

MENTAL HEALTH BENEFIT OVERVIEW

Entity	Health Plan	County Mental Health Plan (MHP)
Population	Serves Individuals with <i>Low to Moderate</i> Mental Health Needs	Serves Individuals with <i>Serious</i> Mental Health Needs
Criteria	Mild to Moderate Impairment in Functioning	Significant Impairment in Functioning
	Diagnosed with a mental health disorder resulting in mild to moderate distress or impairment: <ul style="list-style-type: none"> • Primary Care Provider may identify and treat if within scope or practice OR refer to a plan specialist to complete a mental health screening. • Plan specialist assesses the mental health disorder and the level of impairment. Determines the need to treat within the plan or refer to County MHP. 	All of the following: <ul style="list-style-type: none"> • Sacramento County Target Population* diagnosis for a serious mental illness; • Significant impairment in an important area of life function; • Focus of treatment is to address the impairment(s); • Treatment will diminish the impairment or prevent significant deterioration, and • Not responsive to physical health care-based treatment.
Entity	Health Plan	County Mental Health Plan (MHP)
Services	Services must be provided within the licensed provider’s scope of practice: <ul style="list-style-type: none"> • Individual and group evaluation and treatment • Psychological testing when clinically indicated • Psychiatric consultation • Outpatient services for monitoring drug therapy • Outpatient laboratory, medications, supplies, and supplements 	<ul style="list-style-type: none"> • Mental health services – assessment, plan development, therapy, rehabilitation, & collateral • Medication support services • Day treatment intensive; day rehabilitation • Crisis intervention • Crisis stabilization • Crisis residential • Targeted case management • Psychiatric hospitalization

*Sacramento County Adult Target Population diagnoses includes: Schizophrenia, Schizoaffective Disorder, Bipolar Disorders, Major Depression Recurrent, PTSD, & Borderline Personality Disorder. Child Target Population is broader. See County MHP QM P&P 01-07 Determination for Medical Necessity and Target Population.

