

PerformCare Adult Services (18 and older) Requiring Prior Authorization:

Assertive Community Treatment (ACT)

- Available to Cumberland, Perry, Dauphin, Lancaster, and Lebanon counties.
- Serves age 18+
- Evidenced-based treatment option that provides direct, 24/7, mobile service including intensive mental health treatment, as well as rehabilitative and vocational supportive services to individuals with serious mental illness.

Mobile MH/ID

- Available to Dauphin, Cumberland, Perry, Lancaster, and Lebanon counties.
- Serves 18+ who have serious mental illness and an intellectual disability.
- Team of RN and Behavioral Intervention Clinician provides behavioral support and consultative services to individuals, families, and agencies in various settings. Goal is assessment of the presenting problem, identifying strengths and deficits, development of a behavioral plan, data collection, staff and family education, and training to continue interventions upon discharge from services. Average length of services is 6-9 months.

Mental Health Partial Hospitalization Program (MH PHP):

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- Serves age 18+, population varies by provider.
- PHP offers day programming for mental health needs through group therapy, individual and family therapy as needed and psychiatric consultation.
- Evidenced based treatment option for adolescents and is designed to address suicidal and non-suicidal self-injurious behavior, while working to solve life's problems in a more adaptive way. DBT includes individual, family, and group therapies.

Mental Health Inpatient Hospitalization Program (MH IP):

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- Serves all age groups, population varies by provider.
- 24 hours residential/hospital program for member at risk to harm self or others and treats mental health needs through group therapy, individual and family therapy as needed and psychiatric consultation.
- Typically, brief length of stay to stabilize symptoms so individual can return to community-based services.

Substance Use Disorder: Partial Hospitalization [ASAM 2.5]

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, Cumberland, Perry counties.
- Serves all age groups, population varies by provider.

SUD Residential

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, Cumberland, Perry counties.
- Serves all age groups, population varies by provider.

Substance Use Disorder: Clinically Managed Low-Intensity Residential Services, Halfway House [ASAM 3.1].

Substance Use Disorder: Managed Medium-Intensity Residential Services, Non-Hospital Hospital Based [ASAM: 3.5] Non-Hospital Hospital Based Rehab.

Substance Use Disorder: Medically Managed Intensive Inpatient Services, Hospital Based [ASAM: 4] (Hospital Based Rehab).

Substance Use Disorder: Medically Monitored Intensive Inpatient Withdrawal Management [ASAM: 3.7-WM] (Detox).

Substance Use Disorder: Medically Managed Intensive Inpatient Withdrawal Management [ASAM: 4-WM] (Detox).

Substance Use Disorder: Medically Managed Intensive Inpatient Services, Hospital Based [ASAM: 4] (Hospital Based Rehab).

PerformCare Services Requiring Prior registration with an authorization:

Targeted Case Management (TCM)

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, Cumberland, Perry counties.
- Serves all age groups.
- Community-based service provided to adults or children with serious mental illness or emotional disorders. TCM is designed to ensure that individuals and their families gain access to needed medical, social, educational services as well as other agencies to support individual needs.

Psych Rehab

- Available to Dauphin, Cumberland, Perry, Lebanon, and Lancaster counties.
- Serves 18+
- Program teaches emotional, cognitive, and social skills that help those diagnosed with mental illness live and work in their communities as independently as possible.

Peer Support Services

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, Cumberland, and Perry counties.
- Serves 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.

Mobile Psychiatric Nursing (MPN)

- Available to Cumberland, Perry, Dauphin, Lancaster, and Lebanon counties.
- Services 18+
- Provides face to face medical/psychiatric assessments, can accompany members to appointments, medication education/support, on-call services and can assist with providing long acting injectable within the home.

Certified Recovery Specialist

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, Cumberland, Perry counties.
- Ages 18+
- Trained peer professionals who help others move through the recovery process who works closely with the Case Management staff to assist clients. The main goal is to focus on the recovery process. Assisting individuals with developing individual service plans and other formal mentoring activities to increase participation in person-centered planning.

Substance Use Disorder: Intensive Outpatient Services [ASAM 2.1]

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, Cumberland, Perry counties.
- Serves all age groups, population varies by provider.

PerformCare Services that Do not Require Prior Authorization or registration with an authorization:**Mental Health Outpatient Services (MH OP):**

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- Serves all age ranges.
- Outpatient providers offering a wide range of specialties to address both mental health and substance abuse needs. Services may include evaluation, individual, family and group therapy.

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- Serves all age ranges.
- Offers outpatient therapy in various clinics.

Eye Movement Desensitization and Reprocessing Therapy (EMDR)

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- Serves all age ranges.

- Offers outpatient therapy in various clinics.

Dialectical Behavior Therapy-Adults (DBT)

- Offered in OP clinics located in Dauphin, Lebanon, Cumberland, Perry, and Lancaster counties.
- Serves 18+
- Evidenced based treatment option designed to address specific mental health disorders and behaviors such as borderline personality, while working to solve life's problems in a more adaptive way. DBT includes individual, family, and group therapies.

Medication Management

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, Cumberland, Perry counties.
- Serves all age groups. • Medication management for psychiatric care.

Medication assisted treatment (MAT)

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, Cumberland, Perry counties.
- Serves all age groups.
- Medications in combination with counseling and behavioral therapies for the treatment of substance use disorders. A combination of medication and behavioral therapies is effective in the treatment of substance use disorders and can help some people to sustain recovery for Opioid Use Disorders and Alcohol Use Disorder Medications.

Substance Use Disorder: Outpatient Services [ASAM 1]

- Available to Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, Cumberland, Perry counties.
- Serves all age groups, population varies by provider.