Optum

San Diego County Referral Criteria for Mental Health Rehabilitation Center (MHRC) / Special Treatment Program (STP)

Mental Health Rehabilitation Center (MHRC) / Special Treatment Program (STP): 24-hour facilities that primarily provide diagnosis, treatment, and care of persons with mental disorders which are licensed to provide such services.

The client must meet the following required criteria for county funding while at a MHRC or STP:

1. Is a current resident of the State of California and has Medi-Cal eligibility for the County of San Diego and currently receives Social Security Income (SSI) or a copy of completed SSI application is submitted that has been approved by the County Case Manager.

2. Is between the ages of 18-64 for an MHRC, and 18 and above for an STP.

3. Is not entitled to comparable services through other systems, i.e. Veterans Affairs (VA), Regional Center, or private insurance.

4. Cannot be safely managed in a less restrictive level of care. Documentation is provided to show that all other alternatives including ASP Board and Care, traditional Board and Care, FSP case management, and case management have been attempted or there is documentation that these alternatives are not able to meet the client's needs.

5. Has the potential to be helped by a residential psychosocial rehabilitation treatment program and the potential to progress to a less restrictive level of care.

6. Is gravely disabled as determined by the establishment of a temporary or permanent, public or private LPS Conservatorship by Superior Court.

7. Is currently being treated in an LPS psychiatric hospital or is in a Secure Facility/Long Term Care (SF/LTC) bed currently fully or partially funded by San Diego County.

8. Is assigned to or will be assigned to a Case Management program funded by the County of San Diego.

9. Has an adequately documented Title 9, DSM Primary diagnosis of a serious, persistent, major mental disorder or an eating disorder; the primary diagnosis cannot be a substance abuse related disorder.
   a. The symptoms must not be primarily a manifestation of a developmental disorder, dementia, or TBI.
   b. May have a substance use disorder diagnosis as a concurrent diagnosis.
   c. May also have a concurrent Personality Disorder diagnosis, but diagnosis alone is not sufficient to meet criteria.

10. Is not at imminent risk of serious harm to self or others.

11. Has a tuberculosis (TB) clearance within thirty days of submitting application.

12. Is medically appropriate as determined by the receiving facility and by applicable MHRC or STP regulations.

And the client must meet at least <u>one</u> of the following clinical criteria (these criteria are not intended for use solely as a long-term solution to maintain stability acquired during treatment in a residential facility/program):

1. The client's psychosocial functioning has deteriorated to the degree that the client is at risk for being unable to safely and adequately care for themselves in the community or at a less restrictive setting and there is a reasonable expectation that treatment will produce a higher level of functioning.

2. There is no appropriate lower level of care in which a client may be effectively treated, an intensified schedule of ambulatory care or a change in the treatment plan has not proven effective, or community support services that might augment ambulatory mental health services and pre-empt the need for MHRC/STP level of care is unavailable, insufficient, or inadequate.

Exceptions to criteria may be made by the Optum Medical Director. County consultation may be requested by Optum.