

## Services for Adults Only

(Ages 18 and up)

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

### **Peer Support Services:**

- Available to members living in Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- Serves adults ages 18 and older.
- 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 service requires prior registration.

### **Assertive Community Treatment (ACT):**

- Available to members living in Cumberland, Dauphin, Lancaster, Lebanon, and Perry counties.
- Serves adults ages 18 and older.
- Evidence-based treatment option that provides direct, 24/7, mobile services, including intensive mental health treatment, as well as rehabilitative and vocational supportive services to individuals with serious mental illness.
- This service requires prior authorization.

### **Mobile MH/ID:**

- Available to members living in Cumberland, Dauphin, Lancaster, Lebanon, and Perry counties.
- Serves adults ages 18 and older who have serious mental illness and an intellectual disability.
- A team of a registered nurse and a behavioral intervention clinician provides behavioral support and consultative services to individuals, families, and agencies in various settings. The goals are assessing the presenting problem, identifying strengths and deficits, developing a behavioral plan, collecting data, educating staff and families, and training to continue interventions upon discharge from services. Average length of services is six to nine months.
- This service requires prior authorization.

### **Mobile Psychiatric Nursing (MPN):**

- Available to members living in Cumberland, Dauphin, Lancaster, Lebanon, and Perry counties.

- Serves adults ages 18 and older.
- Provides face-to-face medical/psychiatric assessments, can accompany members to appointments, offers medication education/support and on-call services, and can assist with providing long-acting injectables within the home.
- This service requires prior registration.

**Psychiatric Rehab/Clubhouse:**

- Available to members living in Cumberland, Dauphin, Lancaster, Lebanon, and Perry counties.
- Serves adults ages 18 and older.
- Program teaches emotional, cognitive, and social skills that help those diagnosed with mental illness live and work in their communities as independently as possible.
- This service requires prior registration.

**Electroconvulsive Therapy:**

- Available to members living in Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- Delivered through Mental Health Outpatient or Mental health Inpatient.
- Serves adults ages 18 and older. Children and adolescents should receive ECT only when it is evident that other viable treatment has been ineffective or if other treatments cannot be administered safely.
- A treatment most used in patients with severe major depression or bipolar disorder that has not responded to other treatments. ECT involves a brief electrical stimulation of the brain while the patient is under anesthesia.
- This service requires prior authorization for ECT in Mental Health Outpatient or Mental health Inpatient.

**Transcranial Magnetic Stimulation:**

- Available to members living in Franklin, and Fulton, counties.
- Delivered through Mental Health Outpatient
- Serves adults ages 18 and older.
- A treatment that uses magnetic fields to stimulate nerve cells in the brain to improve symptoms of major depression.
- This service requires prior authorization.

**Substance Use Services: Certified Recovery Specialist:**

- Available to members living in Cumberland, Dauphin, Franklin, Fulton, Lancaster, Lebanon, and Perry counties.
- Serves adults ages 18 and older.
- Trained peer professionals help others move through the recovery process and work closely with the Case Management staff to assist clients. The main goal is to focus on the

recovery process. It assists individuals with developing individual service plans and other formal mentoring activities to increase participation in person-centered planning.

- This service requires a prior registration.
- This is a substance use disorder level of care.