




Virginia Medicaid mental health services offer many options to children and adolescents for support

Pediatric mental health service descriptions of services exclusive to members under age 21:

- **Therapeutic day treatment (TDT)** provides medically necessary, individualized, and structured therapeutic interventions to youth with mental, emotional, or behavioral illnesses whose symptoms are causing significant functional impairments. TDT treatment interventions are provided during the school day or to supplement the school day or year.
 - **Intensive in-home services (IIH)** provides intensive therapeutic interventions provided in the youth's residence to improve youth and family functioning to prevent an out-of-home placement, stabilize the youth, and gradually transition to less restrictive levels of care.
 - **Multisystemic therapy (MST)** is a short-term, intensive family- and community-based treatment program that addresses all environments that impact high risk youth, including the home, school, and community. MST addresses the behaviors of youth with significant clinical impairment in disruptive behavior, mood, and/or substance use. MST is provided using a home-based model of service delivery.
 - **Functional family therapy (FFT)** is a short-term, strength-based, evidence-based treatment program targeting the families of youth with behavioral or emotional problems including co-occurring substance use disorders by the juvenile justice, behavioral health, school, or child welfare systems. FFT is a primarily home-based service that addresses both symptoms of serious emotional disturbance in the identified youth, as well as parenting/caregiving practices and/or caregiver challenges that affect the youth and caregiver's ability to function as a family.
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- A photograph showing a woman with glasses and a young man sitting together, looking at a tablet computer. They appear to be in a classroom or office setting, engaged in a collaborative activity.
- **Applied behavior analysis (ABA)** is a therapy based on the science of learning and behavior that focuses on how behaviors change, are affected by the environment, as well as how learning takes place. ABA is typically provided to youth diagnosed with autism or other developmental disorders that impact their communication skills, social interactions, sensory integration, and/or may result in intentional behavioral outbursts and disruptive obsessive rituals. Family training is a major component of the service. ABA can be provided in the youth's home, in a clinic, or any other environment where behaviors may occur.
 - **Psychiatric residential treatment facility (PRTF)** and therapeutic group homes are carved out services for pediatric members younger than 21 and are managed by Magellan of VA. Anthem HealthKeepers Plus care managers can assist with coordinating with the local independent assessment, certification, and coordination team (IACCT) process to assess the child's needs.

Services available to pediatric members with no age limit:

- **Mental health partial hospitalization program (MH-PHP)** is a short-term, highly structured, non-residential treatment program that is more intensive than outpatient services to stabilize a youth's psychiatric condition. MH-PHP is delivered under physician direction to youth at risk of psychiatric hospitalization or transitioning from psychiatric hospitalization to the community. Services are delivered in a facility setting for several hours per day on daily basis. Substance use and eating disorder intensive outpatient treatment services for children and adolescents are provided at this level of care.
- **Mental health intensive outpatient program (MH-IOP)** is an evidence-based, structured clinical program designed to provide interventions more intensive than traditional outpatient services. MH-IOP focuses on symptom and functional impairment improvement, crisis and safety planning, promoting stability and community living, recovery/relapse prevention, and reducing the need for a more acute level of care. Services are delivered via intensive group therapy in an out-patient clinical setting for two or more hours per week. Substance use and eating disorder IOP services for children and adolescents are provided at this level of care.
- **Mental health case management** assists individuals who reside in the community in gaining access to needed medical, social, educational, and other services. This service is provided via local Virginia Community Service Boards.
- **Mobile crisis response** provides 24/7 rapid response, assessment, and early intervention for youth experiencing a behavioral health crisis. This service meets youth in an environment where they feel most comfortable to help provide quick relief and resolution of the crisis when possible.
- **Community stabilization** is a short-term supportive service for youth following a behavioral health crisis that provides a warm hand-off to other levels of care. This service is available in the youth's home or other natural environment and provides crisis supports, skill-building, and coordination with follow-up services.
- **23-Hour crisis stabilization** provides 24/7 access for walk-in mental health and/or substance related crisis supports. This service helps youth who are experiencing an acute crisis and require a safe environment for observation and assessment to determine the best resources available to prevent hospitalization.
- **Residential crisis stabilization** provides short-term, 24/7, residential psychiatric/substance use related crisis evaluation and brief intervention services. RCSUs serve as a diversion or stepdown from psychiatric hospitalization and supports individuals experiencing abrupt and substantial changes in behavior noted by severe impairment or acute decompensation in functioning.

* Please note that not all services are available in every geographic location. Care Management can assist providers and members in linking with services in their region.

To find out more about pediatric mental health services, contact Care Management:

- Anthem HealthKeepers Plus number: **800-901-0020 (TTY 711)**
- <https://providers.anthem.com/virginia-provider/contact-us>