



CalOptima Health

Behavioral Health Services

Orange County Behavioral Health Advisory Board
Wednesday, January 24, 2024

Carmen Katsarov, Executive Director
Behavioral Health Integration, CalOptima Health

Our Mission

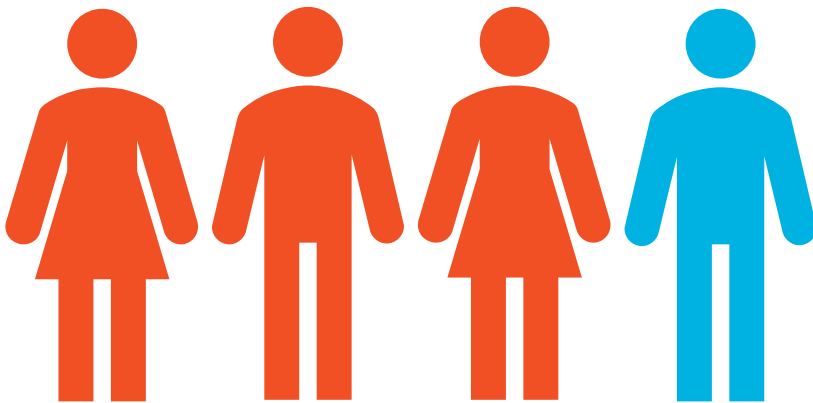
To serve member health with excellence and dignity, respecting the value and needs of each person.

Our Vision

By 2027, remove barriers to health care access for our members, implement same-day treatment authorizations and real-time claims payments for our providers, and annually assess members' social determinants of health.

Who Is CalOptima Health?

- Orange County's community health plan for low-income families, seniors and people with disabilities
- Serves 1 in 4 adults and 1 in 3 children
- A leader in California Medi-Cal quality for 8 years in a row



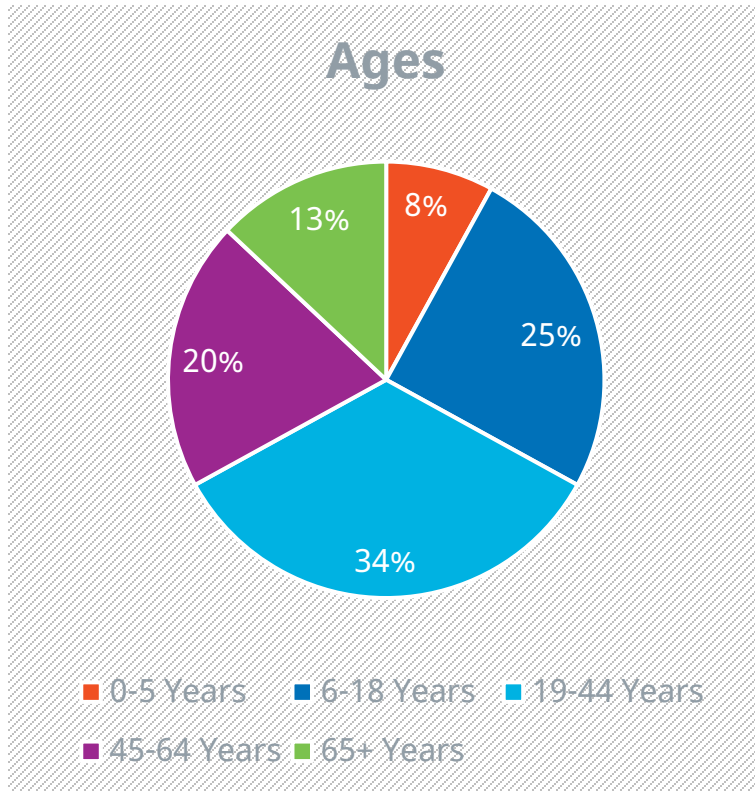
CalOptima Health Members

Membership Data* (as of November 30, 2023)

	Program	Members
	Medi-Cal	945,874
Total CalOptima Health Membership 963,968	OneCare (HMO D-SNP)	17,648
	Program of All-Inclusive Care for the Elderly (PACE)	446

*Based on unaudited financial report and includes prior period adjustment

CalOptima Health Members (cont.)



Language Preference	% of Members
English	58%
Spanish	27%
Vietnamese	9%
Korean	2%
Other	2%
Farsi	1%
Chinese	<1%
Arabic	<1%

Source: Fast Facts January 2024

Behavioral Health (BH) Benefits Summary

Behavioral Health Services	Medi-Cal	OneCare
Psychotherapy	✓	✓
Psychological testing	✓	✓
Medication	✓	✓
Applied Behavior Analysis (ABA)*	✓	N/A
Inpatient mental health care	County	✓
Partial hospitalization program	County	✓

Medi-Cal BH Benefits

Mild to moderate outpatient mental health services

- Individual and group psychotherapy
- Psychological testing to evaluate a mental health condition
- Outpatient services to monitor drug therapy
- Psychiatric consultation

Alcohol Misuse Screening, Assessment, Brief Intervention and Referral to Treatment (SABIRT)

- Can be provided in a primary care setting

Applied Behavior Analysis (ABA)

- For members under 21
- Not limited to developmental disorders or solely for Autism Spectrum Disorder (ASD)
- Services are typically provided in the member's home
- Treatment plans are tailored to the member's needs

Specialty mental health services

- Provided by the Orange County Mental Health Plan

OneCare BH Benefits

Inpatient mental health care

Outpatient mental health care

- Clinic services
- Partial hospitalization/intensive outpatient programs
- Individual/group mental health evaluation and treatment
- Psychological testing
- Outpatient services for monitoring drug therapy
- Outpatient laboratory, drugs, supplies and supplements
- Psychiatric consultation
- Electroconvulsive Therapy (ECT)
- Transcranial Magnetic Stimulation

Opioid Treatment Program (OTP) services

Substance Use Disorder (SUD) Benefit Summary

SUD Services	Medi-Cal	OneCare
Alcohol and Drug Screening, Assessment, Brief Interventions and Referral to Treatment (SABIRT)	✓	✓
Office-Based Medication Assisted Treatment (MAT)	✓	✓
Opioid Treatment Program	Drug Medi-Cal Organized Delivery System	✓
Medical Detox	✓	✓
All other SUD services (e.g., residential treatment, recovery services and withdrawal management)	Drug Medi-Cal Organized Delivery System	Drug Medi-Cal Organized Delivery System

Accessing BH Services

- CalOptima Health manages Behavioral Health Services for all lines of business regardless of Health Network
 - Exceptions: PACE
- Most behavioral health services are open access (no authorization required)
 - Prior Authorization Services: Psychological testing and BHT (ABA)
- Directly contract with BH providers and facilities to deliver care
 - There is a Member-facing provider search tool on our public website at www.CalOptima.org.
- Dedicated BH toll free number, available 24/7, to support members and providers
 - BH call center is separate from regular Customer Service

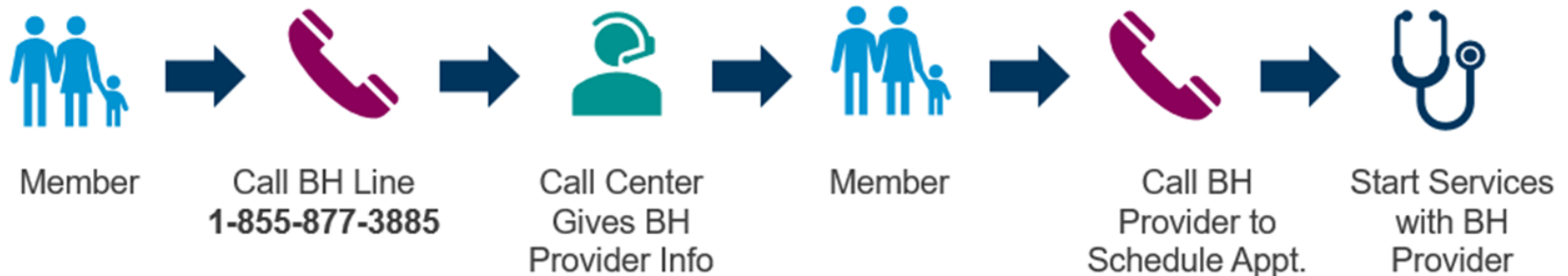
Accessing BH Services (cont.)

1-855-877-3885

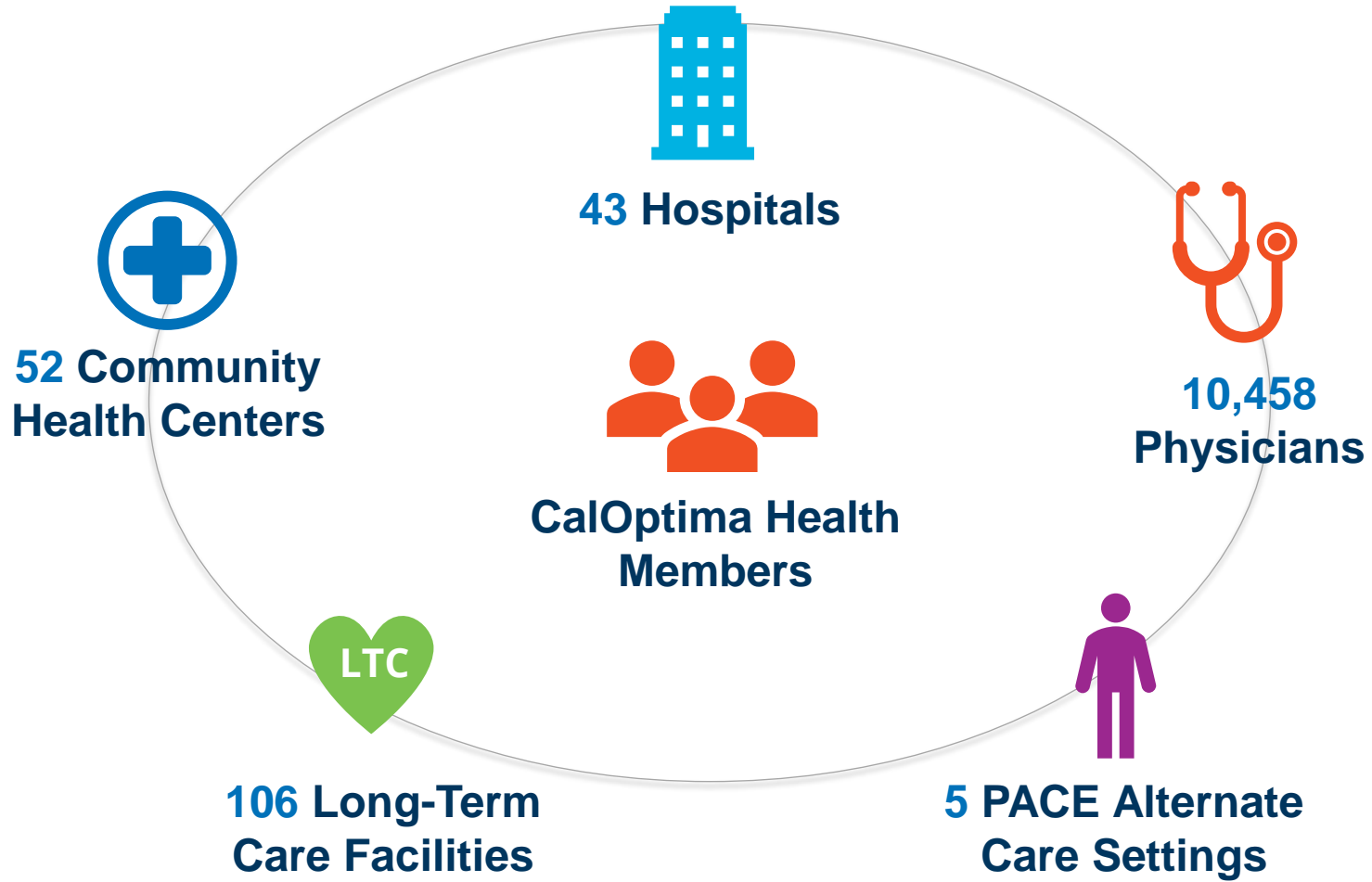
For screening and referral to mental health services

Available 24 hours a day, 7 days a week

TTY 711



CalOptima Health Providers



Source: Fast Facts January 2024

CalOptima Health BH Providers

ABA Providers

Behavior Analyst
(BCBA, BcABA)

M.D. or D.O.

Licensed Marriage
& Family Therapist
(LMFT)

License Clinical
Social Worker
(LCSW)

Licensed
Professional
Clinical Counselor
(LPCC)

Community Health
Worker

Nurse Practitioner
(NP)

Psychologist
(PSYD)

Physician Assistant

Psychiatrist

Associate level BH
Providers (ASW,
APCC, AMFT)



CalOptima Health

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