

ValueAdded

This is the 160th issue of our VBH-PA information update. These updates will be emailed to all network providers monthly. Please feel free to share our newsletter with others, and be sure your appropriate clinical and financial staffs receive copies.



“TAAG” Picnic — A Successful First!

On August 15, 2012, Value Behavioral Health of Pennsylvania (VBH-PA) and the Pennsylvania System of Care Partnership (PA SOC) hosted the 1st Annual Transition Age Advisory Group “TAAG” Picnic at the Woodland’s Foundation in Wexford, Pennsylvania. PA SOC is promoting youth involvement across the state and offered to co-sponsor the event for the VBH-PA “TAAG” youth members. Over 100 total participants from the 13 VBH-PA counties, including 44 Youth Members ages 16-26, attended the day’s festivities. The “TAAG” planning committee, which included case managers and youth members, made all the decisions and determined how the picnic was scheduled and organized. The day started with over 25 volunteers working feverishly to assure that each and every detail was handled. When the picnic began at noon, everything was ready and perfectly placed. The “TAAG” Kick-Off Picnic was held to announce and promote the newly established “TAAG” meetings. The first meeting will take place on October 9, 2012, from 2:30 p.m. to 4:30 p.m. at the VBH-PA Trafford Service Center.

When the youth checked in at the registration table on August 15th they received a VBH-PA bag full of goodies including a picnic event schedule and two raffle tickets for a gift basket and gift card donations. Donations were made by Premier Health Solutions, Westmoreland Case Management and Supports, Inc., AERI, the Beaver County Recovery Coordinator, AHCI, Southwood Hospital, Clarion Psychiatric, VBH-PA and VBH-PA staff. Fun outdoor events were planned throughout the day and hosted by Fayette Youth MOVE, AERI Behavioral Health Services, Family Behavioral Resources, Clarion Psychiatric, Glade Run Lutheran Services, Behavioral Health of Cambria County, and the “TAAG” planning

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Financial Audits Requirements for MCOs and Providers

Under Federal Regulations including the Office of Management and Budget (OMB) Circular A-122 and Circular A-133 and State Regulations including Chapter 4300 of the PA Code, providers contracted under the PA Medical Assistance program are required to complete the Single Audit Supplements (SAS). Under PA HealthChoices Behavioral Health, providers are monitored through Managed Care Organizations (MCOs), such as Value Behavioral Health of Pennsylvania (VBH-PA), in accordance with the PA HealthChoices Audit Guide published annually by the Office of the Budget, Bureau of Audits.

The purpose of the Single Audit Supplement is to ensure that all contractors and providers receiving \$500,000 or more of federal and state funding are responsible for specific financial and compliance controls. (In some cases, DPW still requires providers that receive more than \$300,000 to conduct the SAS.) The required responsibilities and controls in the SAS are the following:

- Identifying applicable compliance requirements
- Establishing and maintaining internal controls over compliance and complying with the requirements specified in appropriate Federal Regulations including: OMB Circular A-122, OMB A-133, and PA Code Chapter 4300
- Monitoring and evaluating compliance with the requirements
- Specifying audit reports that satisfy the requirements.

Furthermore, the purpose of the PA HealthChoices Audit Guide is to ensure

that MCOs have controls to meet the Federal Regulations under the Office of Management and Budget. The required controls and responsibilities of the MCOs are the following:

- Ensure adequate resources to meet all the requirements of the program
- Undergo an on-site review to assess compliance with contract requirements
- Review MCO subcontractors (such as providers) to assess compliance with Commonwealth requirements
- Review and compare encounter data with medical record documentation for accuracy and validity
- Monitor financial viability
- Analyze appropriateness of Utilization Management targets
- Monitor compliance with data format standards and time receipt of on-line encounter data transfers,
- Review provider networks to ensure that adequate resources meet access and medical management standards,
- Monitor adherence to notification requirements to DPW,
- Review utilization data to identify potential instances of under-utilization of services,
- Survey members for satisfaction with access and quality of services, and
- Conduct random test of plan member services and help lines

Based on heightened federal attention with fraud, waste, and abuse in healthcare, the PA Department of Public Welfare has hired contractors to increase the audits conducted of MCOs and providers. For MCOs and

providers, the best way to prepare for the additional audits is to meet the SAS and PA HealthChoices Audit Guidelines and utilize self assessments to ensure all requirements are being achieved.

VBH-PA recommends that providers review the documentation related to the financial audits that include provider responsibilities and requirements:

OMB Circular A-122
http://www.whitehouse.gov/omb/circulars_a122_2004

OMB Circular A-133
http://www.whitehouse.gov/omb/circulars/a133_compliance_supplement_2012

PA Code 4300
<http://www.pacode.com/secure/data/055/chapter4300/chap4300toc.html>

PA DPW Bureau of Financial Operations
<http://www.dpw.state.pa.us/dpworganization/officeofadministration/bureauoffinancialoperations/index.htm>

PA DPW Administrative Bulletin – Issuance of the Single Audit Supplement
http://www.dpw.state.pa.us/ucmprd/groups/webcontent/documents/report/p_011616.pdf

PA HealthChoices Behavioral Health Publications (including 2011 Program Audit Guide)
<http://www.dpw.state.pa.us/publications/healthchoicesbehavioralhealthpublications/index.htm>

VBH-PA Compliance Webpage
http://www.vbh-pa.com/fraud_abuse.htm

Please contact Melissa Hooks, Director of Compliance, at Melissa.Hooks@valueoptions.com for additional resources for provider financial audits and self-assessments.



A Group, Is a Group, Is a Group

Providers, please note. When conducting group therapy, the group can have no less than two (2) members/individuals/clients/patients/consumers and no more than ten (10), regardless of the payer source. This includes all mental health and drug & alcohol treatment/therapy groups, including outpatient, partial and intensive outpatient (IOP).

For network-specific information regarding claims and billing, provider enrollment, quality management and other materials, visit the Provider Information Center on www.vbh-pa.com.

Have you visited our website lately?

Visit www.vbh-pa.com to get the latest provider news, information on upcoming events and reference materials. Provider info such as fraud and abuse rules and regulations, open networks, requests for proposals, specific county information, departmental forms, directories, archived trainings/webinars and much more can be found on the VBH-PA website.

Stay up-to-date and check www.vbh-pa.com often.

Welcome

Jarrold Miller started on September 24th as a Business Systems Analyst.

Jennifer Hillwig started on September 10th as a CAFS Coordinator in Beaver County.

Employees on the Move

Karyl Merchant is now Clinical Manager — Adult Services as of September 10th.

VBH-PA Quality Management Initiative Published as Best Practice Standard

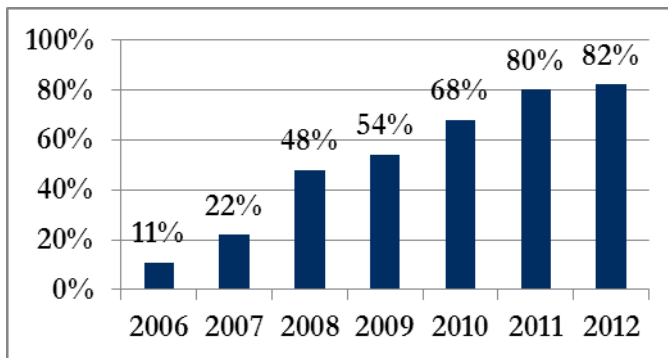
Monitoring for Risk of Metabolic Syndrome in Members Prescribed Second Generation Atypical Antipsychotic Medications

In 2012, Value Behavioral Health of Pennsylvania's (VBH-PA) study determining the frequency which prescribers monitor for risk factors associated with Metabolic Syndrome in individuals taking atypical antipsychotic medication was selected by the Medicaid Health Plans of America (MHPA) to be published in its National Best Practices Compendia.

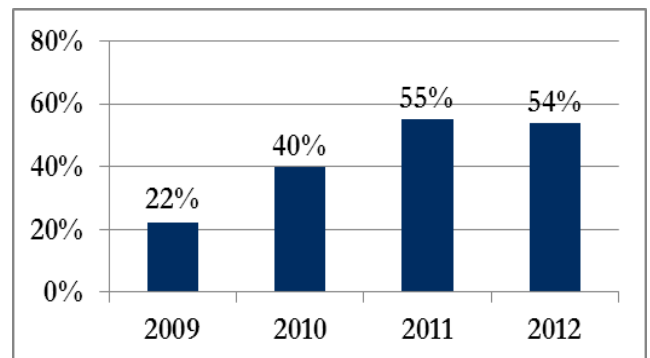
Started in 2006, this study has shown an increase in providers' monitoring practices for individuals prescribed Second Generation Atypical Antipsychotic medications. This class of medications is associated with weight gain and other factors contributing to Metabolic Syndrome. Individuals with Metabolic Syndrome have an increased risk of diabetes and cardiovascular disease, as well as a shortened lifespan.

The figures below illustrate the aggregate rates of monitoring for providers in VBH-PA's legacy and newer counties.

Legacy Counties



Newer Counties



VBH-PA also wishes to congratulate the following providers for their excellent monitoring practices!

**Regional Counseling Center
Family Counseling Center of Armstrong County
Family Services of Western Pennsylvania
Irene Stacy Community Mental Health
Staunton Clinic**

All of these providers received a perfect audit score!

Teens, Technology and Abuse

Texting and Facebook are common ways that teens talk and share their lives. A teen may use technology to spy on, make fun of, embarrass or control a dating partner. Use of technology to talk someone into something they don't want to do, say mean things or act controlling is abusive behavior.

71% of teens think that using texts, Facebook, or other types of technology to harm a dating partner is wrong. Harmful behaviors include:

- Spreading rumors
- Putting someone down
- Calling someone names
- Embarrassing someone
- Telling others personal or intimate information
- Asking for or sending sexual texts or nude photos

Technology may put teens at risk for dating abuse because it is instant. Also, an abuser can act without having to face the victim. Through technology:

- 1 in 4 teens reports having been a victim of abuse
- 1 in 5 teens has been asked to take part in sexual acts when they did not want to
- 1 in 11 teens between 13 and 16 years of age has sent or posted sexual texts or nude photos

More than 50% of girls and 18% of boys report posting or sending sexual photos because of pressure from a dating partner. A teen may fear that a dating partner will hit, make fun of, embarrass or break up with them if a photo is not sent.

Images and words cycle through the Internet and never go away. Use of technology to harass, abuse or send nude photos can be reported to police.

For help with any kind of dating abuse, teens can call the National Dating Abuse Helpline where callers can ask questions and talk to a teen or adult:

National Dating Abuse Helpline

1-866-331-9474

1-866-331-8453 TTY

Also see the websites:

<http://www.loveisrespect.org/>

<http://www.loveisnotabuse.com/>

<http://www.thatsnotcool.com/>



This information is available in Spanish. Call our toll-free number at 1-877-615-8503 to request it. Esta información está disponible en español. Llame nuestro número gratis en 1-877-615-8503 para solicitarlo.

NW3 Exceptional Individual/Parent Nominations Needed!



Would you like your efforts and supports acknowledged through the progress and empowerment of a VBH-PA member whom you have served?

Are you inspired by hearing people's stories of recovery and resiliency?

Nominate someone you consider as an Exceptional Individual and/or Parent/Caregiver!

Many of you have already experienced the inspiration of seeing individuals "Acknowledged for their Journey" and being recognized as an Exceptional Individual or Parent. VBH-PA thanks you for the part you play in this effort. At this year's 5th Annual Crawford, Mercer and Venango (NW) Counties' Member Forum, VBH-PA will not only acknowledge the nominees and the award winners but also the agency or person nominating them in the event program. Nominations are now open and need to be submitted by Monday, October 22, 2012. [Click here](#) for the nomination form.

Please consider nominating a VBH-PA HealthChoices member whom you consider "Exceptional" as reflected by their active journey, engagement and encouragement to others along their journeys. Please nominate at least one HealthChoices VBH-PA member residing in one of the Northwest three counties of Crawford, Mercer or Venango. Two awards will be given for each county. One award will be an adult VBH-PA member for the Exceptional Individual Award. The other award will be a parent or caregiver of a child or adolescent VBH-PA member. A total of six awards will be presented for all three counties. All those nominated will also be acknowledged at this event.

The NW3 Members Forum will publically acknowledge HealthChoices members who have demonstrated courage, creativity and leadership in their journey at the:



**"Acknowledging the Journey"
5th Annual Behavioral Health Forum
Thursday, November 8, 2012
Park Inn by Radisson, West Middlesex PA
9 a.m. – 4:30 p.m. (Registration begins at 8 a.m.)**

Confirmed Speakers include: Lynne Boley Slavic, Dr. Manuel Reich, Clarence Jordan, and Dr. Susan Maloney.

Please spread the word and invite as many adult members and family members as you can to come join us as we "Acknowledge the Journey" of so many! [Click here](#) for the registration brochure and more information on the forum.

If you would like to exhibit at this year's forum, please [click here](#) for vendor registration.

“TAAG” Picnic — A Successful First! (continued)

committee members. When a youth member participated in one of the events, they received three additional raffle tickets for the gift baskets. This made participation in the events a huge success.

Prior to the picnic, “TAAG” and VBH-PA held a “TAAG” logo contest. Winners were voted on at the beginning of August, and those youth were advised that there would be a presentation to the first, second and third place winners of the logo contest at the “TAAG” Picnic Kick-Off Ceremony at 3:00 p.m. There was a chocolate chip cookie contest in lieu of a ribbon cutting ceremony and the event concluded with a group picture.

The food was served by VBH-PA staff as well as the

“TAAG” planning committee, which developed the day’s menu. Hot dogs, veggie burgers, nachos, fresh fruit and a variety of snacks, including freshly made popcorn and ice cream, were served throughout the day. An entertaining DJ played great music and brought out his wardrobe props and took pictures of the youth that dressed up. Funny hats and outlandish wigs really had the youth in attendance opening up and having fun.

As I looked out over the grass lawn, it was impossible to tell who was a transition age youth receiving behavioral health services and who was not. It was surreal. There was no stigma. No one was disapproving. No one was bullying. No one was

belittling. No one was sneering. As I looked out, there were youth from urban communities associating with youth from rural areas and no one was judging. I had several of the youth members personally thank me and VBH-PA for this opportunity to have fun and network with others. What they didn’t realize was that THEY gave us so much more that afternoon by just having fun and enjoying the picnic. It was decided on that day that VBH-PA would host an annual “TAAG” picnic going forward. The committee has already started planning next year’s event with a “Beach Party” theme!

For more information on “TAAG” or how to become a member, please contact Karan Steele at (724) 744-6537 or karan.steele@valueoptions.com.





Suggestions or ideas for articles that you would like to see published in *ValueAdded* can be faxed to Kim Tzoulis, *ValueAdded* Editor, at (724) 744-6363 or emailed to kimberly.tzoulis@valueoptions.com

Articles of general importance to the provider network will be considered for publication.

Value Behavioral Health of PA, Inc.
 520 Pleasant Valley Rd
 Trafford, PA 15085
 Phone:
 (877) 615-8503
 Fax:
 (724) 744-6363

Fall 2012 WPIC Videoconference Series

VBH-PA is pleased to announce that our service center will once again be a videoconferencing site for the WPIC Office of Education and Regional Programming videoconference series. These programs are free of charge and there are NO fees for continuing education credits.

The videoconferences are held from 9:00 a.m. to 11:00 a.m. in the Walnut Room at VBH-PA's Trafford Service Center. You are invited and welcome to attend.

For CEU information, registration information, and complete descriptions of these trainings, please [click here](#).

Upcoming Videoconferences:

- **October 10**—Substance Use Disorders in Older Adults
- **November 14**—Working

Together: Managed Care, Behavioral Health and Peer Specialists in Recovery-Oriented Programs

- **December 12**—Light Therapy: Treatment Indications and Proper Management

Registration:

To register for one or all of these trainings, please visit the ValueOptions Provider Trainings Web page at: <https://www.valueoptions.com/forumRegistration/displayForumInfo.do>

Select **Pennsylvania** from the state dropdown list (DO NOT change any of the other fields) and then click on **Select**. Scroll down the screen and put a check mark in the box next to the event(s) and then hit **Register**. Phone-in registrations will not be accepted.

VBH-PA is one of many sites offering this opportunity. Please [click here](#) to view all locations offering this videoconference series. To register with another location, please contact the coordinator for that site.