TUFTS Health Plan

a Point32Health company

Residential Rehabilitation Services (RRS) for Pregnant and Postpartum Women with Substance Use Disorders (Level 3.1) Performance Specifications

These performance specifications apply to the following Tufts Health Plan products:

- ☐ Tufts Health Plan Commercial[1]
- ☐ Tufts Medicare Preferred HMO (a Medicare Advantage product)[2]
- ☐ Tufts Health Plan Senior Care Options (SCO) (a dual-eligible product)[2]

These performance specifications apply to the following Tufts Health Public Plans products:

- ☐ Tufts Health Direct (a Massachusetts Qualified Health Plan (QHP) (a commercial product)
- ☒ Tufts Health Together (a MassHealth MCO Plan and Accountable Care Partnership Plan)
- ☐ Tufts Health RITogether (a Rhode Island Medicaid Plan)
- ☒ Tufts Health One Care (a dual-eligible product)

Providers contracted for this level of care or service will be expected to comply with all requirements of these service-specific performance specifications.

The following Residential Rehabilitation Services (RRS) for Pregnant and Post-Partum Women with Substance Use Disorders performance specifications are a subset of the RRS performance specifications. As such, RRS for Pregnant and Post-Partum Women providers agree to adhere to both the RRS performance specifications and to the RRS for Pregnant and Post-Partum Women performance specifications contained within. Where there are differences between the RRS and the RRS for Pregnant and Post-Partum Women performance specifications, these RRS for Pregnant and Post-Partum Women specifications take precedence.

DEFINITION

Residential Rehabilitation Services (RRS) for Pregnant and Post-Partum Women (Level 3.1) consists of a structured and comprehensive rehabilitative environment that is capable of serving the needs of pregnant and post-partum women and their infants. The program must support Members' independence and resilience and recovery from alcohol and/or other drug problems. Scheduled, goal-oriented clinical services are provided in conjunction with ongoing support and assistance for developing and maintaining interpersonal skills necessary to lead an alcohol and/or drug-free lifestyle. Post-partum is defined as the period following childbirth up to one year.

COMPONENTS OF SERVICE

Providers serving pregnant and post-partum women and children will provide these additional services:

1. Providers serving pregnant and post-partum women and children will provide these additional services
2. Assessment of physical, mental, developmental and/or other needs of children is conducted and/or provided through linkages with relevant services;
3. Ensure that Behavioral Health Clinical Assessments conducted by Behavioral Health Providers are in writing, dated and signed, and include, at a minimum, the following:
    - Clinical formulation, rationale for admission or continuance of care, discussion of any possible diversionary or lower levels of care, recommendations, and strengths.
4. Arrangements for emergency hospital back-up for obstetric and gynecological services;
5. Primary health and mental health services (including pediatric care and specialized pediatric care as indicated);
6. Arrangements for ancillary medical and health-related services during the Member's stay;

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1. Commercial products include HMO, POS, PPO, and CareLink℠ when Tufts Health Plan is the primary administrator.
2. Tufts Medicare Preferred and Tufts Health Plan SCO are collectively referred to in this payment policy as Senior Products.

7. Medical appointments during and after pregnancy are scheduled, and verification of whether these appointments have been kept is conducted;
8. Creation of treatment plan addressing parenting skills education, child development education and structured developmental activities, parent support, family planning, nutrition, violence, safe relationships, and other relevant issues;
9. Ongoing support for Members enrolled in pharmacotherapies for opioid use disorders;
10. HIV/AIDS, hepatitis, and other STI counseling and testing;
11. Assistance in accessing WIC and other nutritional programs;
12. Family planning and reproductive health resources;
13. Appropriate counseling regarding prenatal care, nutritional education, early child care issues, Neonatal Abstinence Syndrome, DCF protocols, breastfeeding, the effects of smoking on fetal and child development, family preservation, parenting skills, budgeting, access to resources, and family planning; and,
14. Opportunities for parent/child relational and developmental groups are provided and/or coordinated.

STAFFING REQUIREMENTS

A parenting specialist, child services coordinator, or clinical staff person with specific training in trauma and parenting must be available either through agency hire or contract.

SERVICE, COMMUNITY, AND COLLATERAL LINKAGES

1. RRS for Pregnant and Post-Partum Women complies with all provisions of the corresponding section in the General performance specifications.
2. Provider has a documented operational agreement (QSOA) with the administrator of the Pregnant Women's Access Line and regularly shares information about program availability and wait list.
3. The provider has a documented, operational agreement with Obstetrical practices and/or birthing hospitals in the area, allowing for coordinated prenatal and postpartum care.
4. Codified collaboration with Early Intervention, Home Visiting and other home-based outpatient services so that women can receive care from outpatient providers on-site.
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6. Prenatal care
    - Family/Reproductive health programs
    - Early Intervention Programs
    - High-risk infant/family support programs
    - Healthy start
    - Women, Infants, and Children (WIC) and other nutritional programs
    - Medication-Assisted Treatment Services
    - Intimate partner violence and safe relationship services
    - Violence preventing programs
    - Childcare/ babysitting
    - Housing preparation
    - Transportation
    - Legal services
    - Transitional assistance

QUALITY MANAGEMENT (QM)

The provider complies with all requirements set forth by payer.

PROCESS SPECIFICATIONS

An individualized Member aftercare plan which includes referrals to family transitional/permanent living opportunities, child care services, vocational and educational rehabilitation services, primary health and mental health services (including pediatric care and specialized pediatric care as indicated), support services for survivors of intimate partner violence or sex trafficking, and other social services as needed.

DOCUMENT HISTORY

- January 2024: Tufts Health One Care (a dual-eligible product) name change.
- June 2020: Templates updates