

7.10. Intensive Outpatient Program – Adult/Child and Adolescent

INTENSIVE OUTPATIENT PROGRAM (ADULT/CHILD AND ADOLESCENT)

Principles for Medical Necessity Criteria

Intensive outpatient (IOP) is a program of intense treatment involving multiple treatment services on multiple days provided by a multidisciplinary team. An IOP program provides a minimum of three hours of therapeutic services per day, which includes at least two group therapies. The treatment constellation can include participant, group, or family therapy and medication management.

When a participant has a mental health disorder that requires professional evaluation and treatment, he or she should be treated in the least intensive setting able to meet their medical needs.

Satisfaction of all admission and continued care criteria must be documented in the clinical record based on the conditions and factors identified below before treatment will be authorized.

CRITERIA

Admission Criteria	<p>All of the following criteria are necessary for admission:</p> <ul style="list-style-type: none"> A. The participant has a PBHS specialty mental health DSM 5 diagnosis and the participant’s impairment(s) can be expected to be stabilized at this level of care. B. The participant is experiencing acute symptoms of a mental health diagnosis which requires more specialized, intensive therapy than could be provided by only individual, group, or family therapy on an outpatient basis. C. The participant does not require a more intensive level of care.
Severity of Need and Intensity of Services	<p>Medical necessity admission to an IOP must be documented by the presence of all of the criteria. The length of the program varies based on the participant’s needs and medical necessity. IOP is less intensive than partial hospitalization services but is intended for participants whose condition is not likely to respond to traditional outpatient services and requires an integrated program of coordinated and structured multidisciplinary services at least three hours a day. Active involvement of the participant, family, caregivers, or significant others involved in the participant’s treatment should be sought.</p>
Continued Stay Criteria	<p>All of the following criteria are necessary for continuing treatment at this level of care:</p> <ul style="list-style-type: none"> A. The participant continues to meet admission criteria.

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- B. Clinical evidence indicates that the therapeutic re-entry into a less intensive level of care would result in exacerbation of the symptoms of the participant's mental health disorder.
 - C. Progress in relation to specific symptoms/impairments/dysfunction is clearly evident and can be described in objective terms, but goals of treatment have not been achieved or adjustments in the treatment plan to address the lack of progress are evident and/or a second opinion on the treatment plan has been considered. (There should be daily progress notes that document treatment and the participant's response to treatment.)
 - D. There is evidence that the participant, family, caregiver, or significant other is involved in treatment in the frequency and manner indicated by the treatment plan.
 - E. There is documented active planning for transition to a less intensive level of care.
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