

ValueAdded

This is the 176th issue of our VBH-PA information update. These updates will be emailed to all network providers monthly. Please feel free to share our newsletter with others, and be sure your appropriate clinical and financial staffs receive copies.

Provider Frequently Asked Questions about Mental Health Parity and Addiction Act of 2008

The Mental Health Parity and Addictions Equity Act of 2008 (MHPAEA) requires insurers and group health plans (Plans) to ensure that the coverage offered for Mental Health/Substance Abuse (MHSA) treatments and services is no more restrictive than the coverage offered for medical and surgical treatments and services. MHPAEA expanded the mental health parity requirements that had been in place since 1996. The Interim Rule was issued in February of 2010 and the Final Rule was issued on November 8, 2013.

The Final Rule becomes effective for Plan years beginning on or after July 1, 2014. For calendar year Plans, the effective date will be January 1, 2015. Provisions of the Interim Rule that were not changed in the final rule continue to apply without interruption.

MHPAEA generally applies to both fully insured and self-funded large group plans as well as individual and small group plans sold on and off the health insurance exchanges. MHPAEA does not apply to Plans obtaining a cost-based exemption; self-insured state or local government plans that request a one-year exemption; retiree-only plans; Medicare; and, VA and Tricare benefits.

It is important that providers verify a patient's benefit plan prior to requesting services via [ProviderConnect](#). Members' benefits can be accessed via [ProviderConnect](#) or by calling the appropriate telephone number located on the back of the member's benefit card.

Please visit http://www.valueoptions.com/providers/Files/pdfs/Mental_Health_Parity_FAQ.pdf for the complete Provider FAQ document about the Mental Health Parity and Addiction Act of 2008.



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Welcome!

Jeannette Jones

started on January 15th as a Claims Processor in the Claims Department.



Attention VBH-PA Providers with ValueOptions® Agreements

ValueOptions® providers now have the capability of submitting address changes online through ProviderConnect. It is important to note that **this** is NOT an option for Value Behavioral Health of Pennsylvania (VBH-PA) HealthChoices Providers. Because Pennsylvania Medicaid Providers need to enroll in PROMISe, and because of the complexities with the open and closed provider networks, our VBH-PA providers will need to continue to send in the paper address change form.

If you chose to use the online option for your ValueOptions line of business and you experience problems with claims reimbursement for Value Behavioral Health of Pennsylvania, please contact our toll-free Provider Line at 1-877-615-8503.

Updated TSS Long-Term Schedule Change Form

The VBH-PA Therapeutic Staff Support (TSS) Long-Term Schedule Change Form has been updated and can be found at http://www.vbh-pa.com/provider/info/clinical_ut/TSS_Service_Delivery_Schedule-Long-Term_Schedule_Change.pdf.

Please note on page two, in the “VBH-PA Use Only” section, a line has been added to indicate the date that the requested change is approved to start. After the phone conference indicating the need for change has been completed and appropriate signatures have been obtained, the expectation is that the form is then submitted to the CAFS Coordinator in a timely fashion. When these steps are followed, and the completed form is received by VBH-PA, the schedule change can occur if approved.

Encourage Positive Language Regarding Mental Illness

Each January 3, households across the nation are encouraged to make room for a fresh start in the new year with National Fruitcake Toss Day, the official time to purge the pantry of unsavory holiday confections. Though initially created as a lighthearted observance, ValueOptions®, a health improvement company specializing in mental and emotional wellbeing and recovery, is using National Fruitcake Toss Day to bring awareness to the language we use to talk about mental illness.

Fruitcake. Lunatic. Crazy. Most of us have probably used these words when referring to someone with mental illness, and though we probably meant no harm by it, this kind of negative language increases the stigma surrounding mental disorders and perpetuates the myth that people with mental illness are unstable or out of control.

This year as you give your pantry a reprieve from the dreaded fruitcake, pledge to give your language a “fruitcake toss” of its own. Here are some simple ways to talk about mental illness, and to ensure a more compassionate 2014:

- **Ditch destructive labels.** Words like “fruitcake,” “whacko,” and “nuts” encourage the stigma of mental illness, and can prevent people from seeking the help they need and deserve.
- **People should never be referred to as “mentally ill,” “schizophrenics,” “alcoholics,” “anorexics,” etc.** People have disorders; they do not become a disorder. Instead, use such phrases as “people experiencing mental illness” or “individuals who have anorexia.”
- **Be sensitive to the use of words that connote negativity**—such as “problem” or “suffering from”—to describe mental illness. Millions upon millions of people with mental illness lead normal, healthy lives, and are a far cry from the “unhinged madmen” portrayed by the media and in entertainment.
- **Educate others!** Gently correct those who use derogatory language when speaking about mental illness, and use the opportunity to share the prevalence of mental illness—many people are surprised to learn that nearly one in four of us is currently facing a mental illness.
- **Speaking of language, be open to starting a dialogue of your own.** Though nearly one in two Americans will face a mental illness in their lifetime, less than one-third of us will get the help we need. Talk about mental illness openly and respectfully, and encourage others to do the same. Supporters are crucial in ending the stigma surrounding behavioral health issues.

“It’s estimated that up to 90 percent of people who receive treatment for mental health issues see a significant reduction in symptoms, but many of us shy away from seeking help in fear of being stigmatized by our friends, loved ones and communities,” said Hal Levine, ValueOptions Chief Medical Officer. “That’s why it’s crucial to maintain an open dialogue about mental health, and to lessen the stigma of mental illness by talking about mental illness honestly, openly, and with sensitivity. The kind of language we use to talk about mental illness is crucial to making that dialogue productive.”

To further combat the stigma of mental illness and to encourage an open dialogue about mental health, ValueOptions developed Stamp Out Stigma, an initiative to educate the public about the prevalence of mental illness and to create a network of support for those experiencing a mental health issue. In addition to providing a variety of mental health tools and resources, Stamp Out Stigma shares personal stories of those who have faced a mental illness firsthand or supported a loved one.

To get the conversation started about mental illness, and to access Stamp Out Stigma’s full person-centric language guide, visit www.stampoutstigma.com.



WEBSITE UPDATES

Look for this column in our monthly newsletter for information recently posted to www.vbh-pa.com.

- [TSS Long-Term Schedule Change Form](#)
- [Program Standards & Requirements Appendix BB](#)
- [Adult Non-Acute Partial Hospitalization Program Best Practice Standards](#)
- **“TAAG” Winter Dance and Mental Health Awareness Walk**
<http://www.vbh-pa.com/>
- **Requests for Proposals/ Information:**
[Westmoreland County School Based Outpatient Mental Health Treatment](#)

[Cambria County Mental Health Crisis Intervention Services](#)

[Partial, Intensive Outpatient \(IOP\), and Outpatient Substance Abuse Services for Armstrong County RFI](#)

- **Updated Provider Field Coordinator Contact Information**
[PFC Contacts](#)

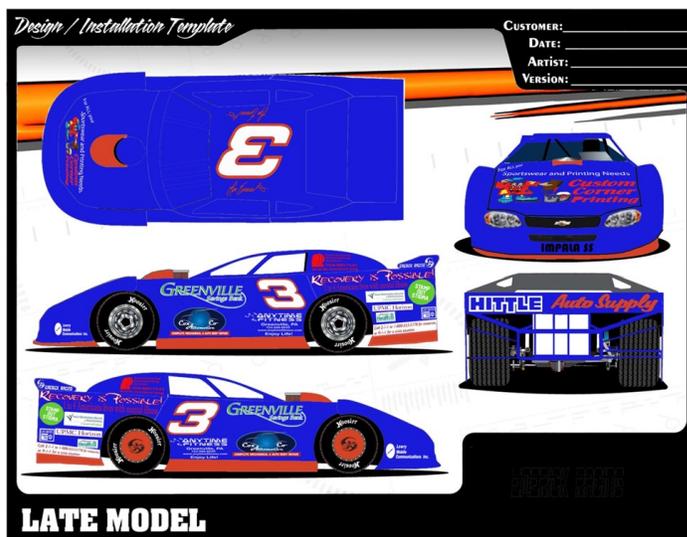
S.O.S. Campaign on the Move in Mercer County

One in four U.S. adults will have a mental illness this year—25% of our population—making mental illness more common than most diseases we talk about. The good news is that there are many effective treatments for those who seek care, but not everyone does due to stigma.

Community Counseling Center (CCC) of Mercer County has partnered with the United Way of Mercer County to educate the community in an effort to reduce stigma associated with mental illness. Using many of the Stamp Out Stigma (S.O.S.) materials available on the ValueOptions® website (<http://www.valueoptions.com/providers/Providers.htm>), Community Counseling Center of Mercer County and the United Way have been doing presentations at schools, local service clubs, ministeriums, and many other community organizations. This past fall, Kip Hoffman and Fern Torok from CCC were featured for an hour on a local AM radio station regarding the S.O.S. Campaign and its message.

One of the most exciting partnerships that have resulted from the S.O.S. Campaign is one between the Community Counseling Center and Lon Emerick, a teacher and local racecar driver. Lon has partnered with CCC on his racecar design theme of “emotional and physical wellness.” Lon is forthright about his mental health recovery and provides the message that “Recovery is Possible.” Lon Emerick’s first open practice of the year is scheduled at Sharon Speedway on March 22, 2014. His plan for this racing season is to have T-shirts featuring the Stamp Out Stigma logo on the back “as we try to help change the culture and their feelings toward people with mental illness.”

Best of luck to Lon Emerick during the 2014 racing season and hat’s off to Community Counseling Center of Mercer County for their outstanding work in their efforts to “Stamp Out Stigma.”



Mock-up of Lon Emerick’s racecar featuring the S.O.S. logo. His car will be revealed in March 2014 during the start of the racing season.

Smoking Cessation Resources

The Pennsylvania Department of Health (DOH) Division of Tobacco Prevention and Control provides free tobacco cessation services to the residents of Pennsylvania through a statewide Quitline called the PA Free Quitline operated by National Jewish Health, Inc. in Denver, Colorado. Each year, more than 13,000 people turn to the PA Free Quitline for counseling services.



Fax to Quit

The *Fax to Quit* Program allows healthcare and non-healthcare professionals to refer tobacco-using individuals to PA Free Quitline services for expert, evidence-based, and confidential coaching to become tobacco-free. Participants may be eligible for eight weeks of nicotine replacement therapy and up to five proactive quit coaching sessions. Faxback reports providing the participant's quit status are provided to referring healthcare providers.

Visit the *Fax to Quit* webpage (www.health.state.pa.us/FaxtoQuit) for more information on the program and to download fax referral forms.

Pregnancy and Post-Partum Protocol

National Jewish Health has developed a special protocol for pregnant women who use tobacco products. Pregnant woman can opt-in to participate and receive the following services:

- Dedicated quit coach
- Up to ten proactive coaching sessions (up to five during pregnancy and up to five post-partum)
- Incentives for each completed coaching session
- Eight weeks of nicotine replacement therapy with physician's consent

Referrals may be made by calling 1-800-QUIT-NOW (784-8669) or 1-855-DEJELO-YA (335-3569) or by fax referral.

Pre-Approved Tobacco Cessation Registry

Established in 2002, the Pennsylvania's DOH Pre-Approved Tobacco Cessation Registry is utilized as a resource and referral system at the state, regional and local levels. Clinicians and health care delivery systems providing cessation counseling services are required to submit an application for DOH review and approval to be included in the Registry. Clinicians and Health care delivery systems interested in reimbursement from DPW Medical Assistance programs for cessation services are required to indicate their interest on the application.

Visit the Pre-Approved Tobacco Cessation Registry webpage (www.health.state.pa.us/cessationregistry) for more information and to apply.

Resources:

Fax to Quit webpage: www.health.state.pa.us/FaxtoQuit

Pre-Approved Tobacco Cessation Registry webpage: www.health.state.pa.us/cessationregistry

Division of Tobacco Prevention and Control website:

http://www.portal.state.pa.us/portal/server.pt/community/smoke_free/14315

National Jewish Health website: <http://www.njhealth.org/>

Save the Date

Value Behavioral Health of Pennsylvania

Presents the

14th Annual Consumer Recovery Forum

Realizing Recovery—In All Aspects

Friday, April 4, 2014

Pittsburgh Marriott North

Cranberry Township



14th Annual Consumer Recovery Forum
Realizing Recovery—In All Aspects

We are currently accepting exhibitor registrations and nominations for the Leadership in Recovery Awards. Visit our homepage at www.vbh-pa.com for the registration and nomination forms. General registration for the Forum will also be posted there, so check back often!

Exhibitors

If you are interested in reserving exhibit space at this year's forum, please complete the 2014 Exhibitor Reservation Form by clicking [here](#) or by visiting our website at www.vbh-pa.com. **Two complimentary registrations** are provided for exhibitors. In addition to all-day exhibit space, complimentary registration includes keynote, Recovery Awards Ceremony, lunch, and afternoon breakout sessions. Deadline for exhibitor registrations is **March 21, 2014**.

Nominate a HealthChoices Member

The purpose of the **Leadership in Recovery Award** is to acknowledge HealthChoices members who are actively engaged in their recovery and to encourage other members in their recovery process. To acknowledge their journeys, VBH-PA will publicly recognize HealthChoices members who have demonstrated courage, creativity, and leadership along their journeys. This is not a cash reward, but an acknowledgement in the form of a beautifully designed keepsake that will be customized and presented on April 4, 2014 during the 14th Annual VBH-PA Consumer Recovery Forum.

Please nominate at least one HealthChoices member residing in your county* whom you feel is deserving of this type of recognition. The deadline to nominate is **Wednesday, February 20, 2014**. Visit our homepage at www.vbh-pa.com for the [nomination form](#). Nominate an outstanding individual today!

*HealthChoices members residing in Armstrong, Beaver, Butler, Cambria, Fayette, Greene, Indiana, Lawrence, Washington, and Westmoreland counties are eligible. Mercer, Crawford, and Venango HealthChoices members will have the opportunity to be nominated at other regionally located VBH-PA Forums in 2014.

National Eating Disorders Association Launches 27th Annual National Eating Disorders Awareness Week — February 23 to March 1, 2014 — themed “I Had No Idea”

About NEDAwareness Week 2014

What is NEDAwareness Week?

NEDAwareness Week is a collective effort of volunteers, including eating disorder professionals, health care providers, students, educators, social workers, organizations and individuals committed to raising awareness of eating disorders. The impact of increased outreach efforts leads to a greater chance of people seeking out resources and help for an eating disorder, which ultimately saves lives.

Our Mission

The aim of NEDAwareness Week is to ultimately increase outreach and awareness of eating disorders and body image issues, while reducing the stigma surrounding eating disorders and improving access to treatment resources. Eating disorders are serious, life-threatening illnesses - not choices - and it's important to recognize the pressures, attitudes and behaviors that shape the disorder.

Our Theme: "I Had No Idea"

This year's NEDAwareness Week theme is "I Had No Idea" to raise awareness towards the significant impact eating disorders have on individuals, families, and communities across the nation. The more people who learn about these life-threatening illnesses, the more lives we can save. Last year, 100% of U.S. states hosted NEDAwareness Week events and activities. Additionally, 51 international countries participated in raising awareness. This year we strive to surpass these numbers, and have everyone get in the know and do just one thing to raise awareness!

For example, I had no idea ...

- that you can be too thin
- that over-exercising can lead to an eating disorder
- that 35% of “normal” dieters progress to pathological dieting
- that an eating disorder can kill you or lead to permanent physical damage
- that [I, my daughter, son, sister, brother, friend] had a problem.

Visit <http://nedawareness.org/press> to view events planned on communities across the country during NEDAwareness Week.

How to Get Help

National Eating Disorders Association Helpline: 800.931.2237

[Take the Online Eating Disorders Screening](#)

The Search for Compliance Webinar Series

All VBH-PA providers are encouraged to attend this Compliance Webinar.

Topics will include: New CPT Codes - Monitoring and Auditing; Outpatient Psychotherapy; Evaluation and Management

Wednesday, February 26, 2014

1:00 PM to 2:30 PM EST

For more information and to reserve your February Webinar seat, click below:

<https://www2.gotomeeting.com/register/144708354>





***Please Note:** These videoconferences are NOT webinars. **You must be in attendance at the Trafford Service Center to view these videoconferences.**

VBH-PA is one of many sites offering this opportunity. Please click [here](#) to view all locations offering this videoconference series. To register with another location, please contact the coordinator for that site.

Winter 2014 WPIC Videoconferences

VBH-PA is pleased to announce that our service center will once again be a videoconferencing site for the WPIC Office of Education and Regional Programming videoconference series. These programs are free of charge and there are NO fees for continuing education credits.

The videoconferences are held from 9:00 a.m. to 11:00 a.m. in the Walnut Room at VBH-PA's Trafford Service Center. You are invited and welcome to attend.* For CEU information, registration information, and complete descriptions of these trainings, please [click here](#).

Upcoming Videoconferences:

New for 2014—DSM-5 Videoconferences!

- **February 12**—DSM-5: Changes in Substance Abuse
- **February 26**—Mood Disorders in DSM-5: What's New and What's Not
- **March 12**—Feeding and Eating Disorders in DSM-5
- **March 26**—DSM-5: The Diagnosis of Dementia to Meet Real World Needs and Sleep/Wake Disorders

Registration:

To register for these trainings, please visit the ValueOptions [Provider Trainings Web page](#). Select **Pennsylvania** from the state dropdown list (DO NOT change any of the other fields) and then click on **Select**. Scroll down the screen and put a check mark in the box next to the event(s) and then hit **Register**. Phone-in registrations will not be accepted.

Suggestions or ideas for articles that you would like to see published in *ValueAdded* can be faxed to Kim Tzoulis, *ValueAdded* Editor, at (724) 744-6363 or emailed to kimberly.tzoulis@valueoptions.com

Articles of general importance to the provider network will be considered for publication.

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