



CAPE COD HEALTHCARE

Expert physicians.
Quality hospitals.
Superior care.

Cape Cod Healthcare has expanded behavioral health benefits through the Employee Health Plan to support our staff. This overview provides a listing of the variety of services offered. For additional information, please contact CCHC Benefits at 508-862-7414.

Cape Cod Healthcare Expanded Behavioral Health Services

- **Family support and training** – Provides services to a parent or other caregiver of a child and is provided where the child resides. This may include a skill building service called therapeutic mentoring designed to support age-appropriate social functioning or improve deficits in social functioning resulting from their behavioral health diagnosis.
- **Mobile crisis intervention** – A short-term, mobile, on-site, face to face therapeutic response service that is **available 24 hours a day, 7 days a week** to a child experiencing a behavioral health crisis. The service is used to identify, assess, treat and stabilize the child and reduce the immediate risk of danger to the child or others.
- **In-home behavioral services** – Includes a combination of behavior management therapy and behavior management monitoring that are available where the child resides.
- **In-home therapy services** – Medically Necessary therapeutic clinical intervention or ongoing training as well as therapeutic support. This intervention or support shall be provided where the child resides and includes a structured and consistent therapeutic relationship between a licensed clinician and a child and the child's family to treat the child's behavioral health needs.
- **Community based acute treatment (CBAT)** – Mental health services provided in a staff-secure setting on a **24-hour** basis, with sufficient clinical staffing to ensure safety for the child or adolescent, while providing intensive therapeutic services including, but not limited to services like daily medication monitoring, psychiatric assessment, and nursing availability. These services may be used as an alternative to or transition from inpatient services.
- **Intensive community based acute treatment (ICBAT)** – ICBAT provides the same services as CBAT but of higher intensity. The benefit is covered as Inpatient behavioral health services that includes more frequent psychiatric and psychopharmacological evaluation and treatment and more intensive staffing and service delivery.

Some of the services listed above will need to be approved by Tufts Health Plan through a specific provider. If you require more information or are looking into one of these services for your child you should contact the Tufts Health Plan Behavioral Health phone number displayed on your Tuft Medical ID Card (800-208-9565).