THE NC MH/DD/SAS HEALTHPLAN 2016

CARDINAL INNOVATIONS HEALTHCARE (b)(3) SERVICES

Community Guide
Community Transition
Deinstitutionalization
In-Home Skill Building
Individual Support
Intensive Recovery Supports
Peer Support Services
Psychiatric Consultation
Respite
Supported Employment
Transitional Living

Cardinal Innovations Healthcare
This booklet contains information about additional services, called (b)(3) services, for people with mental health disorders, intellectual disabilities/developmental disabilities and substance use disorders. These services are supports for people who have Medicaid — in addition to services in the North Carolina State Medicaid Plan. We are able to offer these additional services as a result of the Medicaid waivers.
What Are (b)(3) Services?

(b)(3) services are services in addition to the ones the state has chosen to provide for people with mental health disorders, intellectual disabilities/developmental disabilities and substance use disorders. These services are available statewide, and they expand supports for individuals with complex needs. For example, a person can receive outpatient therapy, a service in our State Medicaid Plan, and also receive Individual Support, a (b)(3) service for individuals with mental health needs. Another example is Community Transition, a (b)(3) service that provides funds to help individuals move out of licensed facilities and into the community.

Cardinal Innovations Healthcare offers 11 different (b)(3) services, described in this booklet. Some of the services are just for people with intellectual disabilities/developmental disabilities, some are just for people with mental health or substance use needs and some are designed for all of these groups.
Who Is Eligible for (b)(3) Services?

The (b)(3) services described in this booklet provide additional support for Medicaid recipients with intellectual disability/developmental disability, mental health and/or substance use service needs. These services help people learn new skills so they can live independently in their homes and communities. (b)(3) services also provide funding to help individuals move out of institutions and into their own houses or apartments. If you meet the requirements below, you may be eligible for (b)(3) services from Cardinal Innovations.

- Have Medicaid insurance
- Live in one of the Cardinal Innovations counties
- Have intellectual disability/developmental disability, mental health or substance use service needs
- Meet other requirements specific to each service

Note: NC Innovations Waiver participants are eligible only for (b)(3) Psychiatric Consultation.
How Do I Access (b)(3) Services?

You can access (b)(3) services just as you would other services and supports available through Cardinal Innovations.

If you already know who you want to provide the (b)(3) service, you can go directly to your provider and request it. Your provider will get in touch with Cardinal Innovations to start the eligibility process and ask for service approval.

If you are not sure which (b)(3) services you need or do not have a provider in mind, call Cardinal Innovations at 1.800.939.5911. An Access Coordinator will help you figure out which (b)(3) services are right for you and guide you through the eligibility process.

If you would like to read more about (b)(3) services, visit this link on the Cardinal Innovations website:
www.cardinalinnovations.org/Members/How-coverage-works/Medicaid-coverage?tab=2
Community Guide

Designed for individuals ages three and older with intellectual disabilities/developmental disabilities

Description: Community Guide helps individuals become more active in their communities and makes sure their voices are heard. The service also assists in finding non-Medicaid community resources and supports. Some examples of Community Guide activities are noted below.

- Helping you enroll in a class or volunteer activity
- Helping you build relationships with caring people
- Supporting you and your family at Individualized Education Plan (IEP) meetings and other meetings
- Assisting you and your family, if you choose the Agency With Choice Model of Individual and Family Direction
Community Transition

Designed for individuals ages 18 and older with intellectual disabilities/developmental disabilities or mental health service needs who are moving to their own homes

Description: This service is for individuals moving out of a licensed facility, such as a group home or developmental center. The service is also available to individuals with mental illness who have been referred to live in an adult care home. To be eligible for the service, the individual must be moving to a private home or apartment. Community Transition pays for one-time moving costs. Community Transition funds may be used for expenses noted below.

- A security deposit for the new home or apartment
- Furnishings for the new home
- Moving expenses
- Utility deposits
- One-time cleaning and/or pest control service to make the home healthy and safe
Individual Support

Designed for individuals ages 18 and older with mental health service needs who are moving to and living in independent or shared housing in the community

Description: This service helps adults learn to live more independently. It is typically for adults who are moving out of their families’ homes or licensed facilities. The service provides guidance and help with everyday activities. Examples are help with activities noted below.

- Shopping for groceries
- Washing clothes
- House cleaning
- Cooking
- Managing money
- Managing medication
In-Home Skill Building

Designed for children and adults with intellectual disabilities/developmental disabilities

Description: In-Home Skill Building is a short-term service for individuals with significant habilitation and behavioral support needs. The individual’s family members or caregivers are expected to take part in the skill building sessions. In-Home Skill Building is provided in the person’s private home or the community. The service is not available to individuals living in facilities. In-Home Skill Building assists with the activities noted below.

- Learning to interact with others and build personal relationships
- Skill building in shopping, recreation and other community living activities
- Training in health care at home, such as taking medicines or using special equipment
- Transportation to support skill building activities
Intensive Recovery Supports

Designed for women ages 18 and older, who are pregnant or have young children, and who have recently been discharged from a substance use (detox) program

Description: This service helps women continue their recovery from drug or alcohol addiction once they are back in their homes and communities. The focus is on developing a healthy and positive living environment for the family.

Staff helps women in this service with activities such as those noted below.

- Learning more about recovery
- Learning everyday coping skills
- Developing a strong support network
- Strengthening parenting skills
- Getting ready to go back to work
Peer Support Services

Designed for individuals ages 18 and older with mental health and/or substance use disorder service needs to support recovery. Peer Support Services are provided by individuals who have experienced mental health or substance use issues and are in recovery.

Description: Examples of supports can include help with the activities noted below.

- Writing care and recovery plans
- Encouraging advocacy (making sure your voice is heard)
- Accessing mental health and substance use services
- Strengthening coping, decision-making and other skills
- Developing relationships with caring people in the community
- Locating housing, education, employment, meals and social activities
Psychiatric Consultation

Designed for individuals ages three and older with mental health service needs who are under the care of a medical doctor, but not a psychiatrist

Description: This service allows the medical doctor to talk with a psychiatrist about treatment options or medication recommendations. The medical doctor remains responsible for treating the individual’s mental health needs.

Note: NC Innovations Waiver participants are eligible for Psychiatric Consultation.
Respite

Designed for individuals ages three and older with intellectual disabilities/developmental disabilities and for children (ages three through 21) with mental health and/or substance use disorder service needs

Description: This service gives an individual’s primary, unpaid caregiver(s) a break from providing daily care/supervision to the individual. The primary caregivers are the people who are mainly responsible for an individual’s care who also live in the same home as the individual. Respite may be provided in the home or in another setting. It is available during the day, at night and/or on the weekends.
Supported Employment

Designed for individuals ages 16 and older with intellectual disabilities/developmental disabilities or mental health diagnoses

Description: This service supports teenagers and adults who want to work in the community. Supported Employment takes place in settings where there are people with disabilities and people without disabilities. The service can also be provided in a business owned by the individual. Examples of supports include help with the activities noted below.

- Learning job skills
- Applying and interviewing for a job
- Keeping a job
- Opening a small business
- Limited transportation
- Getting medical services needed while at work
Transitional Living

Designed for teenagers and young adults ages 16 through 21 with mental health or substance use disorder service needs

Description: This service helps young individuals learn the skills needed to live independently as adults. The service helps individuals gain the skills needed to do the following:

- Obtain or get ready for employment
- Maintain suitable housing
- Live successfully as a participating member of the community
Deinstitutionalization (DI) Service Array

**Designed for individuals ages three and older who are moving out of institutions, nursing facilities and other licensed living arrangements**

Description: The DI Service Array is not a service in and of itself; rather, it provides access to some services under the NC Innovations waiver. The services noted below are designed to help individuals become more independent and live in their own communities.

- Assistive Technology (special equipment)
- Day Supports (day activity programs)
- Home Modifications (changes to your home so you can safely get around)
- In-Home Skill Building (training in daily living skills to increase independence)
- Personal Care (help with bathing, dressing, etc.)
- Respite (relief to your caregivers)
- Supported Employment (helping you find and maintain a job)
Help is just a phone call away!

For more information about (b)(3) services, call the Access Call Center at

1.800.939.5911

The Access Call Center is available 24 hours per day, 7 days per week, 365 days per year for information, referral, assessment and crisis care.

You may also visit our website at www.cardinalinnovations.org