





OPTUMIST

Optum Provider Newsletter

Provider Services Manager's Message

Hello and welcome to the Winter 2019 edition of the OPTUMIST Newsletter. This edition includes important information, regarding the County's selection of the Child and Adolescent Needs and Strengths (CANS) and the Pediatric Symptom Checklist (PSC-35) as the new outcome tools for the County of San Diego Mental Health Plans. Once implemented, these two new measures will replace the CFARS and CAMS. All new youth ages 6-21 entering services 07/01/19 or thereafter will need the new measure. Also, information regarding the role of TERM therapists in San Diego County Child Welfare Services Continuum of Care Reform implementation is outlined. Also included:

- A message from the County's Quality Management Leadership Team regarding Authority and Role of Patient Advocacy Programs
- New QI Corner (Quality Improvement)
- Psych Testing CPT Code Changes
- TERM Group Rate Increase
- Training Opportunities for both FFS Medi-Cal and TERM providers

We continue to welcome your questions and feedback on how we can make our Newsletter valuable to you.

Judy A. Duncan-Sanford, LMFT



V21. January 2019

Contact Numbers

San Diego Access and Crisis Line (888) 724-7240

Medi-Cal Provider Line (800) 798-2254

TERM Provider Line (877) 824-8376

Website: www.optumsandiego.com

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COMING SOON - July 1, 2019

San Diego Child and Adolescent Needs and Strengths (SD - CANS) & Pediatric Symptom Checklist (PSC - 35)

The Child and Adolescent Needs and Strengths (CANS) and the Pediatric Symptom Checklist (PSC - 35) have been selected as the new outcome tools for the County of San Diego Mental Health Plans. All new youth ages 6 - 21 entering services 07/01/19 or thereafter will need to get the new measure.

Measure

The assessment measures will be administered to all children receiving mental health services with the exception of inpatient services. The assessment for the Children, Youth, & Families Behavioral Health Services System of Care Evaluation includes:

- The San Diego Child and Adolescent Needs and Strengths (SD CANS), completed by the clinician for youth ages 6 - 21 is administered at Intake, UM/UR or 6 months (whichever comes first), and Discharge
 - SD-CANS for 0 5 will be implemented as well with more information to be provided once it is available
 - NOTE: The SD CANS replaces the Children's Functional Assessment Rating Scale (CFARS) for all incoming clients effective July 1, 2019
- The Pediatric Symptom Checklist Youth version (PSC-Y) for youth ages 11-18 years, and the PSC Caregiver version (PSC) for caregivers of youth ages 3 -18 years are administered at Intake, UM/UR or 6 months (whichever comes first), and Discharge
 - NOTE: The PSC replaces the Child and Adolescent Measurement System (CAMS) and the Eyberg Child Behavior Inventory (ECBI) for all incoming clients effective July 1, 2019

Additional Information:

All providers rendering services to youth ages 6 - 21 must pass an online CANS certification exam prior to administering the measure.

Course(s)/Training:

- Online: Responsive Integrated Health Solutions (RIHS) [previously known as BHETA] will facilitate the San Diego CANS 1.0 course needed for certification
- In Person Training Dates and times for fact to face training will be distributed once available
- Note: This also applies to TERM providers seeing CWS referred clients through Medi-Cal funds

San Diego Child and Adolescent Needs and Strengths (SD - CANS) & Pediatric Symptom Checklist (PSC - 35)

Additional Information: Continued

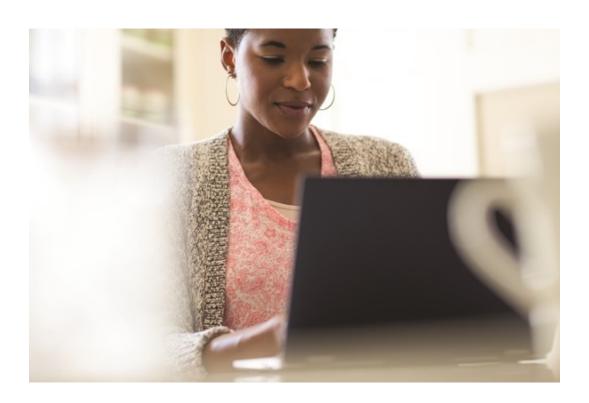
Certification Exam:

- Providers must pass the RIHS (BHETA) online CANS certification exam in order to administer the measure
- Providers will need to successfully complete the certification exam once each year after the initial certification

Reimbursement:

 Training, Certification, Assessment, & Report - The intent is to pay for your time, with more details to follow

More information regarding the available trainings both online and in-person as well as the finalized reimbursement rates will be provided as soon as it is available.



Regarding Authority and Role of Patient Advocacy Programs

Dear Provider Partners:

The County of San Diego Behavioral Health Services Division has delegated two agencies, Jewish Family Service (JFS) Patient Advocacy Program and the Consumer Center for Health Education & Advocacy (CCHEA), a program of the Legal Aid Society of San Diego, to be patients' rights advocates for beneficiaries as required by the Code of Federal Regulation (CFR) Title 42, Part 438, Subpart F - Grievance System.

JFS Patient Advocacy Program and CCHEA provide advocacy services for clients who receive mental health and/or substance use disorder services under the contract between the County and State of California Department of Health Care Services (DHCS) to be the Mental Health Plan (MHP) and the Drug Medi-Cal Organized Delivery System (DMC-ODS). The JFS Patient Advocacy Program provides advocacy services for clients receiving inpatient and/or residential care. CCHEA provides advocacy services for clients receiving outpatient care.

In accordance with this Federal mandate, please be advised that the JFS Patient Advocacy Program and CCHEA are required to conduct grievance investigations and appeals pursuant to State and Federal law. These processes may include, but are not limited to, consulting with facility administrators, interviewing staff members, requesting copies of medical records, submitting medical records to independent clinical consultants for review of clinical issues, conducting staff member training, suggesting policy changes, submitting requests for Plans of Correction (POC), and preparing resolution letters.

There are mandated timelines for grievances and appeals. Your quick and efficient cooperation will ensure compliance with these requirements. When requested, please provide copies of medical records to the JFS Patient Advocacy Program and CCHEA within seven calendar days from the date of the medical record request. The Advocate Agencies will provide the program with a signed release of information from the client with the request.

If you have any questions about this guidance, please email your question to

QIMatters.hhsa@sdcounty.ca.gov.

Sincerely,

The Quality Management Leadership Team – MHP and SUD-DMC Behavioral Health Services





Fee-For-Service Provider Operations Handbook

Adult/Older Adult, Child, and Adolescent Mental Health Services Edition October 31, 2018

Edition October 31, 2018

The Fee-For-Service (FFS) Provider Operations Handbook was last updated on October 31, 2018, to reflect changes implemented in the Fee-For-Service Medi-Cal network for the County of San Diego Behavioral Health Services Mental Health Plan (MHP).

■ No updates were completed this quarter (11/01/18 - 01/31/2019)

Handbook Highlight

Providers are required to post the Grievance and Appeal posters (in English, Spanish, Vietnamese, Arabic, Farsi, and Tagalog) in the waiting room or other visible area to ensure clients are advised of their rights. Providers are also required to have the Client Grievance/Appeal Form easily available for all clients. A self-addressed envelope to the appropriate advocacy agency must be provided with the Grievance/Appeal Form. (Page #6)

Fee-For-Service Provider Operations Handbook Updates

The Fee-For-Service Operations Handbook will be reviewed and updated as appropriate on a quarterly basis. A notification that will include an outline of any revisions will be sent via email blast. The OPTUMIST Newsletter will continue to include a section for the handbook to ensure you are always informed about changes in processes and requirements. Please remember this handbook is part of your contract.

Training Opportunities for Fee-For-Service Providers

Note: BHETA (Behavioral Health Education & Training Academy) has changed its name to RIHS (Responsive Integrated Health Solutions)

RIHS (Responsive Integrated Health Solutions) The County contracts with RIHS, which is based at the Academy for Professional Excellence, a project of the SDSU School Of Social Work. RIHS training meets the qualification for continuing education credit for MFTs, LPCCs, LCSWs, and Psychologists. Providers can earn free CEUs for many of the offered classes. Email RIHS@sdsu.edu if you have any questions. You will also find instructions on how to set up a RIHS account on our website at www.optumsandiego.com.

- Understanding Medi-Cal Documentation Standards: An e-Learning Course by the County of San Diego and OptumHealth (Course Code: BHE0037): This webinar is free to you, and was created to educate, support, and assist you in fully understanding the standards and requirements specifically related to your Medi-Cal FFS documentation. It is mandatory that all FFS Providers complete this course at least one time.
- The National Child Traumatic Stress Network Learning Center for Child and Adolescent Trauma is offering free CEUs. To search the course catalogue, please visit the NCTSN website. Once you establish an online account, you will be able to enroll in a variety of webinars.
- TF-CBT Web offers a web-based eLearning course on Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). It can be accessed at https://tfcbt2.musc.edu/.



QI Corner

Welcome to our First installment of the QI Corner!
Be sure to check back in for tips and tricks on meeting county, state and federal requirements for your site, documentation practices and billing. It will help you to pass your reviews and avoid recoupments.



Did you know we have templates on our website, available for you to use? From your initial assessment, to progress notes for therapy and medication management, to your discharge summary, we've got you covered. They are designed to meet all documentation requirements, so when it comes time for your review, you should have no problem being certain your records are in compliance.

From the homepage (www.optumsandiego.com), hover over "County Staff & Providers," click on "Fee For Service Providers", and click on "Forms." There you will find all of the sample templates available to you. Need help finding them? Feel free to contact sdqi@optum.com and we'll be happy to send you some copies.

Psychological Testing CPT Code Changes

CPT Code 96101 for Psychological Testing has been eliminated and replaced by four (4) new codes, 96130, 96131, 96136, and 96137.

- Psychological testing needs to be divided between the four (4) new codes
 - 96130 this is the 1st hour of the psychological evaluation and only one unit/hour can be billed (see extended description of the new code below)
 - 96131 this is each additional hour following a 96130 for the psychological evaluation (see extended description of the new code below)
 - 96136 this is the 1st 30 minutes for test administration and scoring and only one unit/30 minutes can be billed (see extended description of the new code below
 - 96137 this is each additional 30 minutes following a 96136 for test administration and scoring (see extended description of the new code below)

• Authorization:

Based on the hours/units requested on the Medi-Cal Psych Testing Request Form not to exceed
 11 hours

Claim:

 All psych testing codes (96130, 96131, 96136, and 96137) must be billed on the same claim form at the same time.

· Miscellaneous:

- o 90791: remains the same
- FFS Provider: Previous Feedback Session: (90834, 90847, or 90846) is now included within 96130 and/or 96131



Update for TERM Juvenile Competence Evaluators

Assembly Bill 1214 repeals WIC 709 and replaces it with a new version effective January 1, 2019. There are important changes which will impact TERM Probation evaluators who conduct juvenile competency evaluations:

- Evaluator Training Requirements: The required training for experts completing the evaluation is more specific. Per WIC 709, "The expert shall have expertise in child and adolescent development and forensic evaluation of juveniles for purposes of adjudicating competency, shall be familiar with competency standards and accepted criteria used in evaluating juvenile competency, shall have received training in conducting juvenile competency evaluations, and shall be familiar with competency remediation for the condition or conditions affecting competence in the particular case."
- **Evaluation Process**: The requirements for the evaluation process are also more specific. Per WIC 709, "The expert shall personally interview the minor and review all of the available records provided, including, but not limited to, medical, education, special education, probation, child welfare, mental health, regional center, and court records, and any other relevant information that is available. The expert shall consult with the minor's counsel and any other person who has provided information to the court regarding the minor's lack of competency. The expert shall gather a developmental history of the minor. If any information is unavailable to the expert, he or she shall note in the report the efforts to obtain that information. The expert shall administer age-appropriate testing specific to the issue of competency unless the facts of the particular case render testing unnecessary or inappropriate. The expert shall be proficient in the language preferred by the minor, or, if that is not feasible, the expert shall employ the services of a certified interpreter and use assessment tools that are linguistically and culturally appropriate for the minor. In a written report, the expert shall opine whether the minor has the sufficient present ability to consult with his or her counsel with a reasonable degree of rational understanding and whether he or she has a rational and factual understanding of the proceedings against him or her. The expert shall also state the basis for these conclusions. If the expert concludes that the minor lacks competency, the expert shall give his or her opinion on whether the minor is likely to attain competency in the foreseeable future, and, if so, make recommendations regarding the type of remediation services that would be effective in assisting the minor in attaining competency."

TERM Clinical Specialty Criteria and guidelines for Juvenile Competency Evaluations outlined in the TERM Provider Handbook have been updated in response to these changes. The updated documents are located on the Optum website under the TERM providers tab at: https://www.optumsandiego.com/content/ sandiego/en/county-staff---providers/term-providers.html

Please review the amended WIC 709, which can be found at: http://leginfo.legislature.ca.gov/faces/codes-displaySection.xhtml?lawCode=WIC§ionNum=709.

Additional information on Assembly Bill 1214 can be found at:

http://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=201720180AB1214

CWS Mental Health Assessment Referrals

TERM network therapists play an important role in San Diego County Child Welfare Services Continuum of Care Reform implementation. As part of Continuum of Care Reform implementation, effective January 2019, TERM therapists may begin receiving new referrals for Mental Health Assessments through the TERM process. Below is an overview of Continuum of Care Reform, Mental Health Assessment referrals, and the process for these referrals.

Continuum of Care Reform (CCR)

Continuum of Care Reform (CCR) is mandated by AB403, AB1997, and AB404 as a continuation of California's ongoing system efforts to improve outcomes for children in foster care. Among many other requirements, CCR requires Child and Family Teams (CFTs) to give input and recommendations for assessment, placement, and service planning for all out of home youth. If a youth is eligible for Enhanced Services, the CFT meeting will occur within 30 days of the date eligibility was determined. Youth will then have additional CFT meetings a minimum of every 90 days after the initial CFT meetings. CFT meetings for CCR requirements will be held prior to the creation of the initial case plan and before any court hearings where recommendations about placement, services, or permanency are being made.

Child and Adolescent Needs and Strengths (CANS)

County child welfare departments are also responsible for ensuring that every child or youth with an open child welfare case is screened for possible mental health needs at intake and at least annually thereafter. The State of California Department of Social Services (CDSS) has selected the Child and Adolescent Needs and Strengths (CANS) as the functional assessment tool to be used with the CFT process to guide planning and placement decisions for CWS. The Child and Adolescent Needs and Strengths (CANS) is a 62-item tool that determines whether the youth needs support in the following domains: Adverse Childhood Experiences, Behavioral/Emotional Needs, Life Functioning, Risk Behaviors, Strengths, and Caregiver Resources and Needs. During the CFT meeting, the shared assessment will guide the creation of the CWS case plan.

Mental Health Assessment (MHA) Referrals

If a child's screen on the CANS is positive, the child should be referred for a full, clinical mental health assessment. As a matter of best practice, mental health screenings should also be completed any time there are concerns about a child or youth's mental health. For example, if a child experiences a traumatic event or if behavioral changes are observed, a mental health screen should be completed to determine if there is a possible need for services. The child or youth must be referred to a mental health services agency if the screening indicates a need for further assessment.

How Will This Impact TERM Providers?

Effective January 2019, San Diego Child Welfare Services will begin referring youth to TERM network therapists for completion of a **Mental Health Assessment** as part of Continuum of Care Reform implementation.

CWS Mental Health Assessment Referrals - Continued

Process for MHA Referrals

The process for these referrals is as follows:

- 1. Any child who scores a 1, 2, or 3 in the Behavioral/Emotional Needs domain of the CANS will be evaluated for mental health services. This may result in a referral for a Mental Health Assessment (MHA) when it is unclear if services are needed. In San Diego, they will be referred to a TERM therapist who will complete the MHA and make a recommendation about whether ongoing services would be beneficial for that child.
- 2. To refer for a MHA, the PSW will complete a CWS Therapy Referral Form (04-176A), designate that the referral is for MHA, and include a copy of the child's completed CANS assessment with the request.
- 3. Optum TERM will assign to an appropriate provider and send the 04-176A and attached CANS to the provider. Optum staff will clarify with providers when they outreach that this is for a <u>Mental Health Assessment</u> only and the purpose is to determe if ongoing therapeutic services are needed.
- 4. Optum staff will issue an authorization for the MHA via CPT code 90791 with a modifier to identify the service as a MHA. An updated fee schedule will be distributed in the near future with the CPT codes and fees.
- 5. TERM providers will review the documentation provided and complete their standard mental health assessment. Provider will utilize the assessment to determine if therapeutic services are needed. Provider will complete the CWS MHA form (available on the Optum website at https://www.optumsandiego.com/content/sandiego/en/county-staff---providers/term-providers.html under the TERM Providers Forms tab) with the outcome of assessment and treatment recommendations. Providers will not be a paid a separate reporting fee for their completed MHA form.
- 6. TERM provider will submit the completed MHA form back to Optum. Optum will submit to PSW for PSW to review and determine next steps.
- 7. PSW will review the form and make a determination regarding service recommendations. If recommended services are supported and fall within TERM process, the PSW will submit a therapy referral to Optum TERM and Optum TERM will assign to an appropriate provider. Ideally the therapy referral will be to the provider who conducted the MHA, depending on availability and clinical specialties required for the referral.

Additional Information

For additional background information on Pathways to Well-Being and Continuum of Care Reform, you may wish to visit the RIHS Pathways website at https://theacademy.sdsu.edu/programs/rihs/pathways/.

For questions about the Mental Health Assessment referral process, please do not hesitate to contact us at 1-877-824-8376 Option 1. Thank you for your continued collaboration in serving clients referred by San Diego County Child Welfare Services.

Neuropsychological Testing CPT Code Changes

CPT Code 96118 for Neuropsychological Evaluations has been eliminated and replaced by four (4) new codes 96132, 96133, 96138, and 96139.

- A maximum of 11 hours can be used for Neuropsychological testing to be divided between the four (4) new codes
 - 96132 this is the 1st hour of the neuropsychological evaluation and only one unit/hour can be billed (see extended description of the new code below)
 - 96133 this is each additional hour following a 96132 for the neuropsychological evaluation (see extended description of the new code below)
 - 96138 this is the 1st 30 minutes for neuropsychological test administration and scoring and only one unit/30 minutes can be billed (see extended description of the new code below
 - 96139 this is each additional 30 minutes following a 96138 for neuropsychological test administration and scoring (see extended description of the new code below)

Standard Authorization:

 On your authorization, you will see 11 fee schedule hours

Claim:

- On the claim submitted, you must divide the 11 hours per the authorization you receive
- All neuropsychological testing codes (96132, 96133, 96138, and 96139) must be billed on the same claim form at the same time.

TERM Group CPT Code and/or Rate Changes

CWS has increased the rate for some Groups and added a rate for submitting a quarterly DV Offender Group Report

The following Groups have incurred a rate change for sessions and/or language

- 90853C Group Therapy Child Physical Abuse
- 90853D Group Therapy Domestic Violence Offender
- 90853V Group Therapy Domestic Violence Victim
- 90857O Group Therapy Sexual Offender (SO)

The following quarterly reports have incurred a rate change for language

- 90889OL Report (Quarterly Treatment Report) Sexual Offender (SO) Group
- 90889NL Report (Quarterly Treatment Report) Sexual Abuse NPP Group
- 90889CL Report (Quarterly Treatment Report) Child Physical Abuse Group
- 90889VL Report (Quarterly Treatment Report) Domestic Violence Victim Group

The following quarterly report has been added to the fee schedule

 90889D (I,L) - Report (Quarterly Treatment Report) - Domestic Violence Offender



TERM Advisory Board Updates

The TERM Advisory Board meets quarterly to provide professional input regarding the performance of the system and its policies, procedures, and protocols. Discussion over the past quarter has included:

Mobile Therapy and Teletherapy: CWS is assessing the viability of alternative treatment options for CWS referred clients, including researching clinical standards pertaining to mobile therapy and teletherapy with CWS involved clients.

Continuum of Care Reform: CWS provided an update on Continuum of Care Reform implementation, mandated as California's ongoing system efforts to improve outcomes for children in foster care. The Pathways to Well-Being CWS team has been trained and is completing Child and Adolescent Needs and Strengths (CANS) assessments on all new cases as of 10/1/18 for children aged 6-17 on entry into the dependency system. Starting 2/1/19 the CANS will be completed for all children entering the dependency system. The state has mandated that any child who scores a 1, 2 or 3 in the Behavioral/Emotional Needs Domain will be referred for a Mental Health Assessment (MHA). In San Diego they will be referred to a TERM therapist who will complete the MHA and make a recommendation about whether ongoing therapy would be beneficial for that child. CWS is in the process of modifying the 04-176A to add the CANS MHA referral section. CWS is also creating a MHA form for the therapist to complete to provide recommendations.

Youth Partner Representation on the Board: Recruitment for a new youth representative is ongoing.

Provider Representation on the Board: Providers are currently represented on the Board by:

Michael Anderson, Psy.D.: drmike6666@gmail.com

Paola Wilckens-Gjata, LCSW: paolatherapy@yahoo.com

Please feel free to contact these provider representatives for additional updates from the Advisory Board meetings, or to provide professional or consumer feedback.

Training Opportunities for TERM Providers

The National Child Traumatic Stress Network Learning Center for Child and Adolescent Trauma is offering free CEUs. To search the course catalogue, please visit the NCTSN website. Once you establish an online account, you will be able to enroll in a variety of webinars.

TF-CBT Web offers a web-based eLearning course on Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). It can be accessed at https://tfcbt2.musc.edu/.

RIHS (Responsive Integrated Health Solutions) The County contracts with RIHS based at the Academy for Professional Excellence, a project of the SDSU School of Social Work. RIHS training meets the qualification for continuing education credit for MFTs, LPCCs, LCSWs, and Psychologists. Providers can earn free CEUs for many of the offered classes. Email RIHS@sdsu.edu if you have any questions. You can also contract Provider Services for instructions on how to set up a RIHS Account at 800-798-2254, Option 7. Upcoming training opportunities that may be of interest to TERM providers include:

The Role of the Therapist in Juvenile Dependency - Child Welfare Services (CWS) is offering a free one-day training for TERM Therapists on **March 1**st, **2019**. Continuing Education Units will be available. We know you are busy clinicians, so please mark your calendars now for this event.

CWS invites you to a day of interaction and training with a San Diego Juvenile Court Judge, CWS County Counsel, Parent and Child attorneys, Protective Services Workers, seasoned TERM clinicians, Optum TERM clinical staff, CWS staff psychologist, and other supervisors and managers with CWS.

The training will include presentations aimed at providing you with knowledge, insights, and experiences as they relate to all of these roles in the Dependency Court process. We will have a mock trial at the end of the day so you can experience what it might be like to be part of a trial for a dependency case.

While the Courts and the Agency set the stage for transformation and change, you are a key player in helping CWS involved clients grow and heal. We would very much enjoy spending a day with you so you can experience the dependency process as a whole and better understand your specific and very critical role within that process.

BEHAVIORAL HEALTH EDUCATION AND TRAINING ACADEMY presents

Treatment, Evaluation, & Resource Management (TERM) Provider Training:

The Role of the Therapist in Juvenile Dependency Course Code: BH0211

DATE AND TIME:

March 1, 2019

8:00 AM to 4:30 PM

COURSE DESCRIPTION

Providing therapeutic services for child welfare children and families can be a complex process as it involves an understanding of juvenile court processes and roles, child welfare services procedures, collaboration and documentation expectations vis-a-vis protective service workers, clinical expectations related to the protective issue(s) as identified by the court, and the necessary skills to testify in court. Click here to see the training outline

LOCATION

Academy for Professional Excellence

6367 Alvarado Court; Suite 103

Trainer:

Babbi Winegarden, Ph.D., MHPE

Learning Objectives:

Upon completion of this training, participants will be able to:

- Identify the components of juvenile court legal proceedings.
- Understand the role of the social worker in the CWS agency juvenile dependency process.
- Understand the role of the TERM therapist in the CWS juvenile dependency process.
- Design treatment goals that connect to the relevant protective issue(s) in the juvenile dependency process.
- Provide appropriate documentation for juvenile dependency cases.
- Describe a number of clinical challenges that TERM therapists may be presented with and be able to identify the appropriate or best response.
- Identify some of the questions that might be relevant if you testify in court.

Registration If you already have an account, you may search for the course by name or course code. Click here to log into the LMS. If you do not already have an account in the LMS you will need to open an account. Please click here to request an LMS account. Email RIHS@sdsu.edu if you have any questions. This training is FREE of charge to BHS County employees and contractors.

Continuing Education This course meets the qualifications for 7.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences.





Behavioral Health Education & Training Academy (BHETA) is a County of San Diego Behavioral Health contracted program of the Academy for Professional Excellence, and a project of San Diego State University School of Social Work.





Access and Crisis Line Chat Services



Access and Crisis Line Chat Services





We are here for you.

Chat with someone who understands.

We can help you when:

- You need to chat with a professional who cares
- · You are struggling to cope
- You are concerned about someone you know
- You feel you might be in danger of hurting yourself or others

Our free, confidential Live Chat Services are available Monday – Friday, 4pm-10pm.

Go to www.optumsandiego.com or www.up2sd.org.

San Diego Access and Crisis Line: (888) 724-7240 / 7 days a week, 24 hrs. a day!









Access and Crisis Line Chat Services funding for services is provided by the County of San Diego Health & Human Services Agency.





Please inform your clients about our available chat services if they need emotional support for their mental health and drug and alcohol needs. The online chat service is available Monday—Friday, 4pm—10pm at: www.up2sd.org or www

Be Part of the Solution

We Need More Like You!!

Optum is looking to expand our Provider Networks! If you know of a licensed therapist or prescriber who may be interested in joining the Fee-For-Service and/or TERM Specialty Networks, or would like additional information, please contact Angelina!

Email: angelina.noel@optum.com

Call: 619-641-6833



Upcoming Events

February

Pathways to Well-Being: Core Practice Model and Care Reform: February 7 (RIHS Course Code: BH02058)

Introduction to Geriatric Mental Health: February 27 (RIHS Course Code: BH02058)

Provider Orientation: February 27

March

(TERM) The Role of the Therapist in Juvenile Dependency Course Code: March 1 (RIHS Course Code: BH0211)

Advanced Geriatric Mental Health Certificate Series: March 6 (RIHS Course Code: BH0226)

Introduction to Geriatric Mental Health: March 20 (RIHS Course Code: BH02058)

Provider Orientation: March 27

April

Provider Orientation: April 24

The ACL remains open 7 days per week, 24 hours per day.

Access and Crisis Line: (888) 724-7240

