



Service Name and Description

Transitional Youth Services (TYS)

The Transitional Youth Services Program is a home and community-based Outpatient intervention that supports transition-age members (ages 16-through age 20) with behavioral health diagnoses of mental health and/or substance use disorders in reestablishing the knowledge and skills necessary to live independently. Transitional Youth Services Specialists assist and support the member in identifying goals and addressing barriers to independence. This process considers all systems affecting the member, including family, school/work, peers, individual needs, and the community. All services are delivered in the member's natural environment in order to increase the likelihood of sustaining the progress made during the intervention. The ultimate aim of the program is to give members the skills and resources to resolve and prevent future problems in areas of daily living (ie housing, employment parenting, involvement with court or social services) independently. The interventions focus on rehabilitating member strengths and skills as well as linking the member to available resources to assist him/her in relearning a sense of accountability for his/her own behavior. Transitional Youth Services Specialists work closely with families and community members to help ensure the member is safe, engaging in positive peer activities, learning the life skills needed to support themselves, and working or pursuing education. The assigned Transitional Youth Services Specialist will work closely with the probation officer, courts, family, and any other involved formal and informal resources to ensure collaboration around the goals of services, interventions being provided, and discharge recommendations.

Procedure Code:

H2022 U5 Monthly

Provider Organization Requirements

Providers must be enrolled in NC Tracks and are approved by Youth Villages, Inc. to provide LifeSet model services.

Staffing Requirements by Age/Disability

Qualified Professional with two years post graduate experience with the population in compliance with NCAC 10 .27G.

Program and Staff Supervision

Master's Level degree in human services or a QP with documented experience delivering the service. Clinical oversight for staff with the latter qualification is provided by provided by a Licensed Professional or Associate Licensed Professional.

Service Type/Setting

This service is provided in the community and in homes.

Essential components:

Establishing Permanency: Members in the program learn the interpersonal skills necessary to recreate and maintain healthy and permanent personal relationships.

Education: Members in the program are encouraged to complete the minimum education

Requirements necessary to maintain employment. If the member does not already have a diploma or GED, the Transitional Youth Services specialist assists them with achieving this goal. For members who already have a diploma or GED, the Transitional Youth Services

Specialist helps them complete the FAFSA, assists them with applying for scholarships, take them to visit community colleges, universities, or vocational schools in the area, helps them fill out any necessary paperwork, introduces them to an advisor, and also assures that they receive disability services, if appropriate.

Employment: Transitional Youth Services staff assist members in securing and maintaining employment through resume writing, employment search, application process, interviewing skills, employer and coworker relationships to retain employment, etc. Once the member is employed, the Transitional Youth Services Specialist will maintain contact with his/her employer to determine what supports the member needs to be successful. If problems arise in the job setting, Transitional Youth Services Specialists will work with the member to assess the problem and design interventions to solve it. Transitional Youth Services Specialists may use role-play or other teaching techniques to help the member improve their work performance.

Housing: It is the goal of the program to link members with housing that can be maintained upon discharge. The Transitional Youth Services Specialist will teach the member budgeting skills, help him/her identify the type of housing he/she can afford, assist in finding roommates, and help fill out applications for an apartment or Section 8 housing.

Independent Living Skills: Members in the program will improve independent skills, as measured by the Ansell-Casey Life Skills Assessment. These skills include but are not limited to the following: budgeting, cooking, shopping for groceries, doing laundry, making mental/physical healthcare appointments, getting a driver's license or accessing public transportation, and maintaining appropriate hygiene habits.

Crisis intervention: The program provides crisis intervention and prevention services to members and their families 24 hours-a-day, 7 days-a-week. In the preventive stages, the clinical team (Transitional Youth Services Specialist, team supervisor, clinical consultant, and

Regional supervisor) track potentially dangerous (to self or others) behavior, identify potential problem areas and design interventions to prevent a possible crisis.

Pregnant/Parenting youth: For members with children, specialists utilize an evidenced based life skills assessment and parenting assessment to better assess the member's parenting skills. Based on the member's scores and their parenting goals, individualized goals are developed and targeted in weekly sessions.

The following are other core components of the Transitional Youth Services Program:

Low caseloads: Transitional Youth Services Specialists carry caseloads up to 9 young people.

Collaboration: The Transitional Youth Services program works most effectively when young people have the opportunity to make minor mistakes. This gives the young person and their family an opportunity to discover which interventions will work best for the long term. The assigned Transitional Youth Services specialist will work closely with the case manager, probation officer, courts, family, and any other involved key players to ensure collaboration around the goals of services, interventions being provided, and discharge recommendations.

Objectives and Goals

- Establishing Permanency: Members in the program learn the interpersonal skills necessary to recreate and maintain healthy and permanent personal relationships.
- Education: Members in the program are encouraged to complete the minimum education Requirements necessary to maintain employment. If the member does not already have a diploma or GED, the Transitional Youth Services specialist assists them with achieving this goal. For members who already have a diploma or GED, the Transitional Youth Services Specialist helps them complete the FAFSA, assists them with applying for scholarships, takes them to visit community colleges, universities, or vocational schools in the area, helps them fill out any necessary paperwork, introduces them to an advisor, and also assures that they receive disability services, if appropriate.
- Employment: Transitional Youth Services staff assist members in securing and maintaining employment through resume writing, employment search, application process, interviewing skills, employer and coworker relationships to retain employment, etc. Once the member is employed, the Transitional Youth Services Specialist will maintain contact with his/her employer to determine what supports the member needs to be successful. If problems arise in the job setting, Transitional Youth Services Specialists will work with the member to assess the problem and design interventions to solve it. Transitional Youth Services Transitional Youth Services Specialists will work with the member to assess the problem and design intervention to solve it.

Transitional Youth Services Specialists may use role-play or other teaching techniques to help the member improve their work performance

Anticipated Outcomes:

- Maintenance of stable housing as evidenced by response to following questions at discharge, 6 months, 12 months and 24 months post discharge Current living situation: If they are housed (not in a criminal justice facility, congregate care setting, homeless, couch surfing), we ask if they could stay in their current situation for the next three months if they wanted to (measure of prospective housing stability rather than retrospective stability) If they have been homeless or couch-surfed in the past six months.
- Maintenance of productive activity as evidenced by response to following questions at discharge, 6 months, 12 months and 24 months post discharge;
- Current engagement in educational pursuits
- Current work status
- Remain free from legal involvement (arrests or charges)

Entrance Criteria & Eligibility Requirements

Members ages 16-through age 20 are eligible for this service when the following criteria are met:

1. There is a mental health or substance use disorder diagnosis (as defined by the DSM-5, or any subsequent editions of this reference manual), AND
2. Must demonstrate a deficit in at least one Instrumental Activity of Daily Living (IADL)

Prior to admission into the Transitional Youth Services program, members complete an evidenced based life skills assessment to assist in identifying both risk and protective factors. Members referred to the program may be deemed inappropriate for admission if their current behaviors pose serious safety risks to themselves and the community or if the member lacks adequate protective factors to be safe in their home or community. Members with high-risk factors in their history (such as extensive violent charges, extreme aggression, deep gang entrenchment, serious chronic mental health issues, etc.) will need to be assessed individually and may be referred to a higher level of care.

A Comprehensive Clinical Assessment is required prior to provision of this service. Additionally an Ansell Casey Life Skills Assessment is administered prior to service delivery.

Continued Stay Criteria

The member is eligible to continue this service if the desired outcome or level of functioning has not been restored, improved, or sustained; or the member continues to be at risk for homelessness or therapeutic foster care placement, based on current clinical assessment, history, and the tenuous nature of the functional gains.

AND

One of the following applies:

- a.. The member is making satisfactory progress toward meeting goals and there is documentation that supports that continuation of this service will be effective in addressing the goals .

- b. The member/family is making some progress, but the specific interventions need to be modified so that greater gains, which are consistent with the member's premorbid level of functioning, are possible; or
- c. The member fails to make progress, or demonstrates regression, in meeting goals. The member's diagnosis should be reassessed to identify any unrecognized co-occurring disorders, and interventions or treatment recommendations shall be revised based on the findings. This includes consideration of alternative or additional services.

Discharge Criteria

The member meets the criteria for discharge if any one of the following applies:

- a. The member has achieved goals and is no longer in need of Transitional Youth Services;
- b. The member is not making progress or is regressing, and all reasonable strategies and interventions have been exhausted, indicating a need for more intensive services;
- c. The member or legally responsible person no longer wishes to receive Transitional Youth Services

Service Documentation Requirements

A service note must be documented for each encounter in compliance with APSM 45-2.

Service Exclusions

Supported Employment

This service does not duplicate the rehabilitative service provided by the NC Division of Vocational Rehabilitation (VR) and if the member is in need of supported employment services they will need to connect to VR or obtain the service via the 1915 (i) waiver.

The service may be provided for up to 30 days to members who are receiving Residential Treatment Levels I-IV or treatment in a Psychiatric Rehabilitative Treatment Facility to assist in a transition to a lower level of care. Tailored Care Management is allowed concurrently.

Exception to Policy Limitations for a Medicaid Beneficiary under 21 Years of Age

42 U.S.C. § 1396d(r) [1905(r) of the Social Security Act]

Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) is a federal Medicaid requirement that requires the state Medicaid agency to cover services, products, or procedures for Medicaid beneficiary under 21 years of age if the service is medically necessary health care to correct or ameliorate a defect, physical or mental illness, or a condition [health problem] identified through a screening examination (includes any evaluation by a physician or other licensed Qualified Professional). This means EPSDT covers most of the medical or remedial care a child needs to improve or maintain his or her health in the best condition possible, compensate for a health problem, prevent it from worsening, or prevent the development of additional health problems.

Medically necessary services will be provided in the most economic mode, as long as the treatment made available is similarly efficacious to the service requested by the beneficiary's physician, therapist, or other licensed Qualified Professional; the determination process does not delay the

delivery of the needed service; and the determination does not limit the beneficiary's right to a free choice of providers.

EPSDT does not require the state Medicaid agency to provide any service, product or procedure:

- 1) That is unsafe, ineffective, or experimental or investigational.
- 2) That is not medical in nature or not generally recognized as an accepted method of medical practice or treatment.

EPSDT and Prior Approval Requirements

- 1) If the service, product, or procedure requires prior approval, the fact that the beneficiary is under 21 years of age does NOT eliminate the requirement for prior approval.
- 2) IMPORTANT ADDITIONAL INFORMATION about EPSDT and prior approval is found in the *NCTracks Provider Claims and Billing Assistance Guide*, and on the EPSDT provider page. The Web addresses are specified below.

NCTracks Provider Claims and Billing Assistance Guide:

<https://www.nctracks.nc.gov/content/public/providers/provider-manuals.html>

EPSDT provider page: <http://www.ncdhhs.gov/dma/epsdt/>

Service limitations on scope, amount, duration, frequency, location of service, and other specific criteria described in clinical coverage policies may be exceeded or may not apply as long as the provider's documentation shows that the requested service is medically necessary "to correct or ameliorate a defect, physical or mental illness, or a condition" [health problem]; that is, provider documentation shows how the service, product, or procedure meets all EPSDT criteria, including to correct or improve or maintain the beneficiary's health in the best condition possible, compensate for a health problem, prevent it from worsening, or prevent the development of additional health problem.