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State/Territory Name: New York

State Plan Amendment (SPA) #: 23-0058

This file contains the following documents in the order listed:

- 1) Approval Letter
- 2) CMS 179 Form/Summary Form (with 179-like data)
- 3) Approved SPA Pages

DEPARTMENT OF HEALTH & HUMAN SERVICES
Centers for Medicare & Medicaid Services
601 E. 12th St., Room 355
Kansas City, Missouri 64106



Medicaid and CHIP Operations Group

October 3, 2024

Amir Bassiri
Medicaid Director
Deputy Commissioner of the Office of Health Insurance Programs
New York State Department of Health
One Commerce Plaza
99 Washington Avenue, Suite 1715
Albany, NY 12211

Re: New York State Plan Amendment (SPA) – 23-0058

Dear Director Bassiri:

The Centers for Medicare & Medicaid Services (CMS) reviewed your Medicaid State Plan Amendment (SPA) submitted under transmittal number (TN) NY-23-0058. This amendment proposes to establish community residences for eating disorder integrated treatment services under the medical assistance program.

We conducted our review of your submittal according to statutory requirements in Title XIX of the Social Security Act. This letter informs you that New York's Medicaid SPA TN 23-0058 was approved on September 30, 2024, with an effective date of April 1, 2023.

Enclosed are copies of Form CMS-179 and approved SPA pages to be incorporated into the New York State Plan.

If you have any questions, please contact Melvina Harrison at 212-616-2247 or via email at Melvina.Harrison@cms.hhs.gov.

Sincerely,


James G. Scott, Director
Division of Program Operations

Enclosures

cc: Regina Deyette

**TRANSMITTAL AND NOTICE OF APPROVAL OF
STATE PLAN MATERIAL
FOR: CENTERS FOR MEDICARE & MEDICAID SERVICES**

1. TRANSMITTAL NUMBER <u>2</u> <u>3</u> — <u>0</u> <u>0</u> <u>5</u> <u>8</u>	2. STATE <u>NY</u>
3. PROGRAM IDENTIFICATION: TITLE OF THE SOCIAL SECURITY ACT <input checked="" type="radio"/> XIX <input type="radio"/> XXI	

TO: CENTER DIRECTOR
CENTERS FOR MEDICAID & CHIP SERVICES
DEPARTMENT OF HEALTH AND HUMAN SERVICES

4. PROPOSED EFFECTIVE DATE
April 1, 2023

5. FEDERAL STATUTE/REGULATION CITATION
§ 1905(a)(13) Other Diagnostic, Screening, Prev., and Rehab.Svcs.

6. FEDERAL BUDGET IMPACT (Amounts in WHOLE dollars)
a. FFY 04/01/23-09/30/23 \$ 1,000,000
b. FFY 10/01/23-09/30/24 \$ 2,000,000

7. PAGE NUMBER OF THE PLAN SECTION OR ATTACHMENT
Attachment 3.1-A Supp: Pages 3b-71, 3b-72, 3b-73, 3b-74, 3b-75, 3b-76, 3b-77, 3b-78, ~~3b-79, 3b-80~~
Attachment 3.1-B Supp: Pages 3b-71, 3b-72, 3b-73, 3b-74, 3b-75, 3b-76, 3b-77, 3b-78, ~~3b-79, 3b-80~~
Attachment 4.19-B: Pages-30

8. PAGE NUMBER OF THE SUPERSEDED PLAN SECTION OR ATTACHMENT (If Applicable)
NEW

9. SUBJECT OF AMENDMENT
COMMUNITY RESIDENCES FOR EATING DISORDER INTEGRATED TREATMENT (CREDIT)

10. GOVERNOR'S REVIEW (Check One)
 GOVERNOR'S OFFICE REPORTED NO COMMENT
 COMMENTS OF GOVERNOR'S OFFICE ENCLOSED
 NO REPLY RECEIVED WITHIN 45 DAYS OF SUBMITTAL
 OTHER, AS SPECIFIED:

11. AGENCY OFFICIAL
[Redacted]

12. TYPED NAME
Amir Bassiri

13. TITLE
Medicaid Director

14. DATE SUBMITTED
June 29, 2023

15. RETURN TO
New York State Department of Health
Division of Finance and Rate Setting
99 Washington Ave – One Commerce Plaza
Suite 1432
Albany, NY 12210

FOR CMS USE ONLY

16. DATE RECEIVED 06/20/2023	17. DATE APPROVED 09/30/2024
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PLAN APPROVED - ONE COPY ATTACHED

18. EFFECTIVE DATE OF APPROVED MATERIAL 04/01/2023	19. SIGNATURE OF APPROVING OFFICIAL [Redacted]
20. TYPED NAME OF APPROVING OFFICIAL James G. Scott	21. TITLE OF APPROVING OFFICIAL Director, Division of Program Operations

22. REMARKS
State authorized Pen and ink Changes on 8/22/24:
Box 7. Page Number of the Plan Section or Attachment
Attachment 3.1-A Supp: Pages 3b-71, 3b-72, 3b-73, 3b-74, 3b-75, 3b-76, 3b-77, 3b-78
Attachment 3.1-B Supp: Pages 3b-71, 3b-72, 3b-73, 3b-74, 3b-75, 3b-76, 3b-77, 3b-78
Attachment 4.19-B: Page 30

New York
3b-71

1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Assurances:

The State assures that all rehabilitative services are provided to, or directed exclusively toward the treatment of the Medicaid eligible individual in accordance with section 1902(a)(10)(A)(i) of the Act.

The State assures that rehabilitative services do not include and FFP is not available for any of the following in accordance with section 1905(a)(13) of the Act:

- A. educational, vocational and job training services;
- B. room and board;
- C. habilitation services;
- D. services to inmates in public institutions as defined in 42 CFR §435.1010;
- E. services to individuals residing in institutions for mental diseases as described in 42 CFR §435.1010;
- F. recreational and social activities; and-
- G. services that must be covered elsewhere in the state Medicaid plan.

Description:

Community Residential Eating Disorder Integrated Treatment (CREDIT) Services are short-term residential treatment and rehabilitation services to address the medical and psychiatric health needs of individuals diagnosed with an eating disorder condition, who experience impairment in functioning due to their eating disorder such that they require services in a 24-hour supervised setting. CREDIT Services are provided to both adults and children.

CREDIT Services support individual recovery through a person-centered approach that assists individuals to cope with the symptoms of their eating disorder and reacquire the skills necessary to function and remain integrated in the community.

CREDIT Services are provided in facilities licensed by the New York State Office of Mental Health that are affiliated with an entity identified as a Comprehensive Care Center for Eating Disorders (CCCED).

CREDIT Services are recommended by a physician or other licensed practitioner of the healing arts, as defined below.

CREDIT Services are delivered in accordance with documented Individual Service Plans which, at a minimum, include a description of the individual's strengths, resources, including collaterals, a statement of the individual's recovery goals and program participation objectives; an individualized course of action to be taken, including the specific services to be provided, the

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1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Description (continued)

expected frequency of service delivery, the expected duration of the course of service delivery, and the anticipated outcome; criteria to determine when goals and objectives have been met; a relapse prevention plan; and a description and goals of any linkage and coordination activities with other service providers. Individual Service Plans must be created, reviewed, and approved by professional staff, as defined below.

Practitioner Qualifications:

CREDIT Services are provided by professional and paraprofessional staff under appropriate supervision, as defined herein.

Licensed Practitioners of the Healing Arts include:

- Nurse Practitioner;
- Physician;
- Physician Assistant;
- Psychiatric Nurse Practitioner;
- Psychiatrist;
- Licensed Psychologist;
- Registered Professional Nurse;
- Certified Dietitian, Certified Nutritionist, or Certified Dietitian-Nutritionist;
- Licensed Mental Health Counselor;
- Licensed Clinical Social Worker (LCSW);
- Licensed Master Social Worker, under the supervision of a LCSW, licensed psychologist, or psychiatrist employed by the agency;
- Licensed Creative Arts Therapist;
- Licensed Marriage and Family Therapist; and
- Licensed Psychoanalyst.

Professional staff include:

Creative Arts Therapist – an individual who is currently licensed or permitted as a creative arts therapist by the New York State Education Department, or who has a master's degree in a mental health field from a program approved by the New York State Education Department and registration or certification by the American Art Therapy Association, American Dance Therapy Association, National Association of Music Therapy or American Association for Music Therapy;

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1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Practitioner Qualifications (continued)

Dietitian, Nutritionist, or Dietitian-Nutritionist – an individual who is currently certified as a dietitian, nutritionist, or dietitian-nutritionist by the New York State Education Department;

Licensed Practical Nurse (LPN) – an individual who is currently licensed or permitted as an LPN by the New York State Education Department. LPNs must be supervised by a registered professional nurse, clinical nurse specialist, nurse practitioner, physician, or physician assistant.

Marriage and Family Therapist – an individual who is currently licensed or permitted as a marriage and family therapist by the New York State Education Department;

Mental Health Counselor – an individual who is currently licensed or permitted or as a mental health counselor by the New York State Education Department;

Nurse Practitioner – an individual who is currently certified to practice as a nurse practitioner by the New York State Education Department;

Physician – an individual who is currently licensed or permitted to practice as a physician by the New York State Education Department;

Physician Assistant - an individual who is currently licensed or permitted to practice as a physician's assistant by the New York State Education Department;

Psychiatric Nurse Practitioner– an individual who is currently certified as a psychiatric nurse practitioner by the New York State Education Department;

Psychiatrist – an individual who is currently licensed or permitted as a physician by the New York State Education Department and who is certified by the American Board of Psychiatry and Neurology;

Psychoanalyst – an individual who is currently licensed or permitted as a psychoanalyst by the New York State Education Department;

Psychologist – an individual who is currently licensed or permitted as a psychologist by the New York State Education Department;

Registered Professional Nurse – an individual who is currently licensed or permitted and registered as a registered professional nurse by the New York State Education Department, including a Clinical Nurse Specialist; and

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1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Practitioner Qualifications (continued)

Social Worker – an individual who is currently licensed or permitted as a master social worker (LMSW) or clinical social worker (LCSW) by the New York State Education Department. LMSWs must be supervised by a LCSW, licensed psychologist, or psychiatrist employed by the agency.

Minimum Qualifications for Paraprofessional Staff

Paraprofessional Staff must possess a combination of educational and professional experience in a mental health or human services setting or lived or familial experience with an eating disorder condition. Paraprofessional staff include:

1. individuals possessing a master's or bachelor's degree in a human services-related field; an associate degree in a human services-related field or a high school degree or GED and three years' experience providing direct services;
2. individuals who have lived experience with a mental health condition, including an eating disorder condition and who are certified or provisionally certified in New York as peer specialists; credentialed or provisionally credentialed family peer advocates; and credentialed or provisionally credentialed Youth Peer Advocates; and
3. Certified rehabilitation counselors certified by the Commission on Rehabilitation Counselor Certification.

Required Supervisory Arrangements

Professional Staff must provide direct supervision to Paraprofessional Staff in the delivery of service components identified herein. Professional Staff supervision must also be available at all times to address any issues related to quality of care in the provision of any CREDIT service components. Peer Specialists, Family Peer Advocates, and Youth Peer Advocates are supervised by competent mental health professionals, which include any Professional staff defined above.

Paraprofessional Staff Training

CREDIT Service providers shall ensure Paraprofessional Staff demonstrate competency in the provision of CREDIT services through formal and informal training practices, including job-shadowing of Professional Staff and experienced Paraprofessional Staff, as appropriate, based on the educational background and professional experience of the Paraprofessional Staff member. Peer Specialists, Family Peer Advocates, and Youth Peer Advocates complete state-approved training and continuing education to maintain their credential.

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1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Service Components (continued)

- **Medical Assessment**

Medical Assessment is an assessment service including the gathering of data concerning an individual's medical history and any current signs and symptoms, and assessment of such data to determine the individual's medical health status and need for referral.

Practitioner Qualifications: Nurse practitioner, psychiatric nurse practitioner, physician, physician's assistant, psychiatrist, or registered professional nurse.

- **Psychiatric Assessment**

Psychiatric Assessment is an assessment service including the gathering of data concerning an individual's psychiatric history and current mental health symptoms, assessment of such data for determination of the individual's current mental health status, diagnostic formulation and identification of the need for mental health services.

Practitioner Qualifications: Psychiatrist, psychologist, psychiatric nurse practitioner, mental health counselor, marriage and family therapist, social worker, psychoanalyst, and individuals possessing a master's degree required for licensure as a psychologist, social worker, mental health counselor, marriage and family therapist, or psychoanalyst, under the supervision of a licensed professional, consistent with NYS scope of practice laws.

- **Nutritional Assessment**

Nutritional Assessment is an assessment service to determine the overall nutritional status of individuals, diagnose malnutrition, identify underlying pathologies that lead to malnutrition, and plan necessary interventions.

Practitioner Qualifications: Certified Dietitian, Certified Nutritionist, or Certified Dietitian-Nutritionist.

- **Psychosocial Assessment**

A psychosocial assessment is a comprehensive evaluation of an individual's mental, medical and emotional health used to determine the impact of psychiatric and medical illnesses on the individual and their family.

Practitioner Qualifications: Professional Staff and individuals possessing a master's degree required for licensure as a psychologist, social worker, mental health counselor, marriage and family therapist, or psychoanalyst, under the supervision of a licensed professional, consistent with NYS scope of practice laws.

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1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Service Components (continued)

- **Service Planning**

Service Planning is a continuous process that engages each individual and as appropriate their family, as an active partner in developing, reviewing, and modifying a course of care, to be included in an Individual Service Plan that supports the individual's progress toward eating disorder recovery and accomplishing the individual's rehabilitation goals.

Practitioner Qualifications: Professional Staff and individuals possessing a master's degree required for licensure as a psychologist, social worker, mental health counselor, marriage and family therapist, or psychoanalyst, under the supervision of a licensed professional, consistent with NYS scope of practice laws.

- **Discharge Planning**

Discharge Planning is a continuous process that that engages each individual and as appropriate their family, as an active partner in developing, reviewing, and modifying a plan for step-down care and relapse prevention.

Practitioner Qualifications: Professional Staff and individuals possessing a master's degree required for licensure as a psychologist, social worker, mental health counselor, marriage and family therapist, or psychoanalyst, under the supervision of a licensed professional, consistent with NYS scope of practice laws.

- **Clinical Counseling and Therapy**

Clinical Counseling and Therapy are therapeutic services, including goal-oriented individual, group and family counseling or therapy, including verbal therapy, to alleviate symptoms or dysfunction associated with an individual's mental health condition or emotional disturbance, reverse or change maladaptive patterns of behavior, encourage personal growth and development, and support the individual's capacity to develop or restore age-appropriate developmental milestones.

Qualified Practitioners: Professional Staff and individuals possessing a master's degree required for licensure as a psychologist, social worker, mental health counselor, marriage and family therapist, or psychoanalyst, under the supervision of a licensed professional, consistent with NYS scope of practice laws.

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1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Service Components (continued)

- **Nutritional Counseling**

Nutritional Counseling services are counseling, psychoeducation, and psychosocial rehabilitative services to determine an individual's dietary intake and identify if it is appropriate or requires modification, provide education and information regarding adequate nutrition and strategies to maintain adequate nutrition, and psychosocial rehabilitation to help the individual adopt and maintain needed dietary changes.

Practitioner Qualifications: Certified Dietitian, Certified Nutritionist, or Certified Dietitian-Nutritionist.

- **Medication Management**

Medication Management services include the prescription and administration of medications to treat the primary symptoms of an individual's psychiatric condition. This service is intended to include medication trials which are adequate in dose and duration, as well as assessments of the appropriateness of the individual's existing medication regimen through record reviews, and ongoing monitoring. Medication management services also include monitoring the side effects of prescribed medications including, but not limited to, extrapyramidal, cardiac, and metabolic side effects, and may include providing individuals with information concerning the effects, benefits, risks, and possible side effects of a proposed course of medication. The Medication itself is covered under separate State Plan authority.

Qualified Practitioners: Physician, psychiatrist, nurse practitioner, or psychiatric nurse practitioner. A registered professional nurse can also perform medication management services, except prescribing medication.

- **Medication monitoring and support services:** Medication monitoring and support services are psychoeducation and skills training services, including interventions to ensure appropriate management of medications through understanding the role and effects of medication in treatment, identification of side effects and potential interactions of medications. Services also include age-appropriate skills training in self-medication, monitoring and supervision associated with the use of medication, including appropriate dosage and frequency, and the review of the appropriateness of an existing regimen by staff with the prescriber.

Qualified Practitioners: Professional staff or paraprofessional staff under supervision as specified herein.

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1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Service Components (continued)

- **Symptom and behavior management services:** A psychosocial rehabilitation and skills training service to monitor and assist in reducing psychiatric symptoms and restore functioning. Services include the ongoing monitoring of meals, exercise and bathroom habits to monitor symptoms, interventions to assist individuals in managing their symptoms and developing coping strategies to deal with internal and external stressors, and addressing acute emotional distress through behavior intervention techniques, positive reinforcement, modeling, and practice of skills to increase the capacity to manage one's behavior in everyday life situations.

Qualified Practitioners: Professional staff or paraprofessional staff under supervision as specified herein.

- **Peer Recovery Support Services:** Peer Recovery Support Services for adults and children/youth include age-appropriate psychoeducation, counseling, person-centered goal planning, modeling skills, and facilitating community connections to reduce symptomology and restore functionality. Peer Recovery Support Services also include engagement, bridging support, parent skill development, and crisis support for families caring for a child who is experiencing eating disorder conditions at home, school, or other community locations. Services are provided in individual or group settings to promote recovery, self-advocacy, and the development of natural supports and community living skills. Individuals or family members actively participate in decision-making and the delivery of services.

Qualified Practitioners: Services for adults are provided by Certified Peer Specialists under supervision as described in this section. Services for children/youth are provided by Credentialed Family Peer Advocates and Credentialed Youth Peer Advocates under supervision as described in this section.

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13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Assurances:

The State assures that all rehabilitative services are provided to, or directed exclusively toward the treatment of the Medicaid eligible individual in accordance with section 1902(a)(10)(A)(i) of the Act.

The State assures that rehabilitative services do not include and FFP is not available for any of the following in accordance with section 1905(a)(13) of the Act:

- A. educational, vocational and job training services;
- B. room and board;
- C. habilitation services;
- D. services to inmates in public institutions as defined in 42 CFR §435.1010;
- E. services to individuals residing in institutions for mental diseases as described in 42 CFR §435.1010;
- F. recreational and social activities; and-
- G. services that must be covered elsewhere in the state Medicaid plan.

Description:

Community Residential Eating Disorder Integrated Treatment (CREDIT) Services are short-term residential treatment and rehabilitation services to address the medical and psychiatric health needs of individuals diagnosed with an eating disorder condition, who experience impairment in functioning due to their eating disorder such that they require services in a 24-hour supervised setting. CREDIT Services are provided to both adults and children.

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CREDIT Services are provided in facilities licensed by the New York State Office of Mental Health that are affiliated with an entity identified as a Comprehensive Care Center for Eating Disorders (CCCED).

CREDIT Services are recommended by a physician or other licensed practitioner of the healing arts, as defined below.

CREDIT Services are delivered in accordance with documented Individual Service Plans which, at a minimum, include a description of the individual's strengths, resources, including collaterals, a statement of the individual's recovery goals and program participation objectives; an individualized course of action to be taken, including the specific services to be provided, the

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1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Description (continued)

expected frequency of service delivery, the expected duration of the course of service delivery, and the anticipated outcome; criteria to determine when goals and objectives have been met; a relapse prevention plan; and a description and goals of any linkage and coordination activities with other service providers. Individual Service Plans must be created, reviewed, and approved by professional staff, as defined below.

Practitioner Qualifications:

CREDIT Services are provided by professional and paraprofessional staff under appropriate supervision, as defined herein.

Licensed Practitioners of the Healing Arts include:

- Nurse Practitioner;
- Physician;
- Physician Assistant;
- Psychiatric Nurse Practitioner;
- Psychiatrist;
- Licensed Psychologist;
- Registered Professional Nurse;
- Certified Dietitian, Certified Nutritionist, or Certified Dietitian-Nutritionist;
- Licensed Mental Health Counselor;
- Licensed Clinical Social Worker (LCSW);
- Licensed Master Social Worker, under the supervision of a LCSW, licensed psychologist, or psychiatrist employed by the agency;
- Licensed Creative Arts Therapist;
- Licensed Marriage and Family Therapist; and
- Licensed Psychoanalyst.

Professional staff include:

Creative Arts Therapist – an individual who is currently licensed or permitted as a creative arts therapist by the New York State Education Department, or who has a master's degree in a mental health field from a program approved by the New York State Education Department and registration or certification by the American Art Therapy Association, American Dance Therapy Association, National Association of Music Therapy or American Association for Music Therapy;

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1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Practitioner Qualifications (continued)

Dietitian, Nutritionist, or Dietitian-Nutritionist – an individual who is currently certified as a dietitian, nutritionist, or dietitian-nutritionist by the New York State Education Department;

Licensed Practical Nurse (LPN) – an individual who is currently licensed or permitted as an LPN by the New York State Education Department. LPNs must be supervised by a registered professional nurse, clinical nurse specialist, nurse practitioner, physician, or physician assistant.

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Mental Health Counselor – an individual who is currently licensed or permitted or as a mental health counselor by the New York State Education Department;

Nurse Practitioner – an individual who is currently certified to practice as a nurse practitioner by the New York State Education Department;

Physician – an individual who is currently licensed or permitted to practice as a physician by the New York State Education Department;

Physician Assistant - an individual who is currently licensed or permitted to practice as a physician's assistant by the New York State Education Department;

Psychiatric Nurse Practitioner– an individual who is currently certified as a psychiatric nurse practitioner by the New York State Education Department;

Psychiatrist – an individual who is currently licensed or permitted as a physician by the New York State Education Department and who is certified by the American Board of Psychiatry and Neurology;

Psychoanalyst – an individual who is currently licensed or permitted as a psychoanalyst by the New York State Education Department;

Psychologist – an individual who is currently licensed or permitted as a psychologist by the New York State Education Department;

Registered Professional Nurse – an individual who is currently licensed or permitted and registered as a registered professional nurse by the New York State Education Department, including a Clinical Nurse Specialist; and

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3b-74

1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Practitioner Qualifications (continued)

Social Worker – an individual who is currently licensed or permitted as a master social worker (LMSW) or clinical social worker (LCSW) by the New York State Education Department. LMSWs must be supervised by a LCSW, licensed psychologist, or psychiatrist employed by the agency.

Minimum Qualifications for Paraprofessional Staff

Paraprofessional Staff must possess a combination of educational and professional experience in a mental health or human services setting or lived or familial experience with an eating disorder condition. Paraprofessional staff include:

1. individuals possessing a master's or bachelor's degree in a human services-related field; an associate degree in a human services-related field or a high school degree or GED and three years' experience providing direct services;
2. individuals who have lived experience with a mental health condition, including an eating disorder condition and who are certified or provisionally certified in New York as peer specialists; credentialed or provisionally credentialed family peer advocates; and credentialed or provisionally credentialed Youth Peer Advocates; and
3. Certified rehabilitation counselors certified by the Commission on Rehabilitation Counselor Certification.

Required Supervisory Arrangements

Professional Staff must provide direct supervision to Paraprofessional Staff in the delivery of service components identified herein. Professional Staff supervision must also be available at all times to address any issues related to quality of care in the provision of any CREDIT service components. Peer Specialists, Family Peer Advocates, and Youth Peer Advocates are supervised by competent mental health professionals, which include any Professional staff defined above.

Paraprofessional Staff Training

CREDIT Service providers shall ensure Paraprofessional Staff demonstrate competency in the provision of CREDIT services through formal and informal training practices, including job-shadowing of Professional Staff and experienced Paraprofessional Staff, as appropriate, based on the educational background and professional experience of the Paraprofessional Staff member. Peer Specialists, Family Peer Advocates, and Youth Peer Advocates complete state-approved training and continuing education to maintain their credential.

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3b-75

1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Service Components (continued)

- **Medical Assessment**

Medical Assessment is an assessment service including the gathering of data concerning an individual's medical history and any current signs and symptoms, and assessment of such data to determine the individual's medical health status and need for referral.

Practitioner Qualifications: Nurse practitioner, psychiatric nurse practitioner, physician, physician's assistant, psychiatrist, or registered professional nurse.

- **Psychiatric Assessment**

Psychiatric Assessment is an assessment service including the gathering of data concerning an individual's psychiatric history and current mental health symptoms, assessment of such data for determination of the individual's current mental health status, diagnostic formulation and identification of the need for mental health services.

Practitioner Qualifications: Psychiatrist, psychologist, psychiatric nurse practitioner, mental health counselor, marriage and family therapist, social worker, psychoanalyst, and individuals possessing a master's degree required for licensure as a psychologist, social worker, mental health counselor, marriage and family therapist, or psychoanalyst, under the supervision of a licensed professional, consistent with NYS scope of practice laws.

- **Nutritional Assessment**

Nutritional Assessment is an assessment service to determine the overall nutritional status of individuals, diagnose malnutrition, identify underlying pathologies that lead to malnutrition, and plan necessary interventions.

Practitioner Qualifications: Certified Dietitian, Certified Nutritionist, or Certified Dietitian-Nutritionist.

- **Psychosocial Assessment**

A psychosocial assessment is a comprehensive evaluation of an individual's mental, medical and emotional health used to determine the impact of psychiatric and medical illnesses on the individual and their family.

Practitioner Qualifications: Professional Staff and individuals possessing a master's degree required for licensure as a psychologist, social worker, mental health counselor, marriage and family therapist, or psychoanalyst, under the supervision of a licensed professional, consistent with NYS scope of practice laws.

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1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

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OMH Community Residential Eating Disorder Integrated Treatment Services

Service Components (continued)

- **Service Planning**

Service Planning is a continuous process that engages each individual and as appropriate their family, as an active partner in developing, reviewing, and modifying a course of care, to be included in an Individual Service Plan that supports the individual's progress toward eating disorder recovery and accomplishing the individual's rehabilitation goals.

Practitioner Qualifications: Professional Staff and individuals possessing a master's degree required for licensure as a psychologist, social worker, mental health counselor, marriage and family therapist, or psychoanalyst, under the supervision of a licensed professional, consistent with NYS scope of practice laws.

- **Discharge Planning**

Discharge Planning is a continuous process that that engages each individual and as appropriate their family, as an active partner in developing, reviewing, and modifying a plan for step-down care and relapse prevention.

Practitioner Qualifications: Professional Staff and individuals possessing a master's degree required for licensure as a psychologist, social worker, mental health counselor, marriage and family therapist, or psychoanalyst, under the supervision of a licensed professional, consistent with NYS scope of practice laws.

- **Clinical Counseling and Therapy**

Clinical Counseling and Therapy are therapeutic services, including goal-oriented individual, group and family counseling or therapy, including verbal therapy, to alleviate symptoms or dysfunction associated with an individual's mental health condition or emotional disturbance, reverse or change maladaptive patterns of behavior, encourage personal growth and development, and support the individual's capacity to develop or restore age-appropriate developmental milestones.

Qualified Practitioners: Professional Staff and individuals possessing a master's degree required for licensure as a psychologist, social worker, mental health counselor, marriage and family therapist, or psychoanalyst, under the supervision of a licensed professional, consistent with NYS scope of practice laws.

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1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Service Components (continued)

- **Nutritional Counseling**

Nutritional Counseling services are counseling, psychoeducation, and psychosocial rehabilitative services to determine an individual's dietary intake and identify if it is appropriate or requires modification, provide education and information regarding adequate nutrition and strategies to maintain adequate nutrition, and psychosocial rehabilitation to help the individual adopt and maintain needed dietary changes.

Practitioner Qualifications: Certified Dietitian, Certified Nutritionist, or Certified Dietitian-Nutritionist.

- **Medication Management**

Medication Management services include the prescription and administration of medications to treat the primary symptoms of an individual's psychiatric condition. This service is intended to include medication trials which are adequate in dose and duration, as well as assessments of the appropriateness of the individual's existing medication regimen through record reviews, and ongoing monitoring. Medication management services also include monitoring the side effects of prescribed medications including, but not limited to, extrapyramidal, cardiac, and metabolic side effects, and may include providing individuals with information concerning the effects, benefits, risks, and possible side effects of a proposed course of medication. The Medication itself is covered under separate State Plan authority.

Qualified Practitioners: Physician, psychiatrist, nurse practitioner, or psychiatric nurse practitioner. A registered professional nurse can also perform medication management services, except prescribing medication.

- **Medication monitoring and support services:** Medication monitoring and support services are psychoeducation and skills training services, including interventions to ensure appropriate management of medications through understanding the role and effects of medication in treatment, identification of side effects and potential interactions of medications. Services also include age-appropriate skills training in self-medication, monitoring and supervision associated with the use of medication, including appropriate dosage and frequency, and the review of the appropriateness of an existing regimen by staff with the prescriber.

Qualified Practitioners: Professional staff or paraprofessional staff under supervision as specified herein.

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1905(a)(13) Other Diagnostic, Screening, Preventive, and Rehabilitative Services

13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Service Components (continued)

- **Symptom and behavior management services:** A psychosocial rehabilitation and skills training service to monitor and assist in reducing psychiatric symptoms and restore functioning. Services include the ongoing monitoring of meals, exercise and bathroom habits to monitor symptoms, interventions to assist individuals in managing their symptoms and developing coping strategies to deal with internal and external stressors, and addressing acute emotional distress through behavior intervention techniques, positive reinforcement, modeling, and practice of skills to increase the capacity to manage one's behavior in everyday life situations.

Qualified Practitioners: Professional staff or paraprofessional staff under supervision as specified herein.

- **Peer Recovery Support Services:** Peer Recovery Support Services for adults and children/youth include age-appropriate psychoeducation, counseling, person-centered goal planning, modeling skills, and facilitating community connections to reduce symptomology and restore functionality. Peer Recovery Support Services also include engagement, bridging support, parent skill development, and crisis support for families caring for a child who is experiencing eating disorder conditions at home, school, or other community locations. Services are provided in individual or group settings to promote recovery, self-advocacy, and the development of natural supports and community living skills. Individuals or family members actively participate in decision-making and the delivery of services.

Qualified Practitioners: Services for adults are provided by Certified Peer Specialists under supervision as described in this section. Services for children/youth are provided by Credentialed Family Peer Advocates and Credentialed Youth Peer Advocates under supervision as described in this section.

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13.d Rehabilitative Services

OMH Community Residential Eating Disorder Integrated Treatment Services

Reimbursement methodology for OMH Community Residential Eating Disorder Integrated Treatment Services:

The Office of Mental Health established regional fee schedules for Community Residential Eating Disorder Integrated Treatment Services (CREDIT) provided by OMH licensed facilities of sixteen (16) or fewer beds. The unit of services is per diem.

Fee schedule rates are based on regional average actual costs to operate a facility licensed to serve either adults only or adults and youth, as reported by CREDIT Services providers to the state through annual consolidated fiscal reports, comparable program costs and other relevant published Federal statistical and economic data. The initial fee schedule rates are trended to the rate year using the Medicare Market Basket Index and are further adjusted by a utilization factor to account for fluctuations in case load. No costs for room and board are included in the rates for CREDIT Services.

Rates effective 04/01/2023 are published at the following link:

https://omh.ny.gov/omhweb/medicaid_reimbursement/excel/redt.xlsx

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