



**EFFECTIVE DATE:** 05|21|2013

**POLICY LAST UPDATED:** 04|21|2021

## OVERVIEW

Adult, Child and Family Intensive Services (AIS/CFIT) are home and community-based services that are provided to at risk adults and children with moderate to severe psychiatric symptoms. These services can be provided as a step up from traditional outpatient services, or a step down from more intensive services, such as inpatient or residential. The goal of AIS/CFIT is to provide intensive care in the least restrictive environment possible.

This policy is applicable to Commercial Products only.

## MEDICAL CRITERIA

Not applicable

## PRIOR AUTHORIZATION

For in network services, notification of admission and notification of discharge are required. To ensure correct claims processing, notification to the Behavioral Health Vendor within 48 hours after admission and within 48 hours after discharge is recommended. Contact the BCBSRI Behavioral Health vendor at 1-800-274-2958.

For out of network services, prior authorization is recommended for Commercial products and is handled by our Behavioral Health vendor. Contact the BCBSRI Behavioral Health vendor at 1-800-274-2958.

## POLICY STATEMENT

### Commercial Products

The Child and Family Intensive Services (CFIT) and Adult Intensive Services (AIS) benefits are intended to offer treatment in alternative settings such as in the community, a practitioner's office, and/or in the patient's home for individuals with moderate to severe psychiatric symptoms in an effort to reduce inpatient admissions. While individuals receiving these services are typically not at risk for serious harm to themselves or others, they may have difficulty performing activities of daily living. Left untreated, they would more likely require more intensive.

Services consist of, but are not limited to:

- Individual, family, and/or group therapy
- Medication consultation and management
- Case management coordination
- Emergency crisis evaluation available 24 hours a day 7 days per week
- Psychiatric assessment

## COVERAGE

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

### Commercial Products only:

Child and Family Intensive Services (CFIT) and Adult Intensive Services (AIS) are a covered behavioral health benefit.

- **Adult Intensive Service (AIS)** program:

AIS program includes, but not limited to, coverage for emergency or crisis evaluations which are available 24 hours a day 7 days per week, psychiatric assessment, medication evaluation and management, case management, psychiatric nursing services, and individual, group, and family behavioral health therapy. The services will be provided a minimum of six (6) contact hours per week.

- **Child and Family Intensive Treatment (CFIT)** program:

CFIT program includes, but not limited to, coverage for individual, family, and group counseling; medication consultation and management; and case management coordination with a school, state agency, and outpatient practitioners. A minimum of six (6) contact hours per week are allowed. CFIT benefits are available only for covered dependent children until their nineteenth (19th) birthday.

### BACKGROUND

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

### CODING

The provider will be reimbursed at an all-inclusive per diem payment schedule.

### RELATED POLICIES

Not applicable

### PUBLISHED

Provider Update, June 2021  
Provider Update, October 2018  
Provider Update, April 2018  
Provider Update, August 2013  
Provider Update, February 2013

### REFERENCES:

None

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