

Iowa REACH Services and Providers

May 2025

Agenda

- Review the definition and goals for IHCSTS
- Compare components of services in BHIS and the Settlement Agreement
 - Family education and training
 - Behavior management services
 - Supportive and therapeutic services
- Discussion
- Public comment

Relevant Services: In-Home and Community Based Supportive and Therapeutic Services (IHCSTS)

Relevant Services Definition

- Intensive In-Home and Community **Supportive and Therapeutic Services** (IHCSTS) are **individualized, strength-based interventions** to correct or ameliorate behavioral health conditions that interfere with a child's functioning.
- Interventions **help the child to build skills** necessary for successful functioning in the home and community **and improve the family's or caregiver's ability to help the child successfully function** in the home and community.
- IHCSTS are delivered according to a **care plan** developed by the care planning team.
- The CPT develops goals and objectives for **all life domains** in which the child's behavioral health condition causes impaired functioning, including family life, community life, education, vocation, and independent living, and identifies the specific interventions that will be implemented to meet those goals and objectives.
- The goals and objectives seek to **maximize the child's ability to live and participate in the community and to function independently**, including through building social, communication, behavioral, and basic living skills.

Goals for IHCSTS

- **Improve self-care**, including addressing behaviors and social skills deficits that interfere with **daily living tasks** and avoiding exploitation by others.
- Improve **self-management of symptoms**, including assisting with self administration of medications.
- Improve **social functioning**, including addressing social skills deficits and anger management.
- Support the development and maintenance of **social support networks** and the use of community resources.
- Support **employment objectives** by identifying and addressing behaviors that interfere with seeking and maintaining a job.
- Support **educational objectives**, including identifying and addressing behaviors that interfere with succeeding in an academic program in the community.
- Support **independent living** objectives by identifying and addressing behaviors that interfere with seeking and **maintaining housing** and living independently.

Family Education and Training

BHIS	Settlement Agreement Requirement
<p>“Family Training” services:</p> <ul style="list-style-type: none">• Enhance the family’s ability to effectively interact with the child and support the child’s functioning in the home and community.• Teach parents to identify and implement strategies to reduce target behaviors and reinforce the appropriate skills. <p>Training provided must:</p> <ul style="list-style-type: none">• Be for the direct benefit of the member.• Be based on a curriculum with a training manual.	<ul style="list-style-type: none">• Educating the child’s family about, and training the family in managing, the child’s needs.

Behavior Management Services

BHIS	Settlement Agreement Requirement
<p data-bbox="131 339 937 532">“Behavior Intervention” includes services designed to modify the psychological, behavioral, emotional, cognitive, and social factors affecting a member’s functioning.</p> <p data-bbox="131 594 494 632">They may address:</p> <ul data-bbox="227 646 871 1036" style="list-style-type: none">• Cognitive flexibility skills• Communication skills• Conflict resolution skills• Emotional regulation skills• Executive skills• Interpersonal relationship skills• Problem-solving skills• Social skills	<p data-bbox="1006 339 1630 378">Behavior management, including:</p> <ul data-bbox="1006 425 1831 982" style="list-style-type: none">• developing and implementing a behavioral plan with positive behavioral interventions and supports.• modeling for the child’s family and others how to implement behavioral strategies.• and in-home behavioral aides who assist in implementing the behavior plan, monitoring its effectiveness, and reporting on the plan’s effectiveness to clinical professionals.

Supportive and Therapeutic Services

BHIS	Settlement Agreement Requirement
<p>“Skills Training and Development” enhance independent living, social and communication skills that minimize or eliminate psychological barriers to a member’s ability to manage symptoms associated with a psychological disorder effectively and maximize the member’s ability to live and participate in the community.</p> <p>Interventions may include training in the following skills for effective functioning with family, peers, and community:</p> <ul style="list-style-type: none">• Communication skills• Conflict resolution skills• Daily living skills• Problem-solving skills• Social skills• Interpersonal relationship skills	<p>Therapeutic services delivered in the child’s home and community, including but not limited to therapeutic interventions such as:</p> <ul style="list-style-type: none">• Individual and/or family therapy• Evidence-based practices (e.g., Family Functional Therapy, Multisystemic Therapy, Trauma-Focused Cognitive Behavioral Therapy, etc.).

Discussion

Public Comment