

# Intensive Outpatient and Partial Hospitalization Pilot Program

## Overview

During fiscal year 2021, the Health Care Authority (HCA) was tasked with implementing the Intensive outpatient and partial hospitalization (IOP/PHP) pilot program. Additional funding was provided to extend the pilot program through June 30, 2023 as well as to expand the number of pilot sites to a third location. The overarching goal of the pilot is to gather information to determine if these benefits should be added to the state Medicaid plan.

## Eligibility requirements

The pilot program provides services to youth, under age 21, and:

- who have been discharged from an inpatient hospital treatment program and who require the level of services offered by the pilot program in lieu of continued inpatient treatment, or
- youth who require the level of services offered by the pilot program to avoid inpatient hospitalization, and
- services may not be offered if there are less costly alternatives community-based services that can more effectively meet the needs of a youth referred to the pilot program.

## Pilot sites

The pilot program needed two sites which had to be hospitals that provide psychiatric inpatient services to children and youth in a city with the largest population east of the crest of the Cascade mountains and a hospital that provides psychiatric inpatient services to children and youth in a city with the largest population west of the crest of the Cascade mountains.

Seattle Children's Hospital in Seattle was selected for the provider on the west and Providence Sacred Heart was selected as the provider on the east side of the Cascades. Between both sites, there have been 7 IOP/PHP programs created. With the addition of funding, the third pilot location is still in the negotiation and planning phase for FY 2023.

## Providence has developed the following programs:

- The Best IOP/PHP program – focusing on elementary and middle school aged children who struggle with behaviors that affect their social and/or educational environments. The program utilizes the Ohio Functional Assessment Battery.
- The Rise IOP/PHP program – focusing on youth and young people aged 13-21 who struggle with severe anxiety, chronic suicidal ideations, and self-injurious behaviors. The program utilizes the Generalized Anxiety Disorder 7 (GAD-7), and the Columbia Suicide Severity Rating Scale (C-SSRS), Patient Health Questionnaire (PHQ-9).

## Seattle Children's Hospital has developed the following programs:

- Obsessive Compulsive Disorder (OCD)IOP – focusing on children, youth, and young people ages 11 to 18 who are diagnosed with OCD or an anxiety disorder and is designed for both in person and virtual services, with the preference being in person as COVID-19 safety protocols allow. The program utilizes the Children's Yale-Brown Obsessive-Compulsive Scale (CY-BOCS).
- Anxiety IOP – focusing on youth who have severe anxiety and/or school refusal and is designed to be delivered virtually. The program utilizes the Anxiety Disorders Interview Schedule (ADIS) Clinician Severity Rating, Patient-Reported Outcomes Measurement Information System (PROMIS) and the Child Anxiety Life Interference Scale (CALIS).
- Dialectical Behavior Therapy (DBT) IOP – focusing on high school aged youth with chronic suicidal ideation and self-injurious behavior and is designed for both in person and virtual services, with the preference being in person as COVID-19 safety protocols allow. The program utilizes the Strength and Difficulties Questionnaire (SDQ), Conflict Behavior Questionnaire (CBQ)Suicide Ideation Questionnaire – Junior (SIQ-Jr), and the

Columbia Suicide Severity Rating Scale (C-SSRS).

- Disruptive Behavior (DB) IOP – focusing on parent management training for parents of children ages 5 to 12 with severe disruptive behavior. This program will utilize Disruptive Behavior Disorder Rating Scale (DBD-RS), Alabama Parenting Questionnaire (APQ-9), Interaction Rating Scale (IRS), Client Satisfaction Questionnaire (CSQ) and Patient-Reported Outcomes Measurement Information System (PROMIS).
- Adolescent PHP – focusing on serving teens stepping down from inpatient psychiatric admission or referred from an emergency department to divert from inpatient hospitalization. These services will be offered in person for adolescents ages 13-17. The program utilizes Pediatric Symptom Checklist 17 Youth Report, Work and Social Adjustment Scale for Youth, Pediatric Symptom Checklist 17 Parent Report (PSC-17) and Work and Social Adjustment Scale for Youth.

## Authority

Health Care Authority (HCA)

## Partners

Providence of Spokane, Seattle Children's Hospital, Mercer Health and Benefits, LLC.

## Budget

2020-21 Proviso (76) \$1,801,00.00

2021-22 Proviso (39) \$3,377,000.00

2022-23 Proviso (39) \$8,027,000.00

## Oversight

Health Care Authority (HCA)

## More information

Sonya Salazar, Project Manager

[Sonya.Salazar@hca.wa.gov](mailto:Sonya.Salazar@hca.wa.gov)

Telephone: 360-622-1326