

## Services for Children Only

(Ages 21 or below)

\*All out-of-network services require prior authorization.

### **Youth Peer Support Services:**

- Available to members living in Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- Serves ages 14 to 18.
- Provides specialized therapeutic interactions conducted by self-identified current (or former) consumers of behavioral health services who have achieved significant recovery. Peer Specialists are trained and certified to offer support and assistance in helping others in their recovery and community integration process.
- This is a community-based service.
- This requires prior registration.

### **Music Therapy:**

- Available to Cumberland, Dauphin, Lancaster, Lebanon, and Perry counties.
- Serves ages birth to 21.
- Primarily for Members with ASD diagnoses, can be available to members with other diagnoses on a case by case basis.
- Music Therapy is an outpatient service that can be provided either individually or in a group setting, as determined by the provider, based on the developmental level of the Member.
- This requires prior authorization.

### **Youth Fire-Setter Assessment Consultation Treatment Service (YFACTS):**

- Offered in Cumberland, Dauphin, Lancaster, Lebanon, and Perry counties.
- Serves ages up to 21.
- Provides specialized treatment for youth with a history of fire setting or inappropriate use of fire or current fire setting/inappropriate use of fire.
- YFACTS is an outpatient service that is provided individually in an office setting.
- This does not require prior authorization.

**Parent Child Interaction Therapy (PCIT)**

- Offered in Cumberland, Dauphin, Lancaster, Lebanon, and Perry counties.
- Serves ages 2-7.
- Evidenced-based treatment that addresses behaviors of non compliance, verbal and physical aggression, property destruction and family conflict with goals of enhancing a positive relationship between a parent and child and promoting effective behavior management and discipline techniques
- PCIT is an outpatient service that is provided in an office setting.
- This does not require prior authorization.

**IBHS-Individual Behavioral Health Services (IBHS):**

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- Serves ages birth to 21.
- Individual -Behavioral health services: Mobile Therapy (MT), Behavior Consultation (BC) and Behavioral Health Technician (BHT).
- Applied Behavior Analysis (ABA): Behavior Analytic (BA), Behavior Consultation-ABA (BC-ABA) Assistant Behavior Consultation-ABA (Assist BC-ABA) and Behavioral Health Technician-ABA (BHT-ABA).
- This is a community-based service.
- This requires prior authorization.

**IBHS-Individual-Multi-Systemic Therapy (MST):**

- Available to Cumberland, Dauphin, Franklin, Fulton and Perry counties.
- Serves ages 10-18.
- Evidenced Based intensive family and community-based treatment model for youth with serious behavioral problems, including delinquency aggression, truancy, and other difficult-to-treat behaviors. MST includes training for parents to sustain change.
- This is a community-based service.
- This requires prior authorization.

**IBHS-Individual- Functional Family Therapy (FFT):**

- Offered in Cumberland, Dauphin, Lancaster, Lebanon, and Perry counties.
- Serves ages 10-18.
- Evidenced Based in-home treatment for youths with externalizing behaviors and their caregivers. Target behaviors typically including acting out, aggression, truancy, and substance use.
- This is a community-based service.
- This requires prior authorization.

**IBHS-Group-After School Program (ASP):**

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- Ages 5-14.
- The programs offer a therapeutic group environment that focuses on improving social skills, peer interactions, low self-esteem, problem solving skills, and anger management skills.
- This is a group service.
- This requires prior authorization.

**IBHS-Group-Stepping Stones:**

- Available to Cumberland, Dauphin, Lebanon, and Perry counties.
- Serves ages 3-18.
- The program offers a therapeutic group environment that focuses on improving communication, compliance, social skills, and safety.
- The program operates on a three participant to one staff.
- This is a group service.
- This requires prior authorization.

**IBHS-Group -Intensive Day Treatment (IDT):**

- Offered in Lancaster County.
- Serves ages 9-15.
- IDT is a center-based, day program that includes school/education and mental health therapies. It is geared toward youth who are at risk for placement outside of their home or school district due to behavioral issues. The school district must be in agreement with IDT and frequent communication between home and school is expected.
- This is a group service.
- This requires prior authorization.

**IBHS-Group -VISTA Foundation:**

- Enhanced Integrated Behavioral Services (EIBS) is available to Cumberland, Dauphin, Franklin, Lancaster, Lebanon, and Perry counties.
  - Serves ages 3-21 who have a diagnosis of Autism.
  - The program offers support through behavior technician and behavior consultant support.
  - Applied Behavior Analysis (ABA) is the primary modality of intervention utilized.
  - The child/youth/adolescents school district must be in agreement with the educational components as the authorization runs concurrent with the Individualized Education Plan.
  - This is a group service.
  - This requires prior authorization.

Early Intensive Behavioral Intervention Program (EIBI) is available to Cumberland, Dauphin, Lebanon, Lancaster, and Perry counties.

- Serves ages 12 months through age 6 who have a diagnosis of Autism.
- This is a center-based program offering applied behavior analysis (ABA) overseen by a Board-Certified Behavior Analyst (BCBA) and a Registered Behavior Technician (RBT) providing direct care and treatment intervention.
- The program also provides parental education and training with an expectation of participation in at least 50% of offered parental sessions.
- This requires prior authorization.

**Family Based Mental Health Services (FBMHS):**

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- Serves ages up to 21.
- FBMHS are geared toward youth who are at risk for out-of-home treatment due to behavioral/emotional issues. Services are provided to youth and caregivers in the home and community setting by a two-person team, offering 24/7 crisis intervention support and case management services.
- This is a community-based service.
- This requires prior authorization.

**Specialized Family Based Mental Health Services (Problem Sexual Behaviors-FBMHS):**

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- Serves ages up to 21.
- Offers fundamental FBMHS service with a specialized focus on youth with problem sexual behaviors. Addresses committing offense, completes cycle work, psychoeducation, family work and reunification while transitioning Member back into the community setting.
- This requires prior authorization.

**Community Residential Rehabilitation-Host Home or Intensive Treatment Program (CRR-HH/CRR-ITP):**

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- CRR-ITP available to Cumberland, Dauphin, Lancaster, Lebanon, and Perry counties only.
- Serves ages up to age 18, and population varies by CRR-HH and CRR-ITP provider.
- Treatment delivered in a private residence of a family other than the home of the youth's parents/care givers. A structured living arrangement that offers individual/family therapy, psychiatric consultation within the community, while the youth attend school at the local school district where the CRR is located.
- Treatment should be short term with focus on returning to biological family or foster care.
- Regular contact and planned visits in family home/discharge setting are required as part of treatment to transfer skills.
- This is an out-of-home level of care.
- This requires prior authorization.

**Residential Treatment Facility (RTF):**

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- Serves ages up to 18 (may serve 18 to 21 on case by case).
- Treatment delivered in an intensive residential structured living arrangement that offers individual/family therapy, psychiatric consultation. The youth attend school on RTF campus or in community school district where the RTF is located.
- Treatment should be short term with focus on returning to biological family, foster care, or other discharge setting.
- Regular contact and planned visits in family home/discharge setting are required as part of treatment to transfer skills.
- This is an out-of-home level of care.
- This requires prior authorization.