

Peer Support provided within a Mental Health Peer Respite Facility FAQ for Managed Care Organizations

***Fiscal sections updated 10/30/2023, based on inflation and
utilization trends – see red font***

1. What is mental health peer respite?

Mental health peer respite is an alternative facility type for individuals who are in psychiatric distress. Peer support services provided in a respite facility is a voluntary, short term overnight environment. Peer support may be one-on-one or group peer support. Peer support services are provided by certified peer counselors who are credentialed through the Department of Health as an Agency Affiliated Counselor. Services provided are under the supervision of a Mental Health Professional.

Mental health peer respite is further outlined in [Washington Administrative Code 246-341-0725](#)

2. What is the cost modeling and recommendations for billing?

Cost modeling for Mental Health Peer Respite facilities is based on each facility having 3-6 beds. The projected occupancy is 90% full after the start up and ramp up period.

Assumptions in the model:

- Estimation for the start-up and ramp up period is six months
- Population served in Mental Health Peer Respite are limited to 7-days in a 30-day period.
- Operational costs eligible for federal participation are expected to be 61%
- Participants are expected to be 61% Medicaid enrolled individuals and 39% paid via General Fund State

Cost model estimate:

- Current estimates have the facility operation costs between **\$600,000-700,000** a year.

- Funding is blended as above with Medicaid funding for individuals enrolled in Medicaid and General Fund State dollars to pay for expenses Medicaid does not cover and individuals not enrolled in Medicaid. This is inclusive of room and board.
- The cost model projects for staffing costs (salary, overhead, and administrative costs), operational costs (supplies, equipment, transportation, and activities), resident need costs (food, laundry), and facility costs (maintenance, facilities, and long-term equipment).
- **Estimated costs assumed in the actuarial data is \$600-750 per day, depending upon capacity and occupancy. Final daily rate is subject to contract negotiation with payors.**

3. What are the services provided?

Services provided are mental health peer support. This is not a new service. Mental Health Peer Respite is a facility to provide existing peer support state plan services in a new setting. Peer respites are facilities that offer voluntary, short-term (up to seven days in a 30-day period) 24-hour services in home-like settings. Once there, individuals in psychiatric distress can receive peer services to aid in their wellness and recovery to avoid more intensive levels of services.

Peer Respites are meant to divert individuals from more intensive and costly settings who are entering crisis who are not detained or involuntarily committed under chapter 71.05 RCW.

- It is the expectation Peer Respites work with participants on crisis planning.
- Peer Respites will initiate transition planning to support discharge to a safe and stable living situation.
- If the Peer Respite cannot continue to serve the client for a clinically valid reason, they must ensure they notify the MCO and BHASO and secure a follow up placement prior to discharge. The emergency room is not a valid placement.
- If the MCO disputes the needs for services in the Peer Respite, they are responsible for ensuring a safe and viable alternative.

4. How does implementation of new Mental Health Peer Respite facilities affect the MCOs?

It is the expectation of the Health Care Authority (HCA) that each plan in the region that receives any rate increase for a new Mental Health Peer Respite facility will contract with the

provider of the facility. As with all behavioral health services, rates are adjusted on a program explicit basis.

The nightly cost at a Peer Respite averages \$**600-750**. By contrast, it is approximately \$**700** per night at a stabilization facility or \$970 per night for an Evaluation and Treatment facility. The average participant stays in a Peer Respite for five to seven nights.

5. What to expect from ProviderOne Configuration and coding instructions?

Coding instructions **have been added** to the Service Encounter Reporting Instructions (SERI) guide and to the Mental Health Services Billing guide, part 2, for January 2023.

Code	CPT®/HCPCS Definition	UN/MJ	Provider Type	Service Criteria
H0045	Respite not in-home, per diem	1= a day; 1 or more	Billing Provider NPI and taxonomy	<p>A client may be admitted and discharged within the same day.</p> <p>The per diem is to cover both Medicaid allowable services (i.e., intake by MHP, peer services, etc.) and non-Medicaid allowable expenses, such as room and board.</p>

6. How does this affect the BH-ASOs?

Mental Health Peer Respite are required to work with a BH-ASO for any crisis concerns and will need to coordinate for any other services that are not provided in the Mental Health Peer Respite. BH-ASOs may contract for services at the Mental Health Peer Respite within available resources as funding allows.

7. Who is eligible for Mental Health Peer Respite?

Full eligibility requirements for a Mental Health Peer Respite are found in [WAC 246-341-0725](#) a brief summary of requirements are below:

- A person must be 18 years or older

- Experiencing psychiatric distress but who are not detained or involuntarily committed under chapter 71.05 RCW
- Independently seeking respite services by their own choice

8. What is HCA's role with Mental Health Peer Respite?

HCA will work closely with the Mental Health Peer Respite to assist in implementation to ready the facility for admissions after construction is complete. There are four projects funded by the Department of Commerce, with various projected dates of completion in the 23-25 biennium.

Additionally, HCA has contracted with a national expert, People USA, for ongoing technical assistance, training, and support for the facilities. As more facilities open collaboratives will start to share knowledge and practices.

Current Peer Respite who have or are receiving capital funding and their location:

Lucid Living LLC DBA Safety Net, Tacoma, Washington
Passages Family Support, Spokane, WA
Three Rivers Therapy, Kennewick, WA
Ajuso House, location TBD in King County

Questions:

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