

# Community Behavioral Health Support Services

Community Behavioral Health Support (CBHS) services help people who have a significant behavioral health diagnosis and need additional support living in a community setting like an adult family home, an assisted living facility, or their home. CBHS services are individually tailored to meet each person's needs and intended to provide stability, support independence, and help them stay in the community.

This new program will begin no sooner than **July 1, 2024** and will be implemented across the state over the next several years. This means not every region will have these services available right away.

## Who may be eligible?

You may be eligible for CBHS if you:

- Are 18 years of age or older and are Apple Health (Medicaid) eligible,
- Are eligible for or receiving Home and Community Services (HCS),
- Have a qualifying diagnosis, and
- Are transitioning from an inpatient psychiatric setting or are experiencing challenges living in community settings. These challenges may include:
  - Frequent hospitalizations.
  - Difficulty maintaining stays in residential settings.
  - Having high caregiver turnover within the past 2 years due to behaviors caused by your behavioral health condition.

## What services are offered?

**Supportive supervision** is provided in residential settings, such as an Adult Family Home or Assisted Living Facility. The service includes:

- Additional staff to assist you with structure, safety, social engagement, and community activities.
- Staff to help you achieve your goals and make your voice and preferences known to others.

**Skills Development** is provided by a local behavioral health agency and may include:

- Learning or restoring life skills to help you gain independence.
- Helping you build or maintain natural supports and independent living skills.
- Helping you learn to engage with local resources, such as how to arrange or take transportation.

## Skills development could be used if you:

- Need additional support above and beyond supportive supervision to transition back to the community.
- Are not stable in your current setting and are at risk of losing your community setting without additional support to learn/restore skills.
- Need skill development to assist you in transitioning to a lower level of care, including independent living.
- Have not found traditional outpatient behavioral health services helpful in meeting your needs, or you are not willing to engage in traditional services.

## Where can I find more information?

- Contact your case manager: [dshs.wa.gov/ALTA/resources](https://dshs.wa.gov/ALTA/resources)
- Contact your managed care plan: [hca.wa.gov/apple-health-managed-care](https://hca.wa.gov/apple-health-managed-care)
- Email Health Care Authority's CBHS services team: [hca1915services@hca.wa.gov](mailto:hca1915services@hca.wa.gov)