



## Counseling Services

Through Counseling Services, Medicaid beneficiaries with behavioral health diagnoses receive treatment and services from certified Behavioral Health Services professionals.



Counseling Services aim to help Medicaid beneficiaries learn new methods of coping and improve mental wellbeing.

## What Services are Provided through Counseling Services?

The types of Counseling Services are listed below. The specific services a person receives are tailored to their unique needs.



**Behavioral Health Counseling:** Face-to-face treatment provided to beneficiaries for the purpose of treatment and remediation of a mental health condition. Behavioral health counseling services are available in the following settings:

- Individual: Service provided in one-on-one setting.
- Group: Service provided to group of two to twelve beneficiaries.
- Marital/family (with or without beneficiary present): Service provided to one or more family members with or without beneficiary present.
- Multi-family: Service to between two and nine beneficiaries and their family members or significant other.



**Psychoeducation:** Education on mental illness, substance abuse, and tobacco cessation, problem solving, communication, and coping skills to support recovery.



**Mental Health Diagnosis:** Determination of the existence, type, nature, and treatment of mental illness or related disorder.



**Interpretation of Diagnosis:** Interpret results of psychiatric or other medical exams and procedures.



**Substance Abuse Assessment:** Identification and evaluation of the nature and extent of beneficiary's substance abuse condition and recommendation for treatment.



**Pharmacologic Management:** Evaluation of medication prescription, administration, supervision, and potential side effects, so beneficiaries can make informed decisions regarding their prescribed medication.



**Psychiatric Assessment:** Determination of the existence, type, nature, and treatment of a behavioral health disorder.



**Intensive Outpatient Substance Abuse Treatment:** Structured interventions to improve symptoms that interfere with functioning. This includes treatment to transition beneficiaries from higher levels of care or for those at risk of being admitted to higher levels of care.



## What Services are Provided through Counseling Services?



**Crisis Intervention:** Unscheduled, immediate, short-term treatment activities provided by a professional for beneficiaries who are experiencing a psychiatric or behavioral crisis. The services are designed to stabilize the beneficiary, prevent further deterioration, and provide immediate treatment in the least restrictive setting.



**Crisis Stabilization Unit:** Crisis treatment services for beneficiaries experiencing a psychiatric or substance abuse related crisis and present escalated risk of harm to self or others.



**Substance Abuse Detoxification:** Interventions to manage acute intoxication and withdrawal from alcohol or other drugs.

## What are the Eligibility Requirements for Counseling Services?

To receive these services, applicants must meet **all** of the following requirements:

- Be Medicaid eligible.
- Complete one of the following intake assessments:
  - Mental Health Diagnosis
  - Substance Abuse Assessment
  - Psychiatric Assessment
- Have documentation of medical necessity from a provider.

## Who is Responsible for Administering Counseling Services?

The Counseling Services Program is operated by the Division of Aging, Adult, and Behavioral Health Services (DAABHS) – Office of Substance Abuse and Mental Health (OSAMH).