

December 17, 2013

TO: Care1st Health Plan Participating Provider Groups – SAN DIEGO COUNTY

RE: California MediCal Expansion Effective January 1, 2014 – Expanded **Outpatient** Mental Health Services

Dear Administrator:

Care1st Health Plan is pleased to participate in the State of California's Medi-Cal Expansion that starts January 1, 2014 and enhances outpatient mental health services. Beginning January 1, 2014, Care1st Health Plan will be responsible for the delivery of certain mental health services for Care1st Medi-Cal members with mild to moderate impairment of mental, emotional, or behavioral functioning. The following benefits are the responsibility of Care1st Health Plan:

1. Individual and group mental health evaluation and treatment (psychotherapy);
2. Psychological testing, when clinically indicated to evaluate a mental health condition;
3. Outpatient services for the purposes of monitoring drug therapy;
4. Outpatient laboratory, drugs, supplies, and supplements (excluding medications listed in the Medi-Cal Provider Manual as excluded)
5. Psychiatric consultation.

Under the program, Primary Care Physicians (PCPs) are required to continue to ensure mental health and substance use screening of all members. Members with positive screening results should be treated by the PCP within the PCP's scope of practice.

For mild to moderately impaired individuals whose needs fall outside the PCP's scope of practice, Care1st has contracted with OptumHealth Services to provide administrative and mental health services through licensed mental health providers. All members experiencing mild to moderate dysfunction that is outside the PCP's scope of practice should be referred to OptumHealth Services at 1-855-321-2211. Please do not submit referrals to the IPA for any mental health services.

For individuals with severe mental health impairment, Medi-Cal Specialty Mental Health Services will continue to be provided by the County. These are individuals that the County has historically been responsible for and treated. The County also maintains responsibility for alcohol and substance abuse treatment. If you feel the member is severely impaired, requires more intensive levels of care (beyond outpatient), or requires alcohol/substance abuse treatment, you should refer the member to the County by calling San Diego County Crisis and Referral Services: 1-888-724-7240.

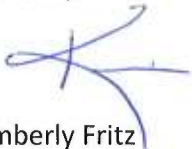
If you are seeking a behavioral provider, please view the Provider Roster on the Provider Notification page of Care1st website. The roster will be available to view no later than January 1st, 2014.

- <https://www.care1st.com/ca/providers/news-and-resources.asp>

Please note that your Primary Care Physicians have also received this notification.

If you have questions please feel free to contact your San Diego Care1st Provider Network Operations at 888-272-4913.

Sincerely,



Kimberly Fritz
GMC Administrator
Care1st Health Plan

Key Contact Numbers

- OptumHealth Services Assessment and Referral: 1-855-321-2211 (Contracted with Care1st to provide administrative and mental health services through contracted licensed mental health professionals.)
- Care1st Provider Network Operations: 888-272-4913
- Care1st Member Services: 1-855-699-5557
- San Diego County Crisis and Referral: 1-888-724-7240