

Payment Policy | Adult Intensive Services (AIS) and Child and Family Intensive Services (CFIT)



EFFECTIVE DATE: 07 | 16 | 2025

POLICY LAST REVIEWED: 07 | 16 | 2025

OVERVIEW

Adult Intensive Services (AIS) and Child and Family Intensive Treatment (CFIT) are home- and community-based services which are provided to adults and children experiencing moderate to severe psychiatric symptoms. These services may be utilized as a step up from traditional outpatient services or as a step down from more intensive services (such as inpatient hospitalization or residential treatment). The goal of AIS/CFIT is to provide intensive treatment in the least restrictive environment possible.

This policy is applicable to Commercial products only.

MEDICAL CRITERIA

Not applicable

NOTIFICATION OF ADMISSION

Not applicable

POLICY STATEMENT

Adult Intensive Services (AIS) and Child and Family Intensive Services (CFIT) benefits are intended to offer treatment to individuals experiencing moderate to severe psychiatric symptoms. Services are generally provided in less restrictive settings (e.g., in the community, in a practitioner's office, and/or in the patient's home) in an effort to reduce inpatient admissions. Although individuals receiving these services are typically not at risk for serious harm to themselves or to others, they may have difficulty performing activities of daily living. If left untreated, these individuals might likely require more intensive care.

Services may include, but are not limited to:

- Individual, family, and/or group therapy
- Case management coordination
- 24/7 emergency crisis evaluation
- Psychiatric assessment

Adult Intensive Service (AIS) program:

AIS benefits are only available to covered adult members after their eighteenth (18th) birthday.

Child and Family Intensive Treatment (CFIT) program:

CFIT benefits are only available to covered dependent children until their nineteenth (19th) birthday.

For more information, please contact BCBSRI Behavioral Health Utilization Management at 1-800-274-2958.

COVERAGE

Benefits may vary by group or contract. Please refer to the appropriate member Benefit Booklet or Subscriber Agreement for applicable behavioral health benefits/coverage.

BACKGROUND

The intent of this policy is to provide less restrictive behavioral health services to children, adults, and families with intensive behavioral health problems in order to prevent and reduce inpatient admissions. To

render AIS/CFIT services in Rhode Island, the facility must be licensed by Behavioral Healthcare, Developmental Disabilities, and Hospitals Department of Rhode Island (BHDDHD) as a Behavioral Health Organization. Providers who are outside of Rhode Island must ensure they have the proper licensing through the state with which they operate.

CODING

The provider will be reimbursed at an all-inclusive per unit payment structure. Units are billed per 15-minute increment.

RELATED POLICIES

Not applicable

PUBLISHED

Provider Update, September 2025

Provider Update, February 2024, May 2024

Provider Update, January 2022, July 2022

Provider Update, June 2021

Provider Update, April 2018, October 2018

REFERENCES

None

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