatient Withdrawal Management 3.7	Clinically Managed High Intensity Residential Treatment 3.5
Medically Managed Intensive Inpatient Withdrawal Management 4.0	Clinically Managed Medium Intensity Residential 3.5 Adolescent

# 1115 SUD waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services requirements/expectations

1. Be provided as a therapeutic outpatient program that maintains daily scheduled treatment activities; and
2. Provide the range of service components identified for intensive outpatient services in the manual.

## Requirements/expectations cont.

- SUD programs must provide integrated either co-occurring capable or co-occurring enhanced services
- Establish and maintain a waiting list of persons seeking treatment who cannot be admitted utilizing a unique modifier for person who inject/use intravenous (IV).
- Persons actively or experiencing drug use by injection, who are requesting treatment, shall be admitted no later than 14 days after the request.
- If there is no slot available, it is recommended those using by injection, be provided with interim services within 48 hours and admitted no later than 120 days after the initial request.



## If no slot is available, it is recommended

- SUD program provide clients with harm and risk reduction counseling.
- Interim services should be provided to individuals on the waitlist
- Can be provided by the program or another agency

# 1115 SUD waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services staff, procedures, facilitation

Staff to be trained in:	Relapse Procedures	Facilitation
HIV/AIDS	Referral to a different Level of Care	Access to Pharmacotherapy
Hepatitis B and C	Different Strategies	Client Choice to use medication to treat SUD
Tuberculosis (TB)	Frequency of Treatment Interventions	
Fetal Alcohol Spectrum Disorders (FASD)		
Early Intervention		
Risk Reduction Counseling		

# 1115 SUD waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services target population

- Adolescents ages 12-17
- Adults 18 and older
- Individuals experiencing a mental disorder and significant functional impairment that interferes with their ability to participate in one or more life domains

# 1115 SUD waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services staff qualifications



# 1115 SUD waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services service locations

- 05-Indian Health Service Free-standing Facility
- 06-Indian Health Service Provider-based Facility
- 07-Tribal 638 Free-standing Facility
- 08-Tribal 638 Provider-based Facility
- 11-Office
- 26-Military Treatment Center
- 49-Independent Clinic
- 50-Federally Qualified Health Center
- 52-Partial Hospitalization Program
- 53-Community Mental Health Center
- 57-Non-residential Substance Abuse Treatment Center
- 71-State or local Public Health Clinic
- 72-Rural Health Clinic

# 1115 SUD waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services frequency/limits

## Group IOP

**Youth-** Must receive **16 units per week at a minimum** with a maximum of 304 units per State Fiscal Year (SFY)

**Adults-** Must receive **28 units per week at a minimum** with a maximum of 304 units per SFY

## Individual IOP

Youth AND Adults must receive a **minimum of 4 units per week** with a maximum of 128 units per SFY

After the SFY limits of 128 are utilized, a service authorization request can be submitted for up to 128 units or a 90-day period.

# 1115 SUD waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services service documentation

Must be documented in a progress note in accordance with [7 AAC 135.130 Clinical record.](#)

# 1115 SUD waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services relationship to other services

IOP services may be provided concurrently with any service listed in standards manual not otherwise contraindicated

Providers may administer pharmacological treatment in conjunction with outpatient substance use disorder treatment services in (a) of this section if the pharmacological treatment is provided by an individual listed in [7 AAC 135.010\(b\)\(2\)](#).



# 1115 SUD waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services service code, unit value & payment rate

Service Code:

Individual: H0015 V1

Telehealth Individual: H0015 V1 GT

Group: H0015 HQ V1

Telehealth Group: H0015 HQ V1 GT

Unit Value: 15 Minutes

Payment Rate: \$29.61 Individual and \$9.77 Group

Modifiers: V1 (Substance Use Disorder), HQ, 95, GT, FQ

# 1115 SUD waiver – ASAM Level 2.1 Intensive Outpatient (IOP) services other important details

Programs may employ a multidisciplinary team of professionals to work in their IOP programs; however, clinical services must be provided by a Qualified Addictions Professional (QAP). Peer certification/designation alone does NOT meet minimum requirement.

# 1115 BH Waiver - Intensive Outpatient (IOP) services

Alaska Behavioral Health Provider Service Standards & Administrative Procedures for Behavioral Health Provider Services

- Referred to as a “Manual”
- Located on DBH Website
  - Behavioral Health: [Alaska Behavioral Health Providers Services Standards & Administrative Procedures for Behavioral Health Provider Services \(06.30.2021\)](#), Pages 31-34
- Quick Reference Documents
- Regulation [7 AAC 139.250\(2\) Structured treatment services](#)

# 1115 BH Waiver - Intensive Outpatient (IOP) services description

IOP includes structured programming

Treatment is focused on clinical issues

# 1115 BH waiver - Intensive Outpatient (IOP) services service components

- Individualized assessment and treatment
- Cognitive, behavioral, and other mental health **and** substance use disorder
- Treatment therapies (individual, group, family)
- Psychoeducational services
- Linkage to medication services
- Crisis Intervention Services
- Linkage to social support services

# BH intensive outpatient contraindicated services

Contraindicated Services are services that are **not allowed** to be provided to the same recipient on the same day as 1115 Waiver services.

These are found in the manual, page 32

Contraindicated Services	Listed in the manual
Partial Hospitalization Program	Ambulatory Withdrawal Management
Clinically Managed Residential Withdrawal Management 3.2	Clinically Managed Low Intensity Residential 3.1
Medically Monitored Inpatient Withdrawal Management 3.7	Clinically Managed High Intensity Residential Treatment 3.3 (Pop. Specific)
Medically Managed Intensive Inpatient Withdrawal Management 4.0	Clinically Managed High Intensity Residential Treatment 3.5
Medically Monitored Intensive Inpatient Services 3.7	Clinically Managed Medium Intensity Residential 3.5 Adolescent
Medically Managed Intensive Inpatient Services 4.0	

# 1115 BH waiver - Intensive Outpatient (IOP) services requirements/ expectations

1. Be provided as a therapeutic outpatient program that maintains daily scheduled treatment activities;
2. Address clinical issues affecting recipient's ability to cope with activities of daily living defined in [7 AAC 139.250\(2\) Structured treatment services](#), and
3. Provide the range of service components identified for intensive outpatient services in the manual.

# 1115 BH waiver - Intensive Outpatient (IOP) services target population

Individuals experiencing a mental disorder, as defined under [7 AAC 139.010 Recipient eligibility](#) and significant functional impairment that interferes with their ability to participate in one or more life domains

See regulation: [7 AAC 135.055 Adult experiencing a serious mental illness](#)



# 1115 BH waiver - Intensive Outpatient (IOP) services staff qualifications



# 1115 BH waiver - Intensive Outpatient (IOP) services service locations

- 05-Indian Health Service Free-standing Facility
- 06-Indian Health Service Provider-based Facility
- 07-Tribal 638 Free-standing Facility
- 08-Tribal 638 Provider-based Facility
- 11-Office
- 26-Military Treatment Center
- 49-Independent Clinic
- 50-Federally Qualified Health Center
- 52-Partial Hospitalization Program
- 53-Community Mental Health Center
- 57-Non-residential Substance Abuse Treatment Center
- 71-State or local Public Health Clinic
- 72-Rural Health Clinic

# 1115 BH waiver - Intensive Outpatient (IOP) services service frequency/limits

## Group IOP

Maximum of 304 units per SFY

## Individual IOP

Maximum of 128 units per SFY

# 1115 BH waiver - Intensive Outpatient (IOP) services code, unit value & payment rate

Service Code:

Individual: H0015 V2

Telehealth Individual: H0015 V2 GT

Group: H0015 V2 HQ

Telehealth Group: H0015 V2 HQ GT

Unit Value: 15 Minutes

Payment Rate: \$29.61 Individual and \$9.77 Group

Modifiers: V2 (Behavioral Health), HQ, 95, GT, FQ

# 1115 BH waiver - Intensive Outpatient (IOP) services other important details

Programs may employ a multidisciplinary team of professionals to work in their IOP programs; however, clinic services must be provided by a mental health professional clinician under [7 AAC 70.990\(28\) Definitions](#).

Programs may employ a multidisciplinary team of professionals to work in their IOP program(s).

# Where are these services in Alaska?

Let's talk numbers

## Number of providers for AK Medicaid as of 10.03.22 per region

Region	Number of rendering providers for any service
Anchorage	766
Fairbanks North Star	178
Gulf Coast/Aleutian	29
Kenai Peninsula	159
<u>MatSu</u>	189
Northern & Interior	7
Northern Southeast	97
Southern Southeast	55
Western	41
Out of State	4

## H0015 V1, a look in time (01.01.21-12.31.21)

29 distinct providers had paid claims for any combination of V1 services. Some providers have more than one location noted (example: Seattle & Nome, Seattle & Wasilla, Anchorage, Ketchikan & Palmer)

Services locations associated with those claims are:

- Anchorage (Region 1)
- Copper Center (Region 9)
- Fairbanks (Region 2)
- Juneau (Region 7)
- Kenai (Region 4)
- Ketchikan (Region 8)
- Kodiak (Region 9)
- Nome (Region 6)
- Palmer (Region 5)
- Soldotna (Region 4)
- Valdez (Region 9)
- Wasilla (Region 5)
- Milwaukie (Out of State-Oregon)
- Portland (Out of State-Oregon)
- Seattle (Out of State- Washington)



## H0015 V2, a look in time (01.01.21-12.31.21)

15 distinct providers had paid claims for any combination of V2 services. Some providers have more than one location noted (example: Juneau & Ketchikan, Anchorage & Wasilla)

Services locations associated with those claims are:

- Anchorage (Region 1)
- Juneau (Region 7)
- Kenai (Region 4)
- Ketchikan (Region 8)
- Soldotna (Region 4)
- Wasilla (Region 5)
- Milwaukie (Out of State-Oregon)
- Portland (Out of State-Oregon)
- Seattle (Out of State-Washington)

# How Can Providers Bring This Level of Service to Their Region?

What can you do to help Grow Access to Substance Use Disorder and Behavioral Health Services in Alaska?

# Ideas

- Encourage persons with lived experience to enroll in Peer Support Certification process
- Network with providers in regions offering Level 2.1 SUD and/or BH Intensive Outpatient Treatment (IOP) to gain current knowledge as to:
  - Staffing needs
  - Facility needs
  - Evidence- Base Programs utilized
  - Sample schedules, treatment plans, service authorization requests, documentation
  - Other helpful details
  - Successes and challenges
- Look for funding opportunities to stand up the Program
  - [Grants | SAMHSA](#)
  - [Alaska Online Public Notices – Register](#)
  - [Indian Health Service](#)
  - [Grants | Rasmuson Foundation](#)

# Conclusion

- Level 2.1 Intensive Outpatient Services are a higher level of care shown to be beneficial for the most vulnerable Alaskans.
- It is key to increase capacity for this level of care and decrease hospitalizations, use of Emergency Department and sending Alaskans Out of State for services.
- The numbers demonstrate this level of care is needed throughout Alaska.

# Resources

1. State of Alaska, Division of Behavioral Health Website
2. Optum Alaska Website and Provider Relations team
3. Provider Service & Administrative Procedures Manuals
4. Optum Alaska Provider Manual

# State of Alaska, Division of Behavioral Health website

<https://health.Alaska.gov/dbh>

**State of Alaska** myAlaska My Government Resident Business in Alaska Visiting Alaska State Employees

Alaska Department of Health  
**Division of Behavioral Health**

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DHSS Reorganization > Department of Health > Behavioral Health

## Welcome to Behavioral Health



**Gennifer Moreau-Johnson**  
Director



**Farina Brown**  
Deputy Director

Contact the division at  
HSS.DBH@Alaska.gov

*"Partners promoting healthy communities."*

**Mission & Values**



### 988 Suicide & Crisis Lifeline

Having an easy-to-remember number for those needing mental health support has been in the planning stages nationally and in Alaska for many years. We're pleased to announce that on July 16, 2022, the National Suicide Prevention Lifeline is switching to a three-digit number (9-8-8).

Until it is active, and even after 988 goes live, you can still call the Lifeline at 800-273-8255 or the Alaska Careline at 877-266-HELP.

988 will be a direct connection to compassionate, accessible support for anyone experiencing mental-health related distress, including thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress. Learn more.

### Continuum of Care

The Division of Behavioral Health has a commitment to improving the

#### Behavioral Health

- Home
- Director's Office
- Communications
- Core Services
- Division Contacts
- Well-Being Alaska

#### Sections

- AKAIMS
- Behavioral Health Systems & Policy
- Prevention and Early Intervention
- Fetal Alcohol Spectrum Disorder
- Medicaid Provider Assistance Services
- Behavioral Health Quality Assurance Section

#### Treatment Bed Availability

- BRS Residential Services
- Residential SUD

#### Initiatives

- 1115 Waiver
- 988 Suicide Crisis & Lifeline
- AK Responders Relief Line
- Complex Behavior Collaborative
- Disaster Planning
- Evidence Based Practices
- Health Information Technologies
- Integrated Housing & Services
- Performance Management System

# Optum website

<https://alaska.optum.com>

The screenshot displays the Optum Alaska website interface. At the top, the 'Optum Alaska' logo is on the left, and a search bar is on the right. Below the logo is a navigation menu with links for Home, For Participants, For Alaska Medicaid Providers, For Community Partners, About Us, and Contact Us. The main content area is titled 'Alaska - Optum Provider Portal' and features three columns of quick links: 'PARTICIPANT QUICK LINKS' (Resources & Tools, Participant Newsletter), 'PROVIDER QUICK LINKS' (Sign up for Alerts, Provider Express, Resources & Tools), and 'EXTERNAL OPTUM SITES' (Find a Provider, Live & Work Well, Supports and Services Manager). A central section titled 'Stay informed on COVID-19' contains two prominent banners: a teal one for CDC updates and a maroon one for DHSS updates. Below these is a 'COVID-19 Mental Health Resource Hub' graphic with the hashtag #StrongerTogether and the PsychHub logo. A text box below the graphic provides a link to the resource hub. At the bottom, the 'OPTUM ALASKA' logo and tagline are displayed.

# Alaska behavioral health providers service standards & administrative procedures for behavioral health provider services

[www.health.alaska.gov/dbh/Documents/1115/Standards-and-Administrative-Procedures-for-Behavioral-Health-Provider-Services.pdf](http://www.health.alaska.gov/dbh/Documents/1115/Standards-and-Administrative-Procedures-for-Behavioral-Health-Provider-Services.pdf)

## Alaska Behavioral Health Providers Services Standards & Administrative Procedures for Behavioral Health Provider Services

State of Alaska  
Department of Health and Social Services  
Division of Behavioral Health Services



# Alaska Administrative Service Organization (ASO) provider manual

[www.providerexpress.com/content/dam/ops-alaska/documents/providers/akProviderManual.pdf](http://www.providerexpress.com/content/dam/ops-alaska/documents/providers/akProviderManual.pdf)

Alaska Administrative Services Organization (ASO)  
Provider Manual  
March 1, 2022



# Questions

Please contact:

Optum Alaska Call Center at (800) 225-8764

Or

Provider Relations at [akmedicaid@optum.com](mailto:akmedicaid@optum.com)

# Optum

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