Outpatient Services

Service Name	DAY TREATMENT
Funding Source	Nebraska Medicaid Behavioral Health Services
Setting	Hospital or non-hospital community based
Facility License	Licensed as an Adult Day Service.
Basic Definition	Day Treatment provides a community based, coordinated set of individualized treatment services to individuals with psychiatric disorders who are not able to function full-time in a normal school, work, and/or home environment and need the additional structured activities of this level of care. While less intensive than hospital based day treatment, this service includes diagnostic, medical, psychiatric, psychosocial, and adjunctive treatment modalities in a structured setting. Day Treatment programs typically are less medically "involved" than Hospital Based Day Treatment programs.
Service Expectations	• An initial diagnostic interview by the program psychiatrist within 24 hours of admission • Multidisciplinary bio-psychosocial assessment within 24 hours of admission including alcohol and drug screening and assessment as needed • A history and physical present in the client's record within 30 days of admission • A treatment/recovery plan developed by the multidisciplinary team integrating individual strengths & needs, considering community, family and other supports, stating measurable goals, that includes a documented discharge and relapse prevention plan completed within 72 hours of admission • The individual treatment plan is reviewed at least bimonthly and more often as necessary, updated as medically indicated, and signed by the supervising practitioner and other treatment team members, including the individual being served • Medication management • Consultation services available for general medical, pharmacology, psychological, dietary, pastoral, emergency medical, recreation therapy, laboratory, dietary if meals are served, and other diagnostic services • Ancillary service referral as needed: (dental, optometry, ophthalmology, other mental health and/or social services, etc.) • Individual, group, and family therapy services • Recreation and social services • Access to community based rehabilitation/social services that can be used to help the individual transition to the community • Face-to-face psychiatrist/APRN visits 1X weekly
Length of Services	Length of service is individualized and based on clinical criteria for admission and continuing stay, but considering its time-limited expectations, a period of 21-90 days with decreasing days in attendance is typical.
Staffing	• Supervising Practitioner (psychiatrist)

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	• Clinical Director (APRN, RN, LMHP, LIMHP, or licensed Psychologist) working with the program to provide clinical supervision, consultation and support to staff and the individuals they serve, continually incorporating new clinical information and best practices into the program to assure program effectiveness and viability, and assure quality organization and management of clinical records, and other program documentation. Depending on the size of the program more than one Clinical Director may be needed to meet these expectations. • Nursing (APRN, RN) (psychiatric experience preferred) • Therapist (Psychiatrist, APRN, Psychologist, Provisionally Licensed Psychologist, LMHP, PLMHP, LIMHP) (dual licensure preferable for working with MH/SA issues • All staff must be Nebraska licensed and working within their scope of practice as required. • DBH: Direct Care Staff, holding a bachelor's degree or higher in psychology, sociology or a related human service field are preferred but two years of coursework in a human services field and/or two years experience/training or two years of lived recovery experience with demonstrated skills and competencies in treatment with individuals with a behavioral health diagnoses is acceptable. • Medicaid and Long-Term Care: Direct Care Staff, holding a bachelor's degree or higher in psychology, sociology or a related human service field are preferred but two years of coursework in a human services field and two years experience/training or two years of lived recovery experience with demonstrated skills and competencies in treatment with individuals with a behavioral health diagnoses is acceptable. • All staff should be educated/trained in rehabilitation and recovery principles
Staffing Ratio	Clinical Director to direct care staff ratio as needed to meet all responsibilities Therapist/Individual: 1 to 12; Care Worker/Individual: 1 to 6
Hours of Operation	May be available 7 days/week with a minimum availability of 5 days /week including days, evenings and weekends
Desired Individual Outcome	• The individual has substantially met their treatment plan goals and objectives • The precipitating condition and relapse potential is stabilized such that individual's condition can be managed without professional external supports and interventions • Individual has support systems to maintain stability in a less restrictive environment
Rate	See fee schedule: 1 Unit = 1 Hour – Medicaid: 3 – 6 Units daily; BHS: One-half Day = minimum of 3 Units, Full Day = minimum of 6 Units