



Addiction Benefit Design for Medicaid Expansion and Health (Affordable) Insurance Exchanges

The Iowa Department of Public Health, Division of Behavioral Health supports the Substance Abuse Mental Health Services Administration brief entitled “Description of a Good and Modern Addiction and Mental Health Services System” which states that preventing and treating mental and substance use disorders is integral to overall health. A modern addiction and mental health service system provides a continuum of effective prevention, treatment and support services that span healthcare, employment, housing and educational needs.

The vision for a good and modern addiction system is grounded in a public health model that addresses the determinants of health, service coordination, health promotion, prevention, screening and early intervention, treatment, and recovery support to promote social integration and optimal health and productivity. The goal of a good and modern system of care is to provide a broad continuum of high quality services that meet the full range of age, gender, cultural and other needs presented. The interventions that are used in a good system should reflect the knowledge and technology that are available as part of modern medicine and include evidence-informed practices while recognizing the critical connection between medical care and specialty behavioral healthcare and the key role of community supports. A good system also promotes healthy behaviors, a primary driver of health outcomes.

The service elements that comprise an addiction service system include:

- **Community Integration:** An array of services that support community integration and social inclusion for individuals and families.
- **Health Promotion:** A significant component of comprehensive prevention and wellness plans, with a key role in preventing substance abuse and mental illness.
- **Prevention:** Three levels of prevention practice that 1) address populations at large and the communities in which they live, 2) target groups and individuals at higher risk of developing an addiction problem, and 3) address individuals with early symptoms or behaviors that are precursors for disorder but are not yet diagnosable.
- **Screening and Early Intervention:** Appropriate screening should be part of any standard benefit plan.
- **Care Management:** Effective care management addresses an individual’s addiction and mental health problems and provides assistance in navigating other healthcare providers and systems.
- **Self Help and Mutual Support:** These social networks offer their members role models, support in managing their lives, and the strong belief that they can recover.
- **Continuum of Services:** A modern addiction and mental health system has treatment and recovery support services available on a stand-alone basis and integrated with medical care; provided by appropriate organizations in relevant community settings.

It is recommended that the standard benefit package support resilience and recovery and emphasize cost-effective, evidence-based, best practice approaches; with special consideration for service delivery to rural areas and to traditionally un-served and underserved populations. The following is the recommended addictions benefit package for Medicaid expansion and Health Insurance Exchanges.

Covered Services:

- Ambulatory Detoxification
- Assessment
- Care Management
- Clinically Managed Low Intensity Residential Treatment
- Clinically Managed Residential Detoxification
- Clinically Managed Medium Intensity Residential Treatment
- Clinically Managed High Intensity Residential Treatment
- Consumer/Family Education
- Continuing Care
- Early Intervention
- Family Therapy
- Health Education
- In-patient Detoxification
- Intensive Outpatient
- Medically Monitored Detoxification
- Medication Assisted Treatment
- Nicotine Dependency and Nicotine Replacement Therapy
- Outpatient Group and Individual Treatment
- Partial Hospitalization (day treatment)
- Peer Support Services (connected to a clinical service)
- Psychiatric Services
- Recovery Peer Coaching(may or may not be connected to a clinical service)
- Screening, Brief Intervention, and Referral to Treatment
- Smoking Cessation
- Substance Abuse Prevention Programming
- Tele-Health/Distance Intervention, Prevention and Treatment

Covered Diagnoses:

- Alcohol dependency
- Alcohol dependence syndrome
- Alcohol/drug psychoses
- Drug dependence
- Intervention for significant others when there is no identified diagnosed substance abuse client
- Nicotine dependence
- Non-dependent use of drugs
- Non-dependent abuse of alcohol
- Pathological gambling

Eligible Providers:

Substance abuse and problem gambling programs licensed by the Iowa Department of Public Health, Division of Behavioral Health