

# 1115 BH Adult Behavioral Health Residential Treatment Services

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7 AAC 139.300.  
Behavioral  
health  
residential  
treatment  
services

(a) The adult behavioral health residential treatment services must be provided in a facility approved by the department, and maintain a therapeutically structured and supervised environment according to the criteria listed in Alaska Behavioral Health Providers Service Standards and Administrative Procedures, adopted by reference in 7 AAC 160.900.

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(b) The adult behavioral health residential treatment services must be provided in a facility with 16 or fewer beds by an interdisciplinary treatment team for an individual under 7 AAC 139.010(2) according to the following criteria:

(1) level I for an Individual

A) Adult diagnosed with a mental, emotional, or behavioral health disorder, or co-occurring mental emotional, or behavioral health disorder health and substance use disorder; and

B) with a prior history of continuous high service needs;

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(2) **level 2** for an adult individual diagnosed with a mental, emotional, or behavioral health disorder, or substance use disorder who presents with behaviors or symptoms that require a level of care, supervision, or monitoring that is higher than that required for other adult residents in assisted living home care according to AS 47.33 and 7 AAC 75, and who have

(A) not responded to outpatient treatment;  
and

(B) a history of treatment needs for chronic mental, emotional, or behavioral health or substance use disorders that cannot be met in a less restrictive setting.

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(c) A psychiatric assessment must be conducted for an adult individual receiving behavioral health residential treatment services for adults before the department will approve a provider request for a service authorization to exceed one year.

(d) In this section, "high service needs" means using or having had, in the past calendar year, three or more of the following services or occurrences, in any combination:

- 1) acute psychiatric hospitalization,
- 2) psychiatric emergency services, or
- 3) involvement with the criminal justice system.

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e) Notwithstanding (b) of this section, an individual may receive behavioral health residential treatment services for adults, without being an adult experiencing a serious mental illness as required under 7 AAC 139.010(2), if:

- 1) the individual is 18 years of age or older but under 21 years of age; and
- 2) the department determines that the individual is eligible for the services under 7 AAC 100 and 7 AAC 110.20-7 AAC 110.210

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

You will see the following statement a lot in regulations:

- “Alaska Behavioral Health Provider Standards and Administrative Procedures, adopted by reference in 7 AAC 160.900”
- Anything in regulations that states something is adopted by reference means that it too IS REGULATION.
- Hence, anything that is in the 1115 Alaska Behavioral Health Provider Standards and Administrative Procedures IS REGULATION.
- Both the Alaska Administrative Code (AAC) and the Standards Manual must be followed to be in compliance.

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

## Adult Mental Health Residential Services Level I

(AMHR Level 1)

Follow along in the manual page 36-38

### **Service Description**

AMHR includes treatment services provided by an interdisciplinary treatment team in a therapeutically structured, supervised environment for adults with acute mental health needs whose health is at risk while living in their community. AMHR services are appropriate for those who have not responded to outpatient treatment, who have therapeutic needs that cannot be met in a less-restrictive setting, or who need further intensive treatment following inpatient psychiatric hospital services. There are two levels of services for AMHR.

## Service Components

- Clinically directed therapeutic treatment
  - A comprehensive evaluation to assess emotional, behavioral, medical, educational, and social needs, and support these needs safely
  - Medication Services—including medication prescription, review of medication, medication administration, and medication management
    - Medication services for other physical and SUD is provided, as needed, either on-site or through collaboration with other providers
- Cognitive, behavioral and other therapies, reflecting a variety of treatment approaches,

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(AMHR Level 1)

## Component Services Continued

Provided to the:

- Individual on an individual, group, and/or family basis.
  - Skill development including:
    - Communication, problem solving and conflict resolution skill building
    - Life skills and social skills required to restore functioning
    - Self-regulation, anger management, and other mood management skills
- Individual plan of care that puts into place interventions that help the individual attain goals designed to achieve discharge from AMH at the earliest possible time

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Residential  
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(AMHR Level 1)

## Service Requirements/ Expectations

AMHR Level 1 services must be provided in a facility that:

- Has been approved by Department and maintains a therapeutically structured and supervised environment according to the criteria listed in this manual; and
- Has 16 or fewer beds with services provided by an interdisciplinary treatment team for an adult who meets criteria under 7 AAC 135.055 for experiencing a serious mental illness and has been diagnosed with a mental health or co-occurring mental health and substance use disorder with a prior history of continuous high service needs.

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Residential  
Services Level I  
(AMHR Level  
1)

## Service Requirements/ Expectations Continued

These services must be provided by an interdisciplinary team and supported by:

- A qualified behavioral health provider who provides leadership for team and handles the treatment planning and the coordination; and
- A mental health professional clinician who provides clinical supervision and services for clients in the home.

The clinical supervisor must maintain at least weekly contact with the home provider and meet at least two times a month with clients and at least two times a month with in-home worker, all of which may be done through telehealth.

An AMHR home must have 24-hour on-site staff who remain awake overnight.

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Residential  
Services Level I  
(AMHR Level  
1)

# Adult Mental Health Residential Services Level I (AMHR Level 1)

## Service Frequency/Limits

AMHR Level 1 services include a minimum of:

- Two hours of clinical or medical services per week.
- One hour of individual mental health treatment per week.
- Five hours of treatment services per week.

90 days maximum per beneficiary per SFY at which point a service authorization is required.

## Service Authorization

A psychiatric assessment must be conducted for an adult receiving behavioral health residential treatment services before the department will approve a provider request for a service authorization to exceed one year.



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Health  
Residential  
Service Level 2  
(AMHR Level 2)

Adult Mental Health Residential Services Level 2  
(AMHR Level 2)

Follow along in the manual page 38-41

**SERVICE DESCRIPTION IS THE SAME AS LEVEL 1**

**SERVICE COMPONENTS IS THE SAME AS LEVEL 1**

# Adult Mental Health Residential Service Level 2 (AMHR Level 2)

## Service Requirements/Expectations Level 2

Some of the differences from Level 1 are primarily as follows:

2. Has 16 or fewer beds with services provided by an interdisciplinary treatment team for level 2 for an adult diagnosed with a mental health or substance use disorder who presents with behaviors or symptoms that require a level of care, supervision, or monitoring that is higher than that required for other adult residents in assisted living home care according to AS 47.33 and 7 AAC 75, and who have

(i) not responded to outpatient treatment; and

(ii) history of treatment needs for chronic mental health or substance use disorders that cannot be met in a less restrictive setting.

AMHR Level 2 services are provided by the same interdisciplinary team and supported by the same professionals as AMHR Level 1

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Residential  
Service Level 2  
(AMHR Level  
2)

What is the primary difference between the two levels?

The target population and the severity of their mental health and/or co-occurring symptomology and acuity!

- Higher monitoring and supervision than an assisted living home
- Not responded to outpatient treatment; and
- A history of treatment needs for chronic mental health or substance use disorders that cannot be met in a less restrictive setting.

# Adult Mental Health Residential Service Level 2 (AMHR Level 2)

## Service Frequency/Limits

AMHR Level 2 services include a minimum of:

- One hour of clinical or medical services per week.
- One hour of individual mental health treatment per week
- Three hours of treatment services per week.

180 days maximum per beneficiary per SFY at which point a service authorization is required to extend limit.

Notice that the minimum services are less than Level 1 but the number of SFY limits is twice that of Level 1!!

Service Authorization is the same as Level 1