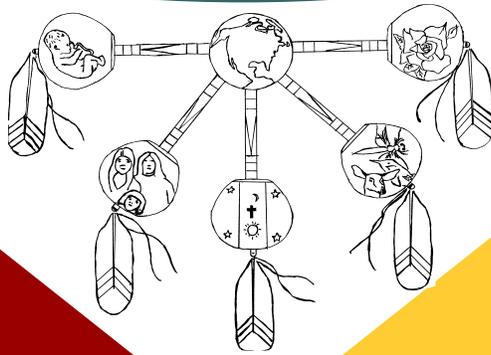


**SEA TAKA NA'ASUKU  
CENTERED SPIRIT**



**Member Handbook  
2010**

**TABLE OF CONTENTS****PAGE**

Welcome to the Pascua Yaqui Centered Spirit Program (CSP) .....	2
CSP Mission Statement.....	3
Accreditation and Funding.....	3
Statement of Terms.....	3
How can I get services in an emergency or crisis? .....	4
What kinds of resources are available?.....	5
How can I get written information in my language and oral interpreter services?.....	7
How does CSP ensure that my values and beliefs are being considered when services are offered to me and while I am receiving services?.....	8
What is Managed Care?.....	9
CSP Contact List.....	9
How do I contact CSP Member Services?.....	10
What happens after I am enrolled with the Centered Spirit Program (CSP)? .....	11
What is a Provider Network?.....	12
How do I choose a provider? .....	12
Do I have to pay for behavioral health services I get?.....	13
What if I have health insurance?.....	14
Medicare coverage .....	14
The Limited Income Subsidy (LIS) program.....	15
What behavioral health services can I get?.....	16
Can I get a ride to my appointment?.....	22
What is an approval of services and what are my notification rights? .....	22
What is a referral to another provider? .....	25
Who is eligible to receive behavioral health services? .....	25
What does service prioritization mean?.....	26
What happens if I move? .....	26
What is a consent to treatment? .....	27
Is my behavioral health information private? .....	28
What are my rights and responsibilities while getting behavioral health services? .....	
What is a designated representative? .....	30
What can I do if I have a complaint about my care? .....	32
What is an appeal and how do I file an appeal?.....	33
Appeals for Title XIX/XXI AHCCCS eligible persons.....	34
Appeals for persons determined to have a Serious Mental Illness .....	36
Appeals for persons who are not determined to have Seriously Mentally Illness and Non-Title XIX/XXI eligible.....	38
What is a Grievance/Request for Investigation for persons determined to have a Serious Mental Illness and how can I file one? .....	
What is fraud and abuse? .....	40
What is an Advance Directive?.....	41
What is Arizona’s Vision for the delivery of behavioral health services? .....	42
The principles for the delivery of services to persons determined to have Serious Mental Illness are: .....	43
Terms .....	44
Centered Spirit Program Listing .....	47

**Welcome to the Pascua Yaqui Centered Spirit Program (CSP)**

Welcome to the Pascua Yaqui Centered Spirit Program (CSP). CSP is a part of the Pascua Yaqui Tribe (PYT) Health Department; services are open to enrolled Pascua Yaqui tribal members and their immediate family. If you would like more information about the information in this Member Handbook, please call CSP Member Services by calling 1-800-572-7282. To reach the Tucson office dial extension 6060 and to reach the Guadalupe office dial extension 2021. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

**Locations:**



520-879-6060:  
Centered Spirit Program  
7490 South Camino de Oeste  
Tucson, AZ 85746  
or  
480-768-2021:  
Centered Spirit Programs  
9405 South Avenida del Yaqui  
Tempe, AZ 85283



**Hours of Operation:**

Centered Spirit Programs – Tucson and Guadalupe:  
Monday-Friday, 8:00 AM until 5:00 PM  
Evenings and Weekends as scheduled

New Beginnings Clinic  
Monday-Friday  
Dosing: 5:30 AM – 11:00 AM  
Pharmacy: 8:00 AM-11:00 AM & 1:00 PM-5:00 PM  
Medication Refill Line is (520) 838-6616  
Consultation: Tuesdays and Fridays please call for times.

*Additional appointment times may be arranged by calling the New Beginning nurses at 879-6003*

**CSP is Closed:**

Sundays, Tribal and Federal Holidays

**24 Hour 7 day week Crisis Line:**

Centered Spirit Tucson, (520) 591-7206  
Walking in Balance Tucson, (520) 975-4064

Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

## **CSP Mission Statement**

It is the mission of the Pascua Yaqui Centered Spirit Program to provide professional, confidential, and culturally compatible behavioral health services for Pascua Yaqui Tribal members and their families. We promote healing, personal growth, and healthy living for the individual, the family, and the community.

## **Accreditation and Funding**

Our programs are accredited by CARF International. CARF is an agency that ensures that providers offer high quality services that meet clients' needs. CARF also monitors agencies so that they provide the best possible services to clients. If you have any questions about accreditation please speak to the CSP Program Director. Pascua Yaqui Centered Spirit Program receives funding from the Arizona Department of Health Services (ADHS) and the Arizona Health Care Cost Containment System (AHCCCS).

## **Statement of Terms**

The Member Handbook has some words that are not always easy to understand. The "Terms" section defines some of these words. You may want to refer to the "Terms" section while reading the Member Handbook to help you better understand each section.



## **How can I get services in an emergency or crisis?**

For life threatening situations always call **911**.

### **On-call services during business hours**

If you feel you are in a **crisis** and it is **not life threatening**, call the CSP in Tucson at (520) 879-6060 and in Guadalupe at (480) 768-2021, including specialty phone lines for the hearing impaired (TTY). Let the person who answers the phone know that you are in crisis and need to speak with someone right away. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

### **On-call services after hours, weekends, holidays**

**In Tucson, call the crisis telephone at (520) 591-7206** to reach the on-call crisis worker directly. Please know that we may get more than one call at a time. As a result, the phone may be busy when you call. In this case please leave a message with your name and a phone number that we can reach you at. The crisis worker will call you back quickly. You should expect a response within ten minutes. If you do not hear from us right away, or the phone is busy, call 911 for assistance.

The crisis worker will ask for some information about your crisis. This will help the counselor get you the right kind of help as soon as possible. In some cases, the crisis counselor will ask to meet with you face-to-face to better aid you.

The Guadalupe Centered Spirit Program does not provide after hours crisis services. If you require after hour crisis services you may use Magellan's crisis line 1-800-631-1214, operating 24/7. Hearing impaired individuals may call Magellan's TTY crisis line at 1-800-327-9254. In case of a life threatening emergency, always call 911.

You may need behavioral health services while you are away from home and out of CSP area. This is called "out of area care." Out of area care only includes emergency behavioral health services unless CSP approves other services. If you want to get non-emergency behavioral health services out of CSP service area, please call CSP.

If you need out of area care:

- Go to a hospital or crisis center and ask for help;
- Ask the hospital or crisis center to call CSP
- The hospital or crisis center will contact CSP for approval to continue behavioral health services.

Emergency services do not require approval.





## **What kinds of resources are available?**

There are local and national organizations that provide resources for persons with behavioral health needs, family members, and caretakers of persons with behavioral health needs. Some of these are:

- NAMI Arizona (National Alliance on Mental Illness)  
Phone: 602-244-8166; 1-800-626-5022 outside Greater Phoenix  
Website: <http://www.namiaz.org>

NAMI Arizona has a HelpLine for information on mental illness, referrals to treatment and community services, and information on local consumer and family self-help groups throughout Arizona. NAMI Arizona provides emotional support, education, and advocacy to people of all ages who are affected by mental illness.

- Mental Health America of Arizona (MHAA)  
Phone: 480-994-4407 Website: <http://www.mhaarizona.org>

The Mental Health America (MHA AZ) of Arizona promotes good mental health and works on behalf of all people living with mental illness by advocating, educating and shaping public policy. Programs include peer support groups, information and referral, community education and outreach, suicide prevention, and more. MHA AZ of Arizona is the statewide affiliate of the National Mental Health America.

- Arizona Center for Disability Law – Mental Health  
Phone: 602-274-6287(Phoenix/voice or TTY); 1-800-927-2260 (statewide except Phoenix)  
Website: <http://www.acdl.com/mentalhealth.html>

The Arizona Center for Disability Law is a federally designated Protection and Advocacy System for the State of Arizona. Protection and Advocacy Systems throughout the United States assure that the human and civil rights of persons with disabilities are protected. Protection and Advocacy Systems can pursue legal and administrative remedies on behalf of persons with disabilities to insure the enforcement of their constitutional and statutory rights.

- Mentally III Kids In Distress (MIKID)  
Phone: 602-253-1240; 520-882-0142 (Tucson); 928-726-2191 (Yuma); 928-245-4955 (Navajo and Apache counties); 1-800-356-4543(Toll Free)  
Web site: <http://www.mikid.org/>

MIKID provides support and help to families in Arizona with behaviorally challenged children, youth, and young adults. MIKID offers information on children's issues, internet access for parents, referrals to resources, support groups, educational speakers, holiday and birthday support for children in out of home placement, and parent-to-parent volunteer mentors.

- Division of Behavioral Health Services  
150 N. 18<sup>th</sup> Avenue, 2<sup>nd</sup> Floor  
Phoenix, AZ 85007  
Phone: 602-364-4558  
Hearing impaired individuals may call the Arizona Relay Service at 711 or 1-800-367-8939 for help contacting the Division of Behavioral Health Services.  
Web site: <http://www.azdhs.gov/bhs/>

The Department of Health Services, Division of Behavioral Health Services (ADHS/DBHS) is the state agency that oversees the use of federal and state funds to provide behavioral health services. Some offices within DBHS may be of additional help to you:

DBHS Member Services 602-364-4558 or 1-800-421-2124

Office of Human Rights:

Maricopa, Pinal, or Gila County: 602-364-4585 or 1-800-421-2124. Pima, Santa Cruz, Cochise, Graham Greenlee County, Yuma or La Paz County: 520-770-3100 or 1-877-524-6882.

Mohave, Coconino, Yavapai, Navajo or Apache County: 1-928-214-8231 or 1-877-744-2250.

Human Rights Committee Coordinator: 602-364-4577 or 1-800-421-2124

- Office of Behavioral Health Licensure (OBHL)  
150 N. 18<sup>th</sup> Avenue, #410  
Phoenix, AZ 85007  
Phone: 602-364-2595  
Website: <http://www.azdhs.gov/als/behavior/index.htm>

The Division of Licensing Services, Office of Behavioral Health Licensure licenses and monitors behavioral health facilities statewide. They investigate complaints against behavioral health facilities and conduct inspections of facilities.

- Adult Protective Services (APS)  
Department of Economic Security  
Aging and Adult Administration  
1789 W. Jefferson Street, Site Code 950A  
Phoenix, AZ 85007  
Phone: 602-542-4446  
Website: <https://www.azdes.gov/aaa/programs/aps/>

People can report abuse, neglect, and misuse of Arizona's vulnerable or incapacitated adults, 24 hours a day, 7 days a week at the state's hotline, 1-877-SOS-ADULT (1-877-767-2385); 1-877-815-8390(TDD).

- Child Protective Services (CPS)  
P.O. Box 44240  
Phoenix, AZ 85064-4240  
Hotline: 1-888-SOS-CHILD (1-888-767-2445)  
Website: <http://www.azdes.gov/dcyf/cmdps/cps/default.asp>

The Child Protective Services program receives, screens, and investigates allegations of child abuse and neglect, performs assessments of child safety, assesses the imminent risk of harm to the children, and evaluates conditions that support or refute the alleged abuse or neglect and need for emergency intervention.

- The Arizona Health Care Cost Containment System (AHCCCS)  
801 E. Jefferson, MD 3400  
Phoenix, AZ 85034  
Phone: (602) 417-7000  
Web site: <https://www.myahcccs.com/> and <http://www.myazhealthandwellness.com/>

The Arizona Health Care Cost Containment System (written as AHCCCS and pronounced 'access') is Arizona's Medicaid program. AHCCCS oversees contracted health plans in the delivery of health care to individuals and families who qualify for Medicaid and other medical assistance programs. AHCCCS also contracts with the Division of Behavioral Health Services for behavioral health service coverage

- Pascua Yaqui Adult Protective Services  
7474 S. Camino de Oeste  
Tucson, AZ 85746  
Phone: 520-883-5060
- Pascua Yaqui Child Protective Services  
7474 S. Camino de Oeste  
Tucson, AZ 85746  
Phone: 520-883-5060

If you would like to know more about the resources that are available in your community, you can contact CSP at 1-800-572-7282, including specialty phone lines for the hearing impaired (TTY). To reach the Tucson office dial extension 6060 and to reach the Guadalupe office dial extension 2021

### **How can I get written information in my language and oral interpreter services?**

You may ask for help from CSP to make sure:

- Written information is either available in your language or can be translated in your language so you can understand it;
- You can find providers who speak your language; and
- If you are eligible for benefits under the Arizona Health Care Cost Containment System (AHCCCS), oral interpreter services are available at no cost to you.

CSP has internal staff that can assist you with Spanish and Yoeme interpreter services as well as Sign Language. CSP also contracts with the Community Outreach Program for the Deaf (COPD) who specialize in counseling and case management services for individuals who are deaf, deafblind and hard of hearing. Contact Centered Spirit Program in Tucson at (520) 879-6060 or in Guadalupe at (480) 768-2021 to ask for any of these options. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

### **What are my rights concerning Sign Language Interpreters and Auxiliary Aids if I am deaf or hard of hearing?**

If you are deaf or hard of hearing, you may ask that your provider provide auxiliary aids or schedule a Sign Language Interpreter to meet your needs. Your provider has to provide these services but your request must be made in a timely manner so that your provider can make arrangements for you.

Auxiliary aids include computer-aided transcriptions, written materials, assistive listening devices or systems, closed and open captioning, and other effective methods of making aurally delivered materials available to individuals with hearing loss.

Sign Language Interpreters are skilled professionals certified to provide interpretation, usually in American Sign Language, to the deaf. To find a listing of sign language interpreters and for the laws regarding the profession of interpreters in the State of Arizona, please visit the Arizona Commission for the Deaf and the Hard of Hearing at [www.acdhh.org](http://www.acdhh.org) or call (602) 542-3323 (V/VP); (602) 364-0990 (TTY); 800-352-8161 (V/TTY).

### **What are my rights concerning printed information if I am visually impaired?**

If you have a visual impairment, you may ask that your provider make available to you this member handbook or other materials, such as notices and consent forms, in large print. Your provider has to provide these services, but your request must be made in a timely manner so that your provider can modify the materials for you.

### **How does CSP ensure that my values and beliefs are being considered when services are offered to me and while I am receiving services?**

Your traditions, your heritage, religious/spiritual beliefs, language and other aspects of life that you and your family value most define who you are and are part of your “culture”. CSP encourages its providers to understand the culture of each behavioral health recipient to better understand, communicate and treat the people CSP serves. Your provider will ask you to share cultural information with them so they can help you determine the best treatment plan for you or your family member. It is important that you help your provider understand what is important to you and your family, as this will help tailor services for your specific needs.

Be sure to discuss with your provider what you and your family believe is most important when determining your treatment and discussing your goals. If your provider understands what your goals are, your provider can better help you to reach those goals.

CSP works with its providers to better understand various cultures and to provide services in a culturally competent manner. You can view the CSP Cultural Competency Plan online at <http://www.pascuayaqui-nsn.gov/index.php?option=comcontent&view=article&id=60&Itemid=53>.

## **What is Managed Care?**

In Arizona, public behavioral health services are provided through a Managed Care model. This means that persons getting behavioral health services choose a provider from within a network. The Regional Behavioral Health Authorities (RBHAs) and Tribal Regional Behavioral Health Authorities (T/RBHAs) have to make sure that behavioral health services are available to their members. Members are persons enrolled with CSP.

In addition to making sure that services are available, CSP must oversee the quality of care given to members and manage the cost.

To find out more about Arizona's public behavioral health service delivery system you can visit the Arizona Department of Health Services/Division of Behavioral Health Services Web site at <http://www.azdhs.gov/bhs/>.

## **CSP Contact List**

Health Department Director  
(520) 879-6019

Health Department Medical Director  
(520) 879-6008

Centered Spirit Director  
(520) 879-6085

Adult Program Manager  
(520) 879-6090

Child/Family Program Manager  
(520) 879-6067

Guadalupe Program Manager  
(480) 768-2025

Business Manager  
(520) 879-6061

Guadalupe Office Manager  
(480) 768-2024

Pascua Yaqui Tribe Toll Free Number  
1-800-572-7282

## **How do I contact CSP Member Services?**

Member Services is available to help answer your questions. Member Services can help you:

- Learn how to become a member and get behavioral health services;
- Learn about the services you can get;
- Find a provider;
- Get answers to your questions; and
- Make a complaint or give positive feedback about services.

Member Services at CSP are available during business hours Monday – Friday 8:00am to 5:00pm.

To contact Member Services at CSP for help call: Tucson at (520) 879-6060 and in Guadalupe at (480) 768-2021. You can also reach our offices by calling 1-800-572-7282, including specialty phone lines for the hearing impaired. To reach the Tucson office dial extension 6060 and to reach the Guadalupe office dial extension 2021. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

CSP offices are located at:

### **Tucson Area**

7490 South Camino de Oeste  
Tucson, AZ 85746

### **Men's P.A.T.H. Program**

7402 S. Camino Vahcom  
Tucson, AZ 85757

### **Prevention Program**

7409 S. Camino Cocoim  
Tucson, AZ 85757

### **Vahcom House**

7426 S. Camino Vahcom  
Tucson, AZ 85757

### **Transitional Treatment**

7409 S. Camino Cocoim  
Tucson, AZ 85757

### **New Beginnings Clinic**

7474 S. Camino de Oeste  
Tucson, AZ 85746

### **Yoeme Kari Group Home**

2861 W. Via Hacienda  
Tucson, AZ 85741

## **What happens after I am enrolled with the Centered Spirit Program (CSP)?**

Screening appointments are scheduled as soon as possible, generally within 48 hours. At the enrollment appointment you will meet with an Intake Specialist who will provide an orientation to our services. You, or your legal guardian, will be asked to sign a consent form giving permission for you to get behavioral health services.

After you are enrolled with CSP you will be given an appointment within 7 days with a counselor who will see you for an intake appointment. In this appointment, the counselor will conduct an assessment to get to know you and why you are coming in for services. At this appointment, the counselor will also talk to you about your goals for counseling. Once you have completed your assessment you will be contacted by a counselor to begin your services.

After you are enrolled with CSP you will develop a “team” to help you with identifying your behavioral health needs and obtaining behavioral health services. These teams are referred to as Clinical Teams, or more specifically, Child and Family Teams or Adult Clinical Teams.

### **What is a Child and Family Team?**

The Child and Family Team (CFT) is a defined group of people that includes, at a minimum, the child and his/her family, a behavioral health representative, and any individuals important in the child’s life and who are identified and invited to participate by the child and family . This may include, for example, teachers, extended family members, friends, family support partners, healthcare providers, coaches, community resource providers, representatives from churches, synagogues or mosques, agent from other service systems like Child Protective Services (CPS) or Division of Developmental Disabilities (DDD), etc. The size, scope and intensity of involvement of the team members are determined by the objectives established for the child, the needs of the family in providing for the child, and by which individuals are needed to develop an effective service plan, and can therefore expand and contract as necessary to be successful on behalf of the child.

### **What is an Adult Clinical Team?**

A group of individuals working together who are actively involved in a person’s assessment, service planning and service delivery. At a minimum, the team consists of the person, their guardian (if applicable) and a qualified behavioral health representative. The team may also include members of the enrolled person’s family, physical health, mental health or social service providers, representatives or other agencies serving the person, professionals representing disciplines related to the person’s needs, or other persons identified by the enrolled person. For persons determined to have a Serious Mental Illness, the clinical team consists of a team leader, a psychiatrist, case manager, vocational specialist, psychiatric nurse, and other professionals or paraprofessionals, such as a psychologist, social worker, peer support worker, or rehabilitation specialist, as needed, based on the client’s needs.

You will be able to change your team, if you want to, to best support your needs and achieve the goals that you have set.

## **What is a Provider Network?**

A provider network is a group of providers who work with a T/RBHA and are available to provide behavioral health services. CSP works with many service providers in order to provide a variety of services to meet the needs of our members. This includes prevention programs, counselors, traditional healers, residential treatment programs, psychiatrists, psychologists and hospitals. All of these agencies, programs and providers are part of our Provider Network.

You can receive a copy of the provider listing by calling the CSP office in Tucson at (520) 879-6060 or in Guadalupe at (480) 768-2021, including specialty phone lines for the hearing impaired (TTY). Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

Some providers may not be taking new members. To find out which providers in the CSP network are not accepting new members, contact the CSP office in Tucson at (520) 879-6060 or in Guadalupe at (480) 768-2021, including specialty phone lines for the hearing impaired (TTY). Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

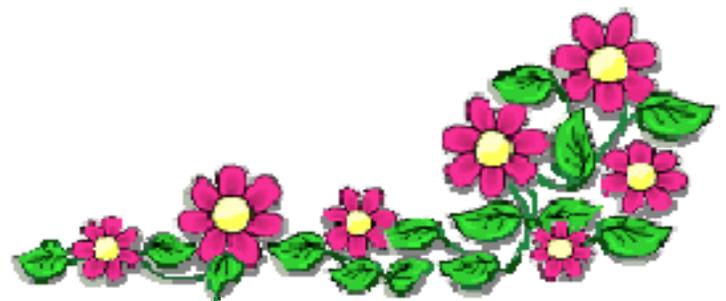
You can choose any hospital or other setting for emergency care. However, there are certain emergency settings within the CSP network that may be easier for you to use. These include: Carondelet St. Mary's and St. Joseph's, Kino Community Hospital, Sonora Behavioral Health, and Palo Verde Behavioral Health.

The CSP network also includes pharmacies where you can fill your prescriptions for medications. These include: CSP Clinic at 7490 South Camino de Oeste, Tucson, AZ 85746. In Guadalupe, you can call the CSP front office at (480) 768-2021.

## **How do I choose a provider?**

CSP will help you choose a provider from within the provider network. If you would like to select a provider based on convenience, location, or cultural preference, please tell CSP Member Services. You will need to contact the provider to make, change, or cancel your appointments. If you need help with scheduling your appointments, contact CSP Member Services.

If you are not happy with your current provider, contact CSP Member Services to discuss other available options.



**Do I have to pay for behavioral health services I get?**

Title XIX (Medicaid) and Title XXI (KidsCare) covered services are paid for through the Arizona Health Care Cost Containment System (AHCCCS), the State Medicaid agency. Persons eligible for these programs are sometimes called AHCCCS eligible. AHCCCS eligible persons cannot be billed for covered behavioral health services other than applicable co-payments as described below.

Title XIX/XXI eligible persons cannot be denied services for non-payment of a co-payment for Title XIX/XXI services.

A non-covered service is one that is not available to you. It is a service your provider did not set up or approve or is a service that is not covered by the T/RBHA. Services you get from a provider outside of the provider network are non-covered services, unless you have been referred by your provider. If you get a non-covered service you may have to pay for it.

Prior to your appointment for services, CSP or your provider will discuss with you any co-payments you will have to pay.



## What if I have health insurance?

You must report any health insurance that you have, other than AHCCCS, to CSP or your provider. This includes Medicare. Persons with health insurance must use the benefits of that health insurance before CSP will pay for services. At times, CSP may pay for the cost of co-payments, premiums or deductibles for you, while the cost of the covered service is paid for by your health insurance. This may occur even if you get services outside the CSP network of providers.

If there are any changes to your health insurance you must report the change to CSP or your provider right away.

*The following sections Medicare Coverage and Limited Income Subsidy do not apply to the Centered Spirit Program. This information is exclusively for your convenience.*

### Medicare coverage

Some people have Medicare and AHCCCS health insurance. If you have Medicare and AHCCCS health insurance, you must tell your provider. You may get some services from Medicare providers and some services from your network providers. You may have to use Medicare for some behavioral health services before you can use your AHCCCS health insurance. In some cases, your AHCCCS health insurance may cover your Medicare co-payments, premiums, and/or deductibles. Your provider can help you find out what services Medicare will cover and what services your AHCCCS health insurance will cover.

Sometimes people with Medicare want to get services from a provider that does not work within your Provider Network. This is called getting services outside the network of providers. If you choose to get services from a provider outside the CSP network, you may have to pay for your Medicare co-payment, premium and/or deductible. This does not apply to emergency or other prescribed services. Call CSP by calling 1-800-572-7282, including specialty phone lines for the hearing impaired (TTY). To reach the Tucson office dial extension 6060 and to reach the Guadalupe office dial extension 2021 for more information on out of network providers. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

On January 1, 2006, Medicare Part D Prescription Drug coverage began. AHCCCS does not pay for prescription drugs available with Medicare Part D for persons who have AHCCCS and Medicare. Medicare eligible persons must get their prescription drugs through a Medicare Part D Prescription Drug Plan (PDP) or Medicare Advantage Prescription Drug Plan (MA-PD). These plans will pay for both brand name and generic drugs. **If you have Medicare, but you are not enrolled in a Medicare Part D drug plan, AHCCCS will not pay for any prescription drugs that would be paid for by Medicare Part D. You may have to pay for your prescription drugs.** If you have questions about this change, you can call 1-800-MEDICARE (TTY 1-877-486-2048) or visit [www.medicare.gov](http://www.medicare.gov). If you want help in picking a plan, you can call Pascua Yaqui Health Department Patients Benefits Coordinator at (520) 879-6000. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

Medicare Part D and AHCCCS may not pay for some prescription drugs. Your Provider may help pay for prescription drugs not covered by Medicare Part D or for any costs you have to pay for Medicare Part D. Contact the Pascua Yaqui Health Department Patients Benefits Coordinator at (520) 879-6000 to ask about getting help with your Medicare Part D plan. Hearing impaired individuals may call the

Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

**The Limited Income Subsidy (LIS) program**

The Social Security Administration (SSA) has a Limited Income Subsidy (LIS) program that will help pay for the costs of the Medicare Part D prescription drug benefit. This program, also known as “extra help,” will pay all or part of the monthly premium, annual deductible, and coinsurance. However, the “extra help” does not pay the co-payments for Medicare Part D prescription drugs.

If you have both AHCCCS and Medicare, you do not have to apply for the “extra help”. You will get a notice from the Centers for Medicare and Medicaid Services (CMS) telling you that you get the “extra help” and you do not have to apply.

If you are in a Medicare Cost Saving (MCS) program you do not have to apply for the “extra help” MCS programs include the following:

- QMB Only (Qualified Medicare Beneficiary),
- SLMB Only (Specified Low Income Medicare Beneficiary), and
- QI-1 (Qualified Individual).

You will also get a notice from CMS telling you that you get the “extra help” and you do not have to apply.

Other persons may be able to get the “extra help.” If your income is below 150% of the Federal Poverty Level (FPL) and you do not have AHCCCS or an MCS program, you have to apply for the “extra help.” There are a few ways you can apply. The Social Security Administration (SSA) has a paper application in English and Spanish. You can fill out a paper application and mail it to SSA. You can also apply by calling 1-800-772-1213 (TTY 1-800-325-0778). Finally, you can apply on-line on the SSA Web site: <http://www.socialsecurity.gov>. On-line applications are available in 14 languages. If you need help applying for the “extra help,” please contact your provider in Tucson at (520) 879-6060 or in Guadalupe at (480) 768-2021, including specialty phone lines for the hearing impaired (TTY). Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

## **What behavioral health services can I get?**

Behavioral health services help people think, feel, and act in healthy ways. There are services for mental health problems and there are services for substance abuse.

You can get services based on three things:

- Your need,
- Your insurance coverage, and
- Your provider's approval, if required.

All services are not available to all members. If you would like to see the guidelines that are used to determine admission, continued stay, and discharge contact your local CSP office.

You decide with your clinical team\*<sup>1</sup> what services you need. Your provider or clinical team may ask CSP for approval of a service for you, but the approval may be denied. If a request for services is denied you can file an appeal. For more information on filing an appeal, see the section called "What is an appeal and how do I file an appeal."

You and your provider may not agree about the services you need. If you feel you need a service, and your provider does not, contact CSP by calling this toll free number 1-800-572-7282, including specialty phone lines for the hearing impaired (TTY). To reach the Tucson office dial extension 6060 and to reach the Guadalupe office dial extension 2021. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

The table on the next page lists the available behavioral health services and any limits they may have. CSP must pay only for the available behavioral health services listed.

### **Service Coverage for American Indian Persons:**

American Indian persons have choices of where to access behavioral health services, including receiving services through a Regional Behavioral Health Authority (RBHA) that serves the county you live in or Tribal Regional Behavioral Health Authority (TRBHA) that serves a specific tribe, Indian Health Services (IHS) and/or 638 tribal facilities with behavioral health programs. If you receive services through a RBHA or TRBHA, those services are paid for through the Arizona Department of Health Services/Division of Behavioral Health services (ADHS/DBHS). If you are Title XIX/XXI eligible and receive services through an IHS or 638 tribal facility, the Arizona Health Care Cost Containment System (AHCCCS) pays for those services. Regardless of who pays for the services, your RBHA or TRBHA and/or IHS or 638 tribal facility will coordinate your care to ensure you receive all necessary behavioral health services.

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<sup>1</sup> \* Clinical Teams include both Child and Family Teams and Adult Clinical Teams

A 638 tribal facility means a facility owned and operated by an American Indian tribe authorized to provide services according to Public Law 93-638, as amended. A 638 tribal facility may not cover all behavioral services so ADHS/DBHS is responsible for covering certain services:

- Non-emergency behavioral health services not covered through an IHS or 638 tribal facility (for example, case management or transportation);
- Behavioral health services for persons referred off reservation from an IHS or 638 tribal facility;
- Emergency services rendered at a non-IHS or non-638 tribal facility to American Indian behavioral health recipients.

If you are unsure about your choices or if you have questions about how your behavioral health services are coordinated, you can call CSP by calling 1-800-572-7282, including specialty phone lines for the hearing impaired (TTY). To reach the Tucson office dial extension 6060 and to reach the Guadalupe office dial extension 2021 for more information on out of network providers. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP for additional information.

#### Early Periodic Screening, Diagnostic and Treatment (EPSDT) Services:

Early Periodic Screening, Diagnostic and Treatment (EPSDT) is a comprehensive child health program of prevention and treatment, correction, and improvement (amelioration) of physical and mental health problems for AHCCCS members under the age of 21. The purpose of EPSDT is to ensure the availability and accessibility of health care resources, as well as to assist Medicaid recipients in effectively utilizing these resources. EPSDT services provide comprehensive health care through primary prevention, early intervention, diagnosis, medically necessary treatment, and follow-up care of physical and behavioral health problems for AHCCCS members less than 21 years of age. EPSDT services include screening services, vision services, dental services, hearing services and all other medically necessary mandatory and optional services listed in federal law 42 USC 1396d(a) to correct or ameliorate defects and physical and mental illnesses and conditions identified in an EPSDT screening whether or not the services are covered under the AHCCCS state plan. Limitations and exclusions, other than the requirement for medical necessity and cost effectiveness do not apply to EPSDT services.

A well child visit is synonymous with an EPSDT visit and includes all screenings and services described in the AHCCCS EPSDT and dental periodicity schedules.

Amount, Duration and Scope: The Medicaid Act defines EPSDT services to include screening services, vision services, dental services, hearing services and “such other necessary health care, diagnostic services, treatment and other measures described in federal law subsection 42 USC 1396d(a) to correct or ameliorate defects and physical and mental illnesses and conditions discovered by the screening services, whether or not such services are covered under the (AHCCCS) state plan.” This means that EPSDT covered services include services that correct or ameliorate physical and mental defects, conditions, and illnesses discovered by the screening process when those services fall within one of the 28 optional and mandatory categories of “medical assistance” as defined in the Medicaid Act. Services covered under EPSDT include all 28 categories of services in the federal law even when they are not listed as covered services in the AHCCCS state plan, AHCCCS statutes, rules, or policies as long as the services are medically necessary and cost effective.

EPSDT includes, but is not limited to, coverage of: inpatient and outpatient hospital services, laboratory and x-ray services, physician services, nurse practitioner services, medications, dental services, therapy services, behavioral health services, medical supplies, prosthetic devices, eyeglasses, transportation, and family planning services. EPSDT also includes diagnostic, screening, preventive and rehabilitative services. However, EPSDT services do not include services that are solely for cosmetic purposes, or that are not cost effective when compared to other interventions.

#### Medication Coverage

CSP has a list of medications, called a formulary, that includes medications available to you through CSP. You may need medication that is not on the formulary, or you may need approval for your medication. If you need information about the formulary or a medication that is not in the formulary please contact CSP Member Services for Tucson at (520) 879-6060 and in Guadalupe at (480) 768-2021. You can also reach our offices by calling 1-800-572-7282, including specialty phone lines for the hearing impaired. To reach the Tucson office dial extension 6060 and to reach the Guadalupe office dial extension 2021. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

Listed below are the available Title XIX/ XXI behavioral health services. Pascua Yaqui Centered Spirit Program must pay only for the available behavioral health services listed.

**ARIZONA DEPARTMENT OF HEALTH SERVICES  
DIVISION OF BEHAVIORAL HEALTH  
PASCUA YAQUI CENTERED SPIRIT PROGRAM**

**AVAILABLE BEHAVIORAL HEALTH SERVICES**

<b>SERVICES</b>		<b>TITLE XIX/XXI CHILDREN AND ADULTS</b>	<b>PERSONS DETERMINED TO HAVE SMI ( regardless of Title XIX eligibility)</b>	<b>NON-TITLE XIX/XXI CHILDREN AND ADULTS, NON-SMI ADULTS</b>
<b>TREATMENT SERVICES</b>				
<b>Behavioral Health Counseling and Therapy</b>	Individual	Available	Available	Services are provided based on available funding
	Group	Available	Available	Services are provided based on available funding
	Family	Available	Available	Services are provided based on available funding
<b>Behavioral Health Screening, Mental Health Assessment and Specialized Testing</b>	Behavioral Health Screening	Available	Available	Services are provided based on available funding
	Mental Health Assessment	Available	Available	Services are provided based on available funding
	Specialized Testing	Available	Available	Services are provided based on available funding
<b>Other Professional</b>	Traditional Healing	Not Available with TXIX/XXI funding*	Available	Services are provided based on available funding
	Auricular Acupuncture	Not Available with TXIX/XXI funding*	Available	Services are provided based on available funding
<b>REHABILITATION SERVICES</b>				
<b>Skills Training and Development</b>	Individual	Available	Available	Services are provided based on available funding
	Group	Available	Available	Services are provided based on available funding
	Extended	Available	Available	Services are provided based on available funding
<b>Cognitive Rehabilitation</b>		Available	Available	Services are provided based on available funding
<b>Behavioral Health Prevention/Promotion Education</b>		Available	Available	Services are provided based on available funding
<b>Psycho Educational Services and Ongoing Support to maintain employment</b>	Psycho Educational Services	Available	Available	Services are provided based on available funding
	Ongoing Support to maintain employment	Available	Available	Services are provided based on available funding

**ARIZONA DEPARTMENT OF HEALTH SERVICES  
DIVISION OF BEHAVIORAL HEALTH  
PASCUA YAQUI CENTERED SPIRIT PROGRAM**

**AVAILABLE BEHAVIORAL HEALTH SERVICES**

SERVICES		TITLE XIX/XXI CHILDREN AND ADULTS	PERSONS DETERMINED TO HAVE SMI (regardless of Title XIX eligibility)	NON-TITLE XIX/XXI CHILDREN AND ADULTS, NON-SMI ADULTS
<b>MEDICAL SERVICES</b>				
Medication Services**		Available	Available	Services are provided based on available funding
Lab, Radiology and Medical Imaging		Available	Available	Services are provided based on available funding
Medical Management		Available	Available	Services are provided based on available funding
Electro-Convulsive Therapy		Available	Available	Services are provided based on available funding
<b>SUPPORT SERVICES</b>				
Case Management		Available	Available	Services are provided based on available funding
Personal Care		Available	Available	Services are provided based on available funding
Home Care Training (Family)		Available	Available	Services are provided based on available funding
Self-help/Peer Services		Available	Available	Services are provided based on available funding
Home Care Training to Home Care Client (HCTC)		Available	Available	Services are provided based on available funding
Unskilled Respite Care***		Available	Available	Services are provided based on available funding
Supported Housing		Not Available with TXIX/XXI funding*	Not Available with TXIX/XXI funding*	Services are provided based on available funding
Sign Language or Oral Interpretive Services		Provided free of charge	Provided free of charge	Services are provided based on available funding
Flex Fund Services		Not Available with TXIX/XXI funding*	Not Available with TXIX/XXI funding*	Services are provided based on available funding
Transportation	Emergency	Available	Available	Services are provided based on available funding
	Non-emergency	Available	Available	Services are provided based on available funding

**ARIZONA DEPARTMENT OF HEALTH SERVICES  
DIVISION OF BEHAVIORAL HEALTH  
PASCUA YAQUI CENTERED SPIRIT PROGRAM**

**AVAILABLE BEHAVIORAL HEALTH SERVICES**

SERVICES		TITLE XIX/XXI CHILDREN AND ADULTS	PERSONS DETERMINED TO HAVE SMI ( regardless of Title XIX eligibility)	NON-TITLE XIX/XXI CHILDREN AND ADULTS, NON-SMI ADULTS
<b>CRISIS INTERVENTION SERVICES</b>				
Crisis Intervention – Mobile		Available	Available	Services are provided based on available funding
Crisis Intervention – Telephone		Available	Available	Services are provided based on available funding
Crisis Services – Stabilization		Available	Available	Services are provided based on available funding
<b>INPATIENT SERVICES****</b>				
Hospital		Available	Available	Services are provided based on available funding
Sub-acute Facility		Available	Available	Services are provided based on available funding
Residential Treatment Center		Available	Available	Services are provided based on available funding
<b>RESIDENTIAL SERVICES</b>				
Behavioral Health Residential Facilities	Level II	Available	Available	Services are provided based on available funding
	Level III	Available	Available	Services are provided based on available funding
Room and Board		Not Available with TXIX/XXI funding*	Not Available with TXIX/XXI funding*	Services are provided based on available funding
<b>BEHAVIORAL HEALTH DAY PROGRAMS</b>				
Supervised Day		Available	Available	Services are provided based on available funding
Therapeutic Day		Available	Available	Services are provided based on available funding
Medical Day		Available	Available	Services are provided based on available funding

Limitations:

\* Services not available with TXIX/XXI funding, but may be provided if state funding is available

\*\* Medication services are limited for recipients who have Medicare

\*\*\* Unskilled Respite Care – No more than 30 days or 720 hours of unskilled respite care per contract year (July 1<sup>st</sup> through June 30<sup>th</sup>) per person

\*\*\*\* For Level I facilities designated as Institutions for Mental Diseases (IMD) – For Title XIX members age 21-64, only 30 days per admission and 60 days per contract year (July 1<sup>st</sup> through June 30<sup>th</sup>). However, Title XIX eligibility continues past the 30/60 day limitations.

### **Can I get a ride to my appointment?**

You may be able to get a ride to and from non-emergency services. Contact CSP and ask if you can get a ride. Contact CSP by calling this toll free number 1-800-572-7282, including specialty phone lines for the hearing impaired (TTY). To reach the Tucson office dial extension 6060 and to reach the Guadalupe office dial extension 2021. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

Transportation during an emergency does not need prior approval. Contact CSP for transportation in an emergency or crisis. Contact CSP by calling this toll free number 1-800-572-7282, including specialty phone lines for the hearing impaired (TTY). To reach the Tucson office dial extension 6060 and to reach the Guadalupe office dial extension 2021. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

### **What is an approval of services and what are my notification rights?**

You and your clinical team\*<sup>2</sup> will work together to make decisions about the services you need. Emergency services do not need to be approved before you can get them. Some services, for example non-emergency hospital admissions, other inpatient services and residential treatment need to be approved before you can get them. Your provider or clinical team must ask for approval of these services by the CSP Director. If a Title XIX/XXI covered service included in your Service Plan that requires prior authorization is denied, reduced, or terminated, you will receive notice and have the right to file an appeal. The process for filing an appeal is described in the section called, “What is an appeal and how do I file an appeal?”

Only a physician trained to treat your condition may deny a service your provider or clinical team is trying to get approved.

#### **Title XIX/XXI eligible persons:**

You will get written notice telling you if the services asked for by your provider or clinical team are not approved. You will get this notice within 14 days of your provider or clinical team asking for approval for standard approval requests or within 3 working days for expedited approval requests. Expedited means that a decision needs to be made sooner due to your behavioral health needs.

The timeframes in which the T/RBHA or the provider must give you written notice of their decision about the requested services can be extended for up to 14 days. This means that a decision may take up to 28 days for the standard approval process, and up to 17 or more days for the expedited process. (The reason that the expedited process may take more than 17 days is because the initial 3 day period is *working* days.) You, CSP, or the provider can ask for more time. If CSP or the provider ask for more time, you will get a written notice, called a Notice of Extension of Timeframe for Service Authorization Decision, telling you why it will take longer. If you disagree with the extension, you can file a complaint with CSP by calling the CSP Quality/Utilization Review Manager at (520) 879-6060. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP. If a decision about your requested services is not made within the maximum allowable

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<sup>2</sup> \* Clinical Teams include both Child and Family Teams and Adult Clinical Teams

timeframe, including extensions, the request for approval (authorization) shall be considered denied on the date the timeframe expires.

If your covered behavioral health services are denied, or if the prior authorized services you have been getting are terminated, suspended or reduced, you will get a Notice of Action. The Notice of Action is a written document that will tell you:

- What service(s) will be denied, reduced, suspended, or terminated;
- The reason the service(s) will be denied, reduced, suspended, or terminated and the legal basis for the action;
- The date the service(s) will be reduced, suspended, or terminated;
- Your right to file an appeal;
- How to exercise your right to file an appeal;
- When and how you can ask for an expedited decision if you file an appeal; and
- How to ask that your services continue during the appeal process.

You will get a Notice of Action 10 days before the effective date if services you requested have been denied or if services you were getting will be reduced, suspended or terminated. If the Notice of Action does not tell you what you asked for, what was decided and why the decision was made in language you can understand, please call the Centered Spirit Director (520) 879-6085 for assistance. You may also contact CSP by calling this toll free number 1-800-572-7282, including specialty phone lines for the hearing impaired (TTY). To reach the Tucson office dial extension 6060 and to reach the Guadalupe office dial extension 2021. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP. The Notice of Action is also available in other languages and formats if you need it. If the Notice of Action is not adequate, a new Notice of Action will be issued. If the Notice of Action is still not adequate and the issue is not resolved by CSP, you may call AHCCCS Medical Management at 602-417-4000 to register your complaint.

#### Exceptions to the 10 day Notice of Action requirement

If fraud is suspected, the notice will be sent to you 5 days before the reduction, suspension or termination of services.

If non-emergency inpatient services are terminated as a result of the denial of a continued stay request, you will be sent a Notice of Action in 2 days.

You may get a Notice of Action less than 10 days from the effective date in some other situations, such as:

- You told your provider on paper that you no longer want services;
- Your mail is returned and the provider does not know where you are;
- You enter a facility that makes you ineligible for services;
- You move and get Medicaid services outside of Arizona; or
- Your physician prescribes a change in the level of your behavioral health care.

Persons determined to have a Serious Mental Illness:

As a person determined to have a Serious Mental Illness, you may get notices besides the Notice of Action.

This may include a Notice of Decision and Right to Appeal. You would get this notice when:

- The initial determination of Serious Mental Illness is made,
- A decision about fees or a waiver from fees is made,
- The Assessment, Service Plan or Inpatient Treatment and Discharge Plan are developed or reviewed,
- You have filed a grievance for a rights violation,
- Your Service Plan is changed and any services you have been receiving that did not have to be approved are reduced, suspended or terminated, or
- It is determined that you do not have a Serious Mental Illness.

Based upon the behavioral health services you get, you may get other notices about the Grievance and Appeal process, your legal rights and that discrimination is not allowed.

Please contact the Centered Spirit Director (520) 879-6085 with questions about the approval of services and your notification rights. You may also contact CSP by calling this toll free number 1-800-572-7282, including specialty phone lines for the hearing impaired (TTY). To reach the Tucson office dial extension 6060 and to reach the Guadalupe office dial extension 2021. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.



### **What is a referral to another provider?**

You or your provider may feel that you need specialized care from another behavioral health provider. If that happens, your provider will give you a “referral” to go to another provider for specialized care.

You may contact CSP or your provider if you feel you need a referral for specialized care.

Title XIX/XXI eligible persons can get a second opinion. Upon a Title XIX/XXI eligible person’s request, CSP must provide for a second opinion from a health care professional within the CSP network or arrange for the person to get one outside the network, at no cost to the person. For more information contact your provider in Tucson at (520) 879-6060 or in Guadalupe at (480) 768-2021. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

### **Who is eligible to receive behavioral health services?**

- Persons AHCCCS eligible through either Title XIX (Medicaid) or Title XXI (KidsCare);
- Persons determined to have a Serious Mental Illness; and
- All other persons based on available state funding and the person’s income.

Title XIX (Medicaid; may also be called AHCCCS) is insurance for low-income persons, children, and families. It pays for medical, dental (for children up to 21 years of age), and behavioral health services.

Title XXI (KidsCare; may also be called AHCCCS) is insurance for children under the age of 19 who do not have insurance and are not eligible for Title XIX benefits. It pays for medical, dental and behavioral health services.

CSP or your provider will ask you questions to help identify if you could be eligible for AHCCCS benefits. If so, they can help you complete an AHCCCS application.

A Serious Mental Illness is a mental disorder in persons 18 years of age or older that is severe and persistent. Persons may be so impaired that they cannot remain in the community without treatment and/or services. One of the CSP Psychiatrists will make a determination of Serious Mental Illness at your request or your providers.

If you are not eligible for AHCCCS benefits and are not determined to have a Serious Mental Illness, you may get services based on available state funding. If you are not eligible for AHCCCS benefits, you may have to pay a co-payment based on your income.

## **What does service prioritization mean?**

For persons not eligible for AHCCCS benefits or for services not covered with Title funds, CSP must first prioritize services to persons with the following conditions or needs:

- Pregnant, substance abusing women needing treatment services,
  - Persons needing crisis services, including services in emergency departments;
  - Non-Title XIX/XXI adults determined to have a Serious Mental Illness (SMI) and persons needing an evaluation for a determination of SMI;
  - Dual eligible persons determined to have SMI who have Medicare Part D prescription drug coverage costs; and
  - Persons not enrolled as a person with Serious Mental Illness and who need court ordered services, and
- If you are not Title XIX/XXI eligible and not determined to have SMI, your services are covered based on funding available to CSP. If you lose AHCCCS eligibility while receiving behavioral health services, your provider will help you re-apply for AHCCCS benefits.

## **What happens if I move?**

If you move, tell your provider and CSP right away so they can make sure you continue to receive your services and/or medications. You may need to change to a new provider and/or T/RBHA. If that happens, your provider will ask you to sign a release of information so the new provider and/or T/RBHA can transfer your services. Your records may be given to the new provider once you give written permission. CSP or your provider can help you with a referral to a new provider and/or T/RBHA.

If you are Title XIX or Title XXI eligible, call the agency where you applied for those benefits to let them know you moved and give them your new address. This could be:

- AHCCCS (call 602-417-7100 in Maricopa County or 1-800-334-5283 outside of Maricopa County) or go to the MyAHCCCS member Web site at [www.myahcccs.com](http://www.myahcccs.com) or [www.myazhealthandwellness.com](http://www.myazhealthandwellness.com) to update your address,
- Department of Economic Security (call 1-800-352-8168), or
- Social Security Administration (1-800-772-1213).

## **What is a consent to treatment?**

You have the right to accept or refuse behavioral health services that are offered to you. If you want to get the behavioral health services offered, you or your legal guardian must sign a Consent to Treatment form giving your or your legal guardian's permission for you to get behavioral health services. When you sign a Consent to Treatment form you are also giving the Arizona Department of Health Services / Division of Behavioral Health Services (ADHS/DBHS) permission to access your records.

To give you certain services, your provider needs to get your permission. Your provider may ask you to sign a form or to give verbal permission to get a specific service. You will be given information about the service so you can decide if you want that service or not. An example would be if your provider prescribes a medication. Your provider will tell you about the benefits and risks of taking the medication and will ask you to sign a consent form or give verbal permission if you want to take the medication.

## **Is my behavioral health information private?**

There are laws about who can see your behavioral health information with or without your permission. Substance abuse treatment and communicable disease information (for example, HIV/AIDS information) cannot be shared with others without your written permission.

At times your permission is not needed to share your behavioral health information to help arrange and pay for your care. These times could include the sharing of information with:

- Physicians and other agencies providing health, social, or welfare services;
- Your medical primary care provider;
- Certain state agencies involved in your care and treatment, as needed; and
- Members of the clinical team\*<sup>3</sup> involved in your care.

At other times, it may be helpful to share your behavioral health information with other agencies, such as schools. Your written permission may be required before your information is shared.

There may be times that you want to share your behavioral health information with other agencies or certain individuals who may be assisting you. In these cases, you can sign an Authorization for the Release of Information Form, which states that your medical records, or certain limited portions of your medical records, may be released to the individuals or agencies that you name on the form. For more information about the Authorization for the Release of Information Form, contact CSP Medical Records by calling 1-800-572-7282, including specialty phone lines for the hearing impaired (TTY). To reach the Tucson office dial extension 6060 and to reach the Guadalupe office dial extension 2021. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

You can ask to see the behavioral health information in your medical record. You can also ask that the record be changed if you do not agree with its contents. You can also receive one free copy per year of your medical record. Contact your provider or CSP to ask to see or get a copy of your medical record.

You can contact CSP or your provider by calling 1-800-572-7282, including specialty phone lines for the hearing impaired (TTY). To reach the Tucson office dial extension 6060 and to reach the Guadalupe office dial extension 2021. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

### **Exceptions to Confidentiality**

There are times when we cannot keep information confidential. The following information is not protected by the law:

If you commit a crime or threaten to commit a crime at the program or against any person who works at the program, we must call the police.

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<sup>3</sup> \* Clinical Teams include both Child and Family Teams and Adult Clinical Teams

If you are going to hurt another person, we must let that person know so that he or she can protect himself or herself. We must also call the police.

We must also report suspected child abuse to local authorities.

If there is a danger that you might hurt yourself, we must try to protect you. If this happens, we may need to talk to other people in your life or other service providers (e.g., hospitals and other counselors) to protect you. Only necessary information to keep you safe is shared.

## **What are my rights and responsibilities while getting behavioral health services?**

### What are my rights?

You have the right to:

- Be treated fairly and with respect regardless of race, ethnicity, religion, mental or physical disability, sex, age, sexual preference, or ability to pay,
- Participate in decisions regarding your behavioral health care and participate in making your Service Plan,
- Include any persons you wish in your treatment,
- Have your protected health information kept private,
- Get your services in a safe place,
- Make an advance directive,
- Agree to or refuse treatment services, unless the services are court ordered,
- Get information in your own language or have it translated,
- File a complaint, appeal or grievance without penalty,
- Receive good care from providers who know how to take care of you,
- Choose a provider within the Provider Network,
- Be free from any form of restraint or seclusion used as a means of coercion, discipline, convenience or retaliation.
- Use your rights with no negative action by the Arizona Department of Health Services or CSP, and
- The same civil and legal rights as anyone else.

You also have the right to request and obtain the following information at any time:

- Receive a Member Handbook at least annually from CSP;
- The name, location, and telephone number of the current providers in your service area that speak a language other than English and the name of the language(s) spoken,
- The name, location, and telephone number of the current providers in your service area that are not accepting new members,
- Any limits of your freedom of choice among network providers,
- Your rights and protections,
- A description of how after-hours and emergency coverage is provided,
- A description of what is an emergency medical condition and what are emergency and post stabilization services,
- The process for getting emergency services, including the use of the 911 telephone system or local emergency numbers,
- The location of providers and hospitals that provide emergency and post stabilization services,
- Your right to use any hospital or other setting for emergency care,
- Your right to get emergency services without prior approval,
- The amount, duration, and scope of your benefits,

- The process for getting services, including approval requirements,
- The extent to which, and how, you may get benefits from out-of-network providers,
- The rules for post stabilization care services,
- Cost sharing, if any,
- How and where to access services including any cost sharing required and how transportation can be provided,
- Advanced directives,
- The structure and operation of the Arizona Department of Health Services,
- Physician incentive plans, and
- The grievance, appeal, and fair hearing procedures and timeframes.

To request any of this information, contact CSP or your provider by calling 1-800-572-7282, including specialty phone lines for the hearing impaired (TTY). To reach the Tucson office dial extension 6060 and to reach the Guadalupe office dial extension 2021. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

#### What are my responsibilities?

You have the responsibility to:

- Give information needed for your care to your providers;
- Follow instructions and guidelines from your providers;
- Know the name of your provider/case manager;
- Schedule appointments during regular office hours when possible limiting the use of Urgent Care and Emergency Room facilities;
- Arrive on time for appointments;
- Tell providers if you have to cancel an appointment before the scheduled time;
- Participate in creating your Service Plan;
- Be aware of your rights;
- Assist in moving towards your recovery;
- Take care of yourself; and
- Treat others with respect and work cooperatively with others.

#### Seclusion and Restraint

CSP does not practice seclusion or restraint of adults, children, or persons with special needs. In the rare event that a minor is in **immediate danger of harming him or herself or others**, an emergency hold may be used. Only staff members who have had extensive training on emergency interventions are permitted to use this time-limited procedure.

#### What is a designated representative?

Advocating for your rights can be hard work. Sometimes it helps to have a person with you to support your point of view. If you have been determined to have a Serious Mental Illness, you have the right to have a designated representative help you in protecting your rights and voicing your service needs.

Who is a designated representative?

A designated representative may be a parent, guardian, friend, peer advocate, relative, human rights advocate, member of a Human Rights Committee, an advocate from the State Protection and Advocacy system, or any other person who may help you protect your rights and voice your service needs.

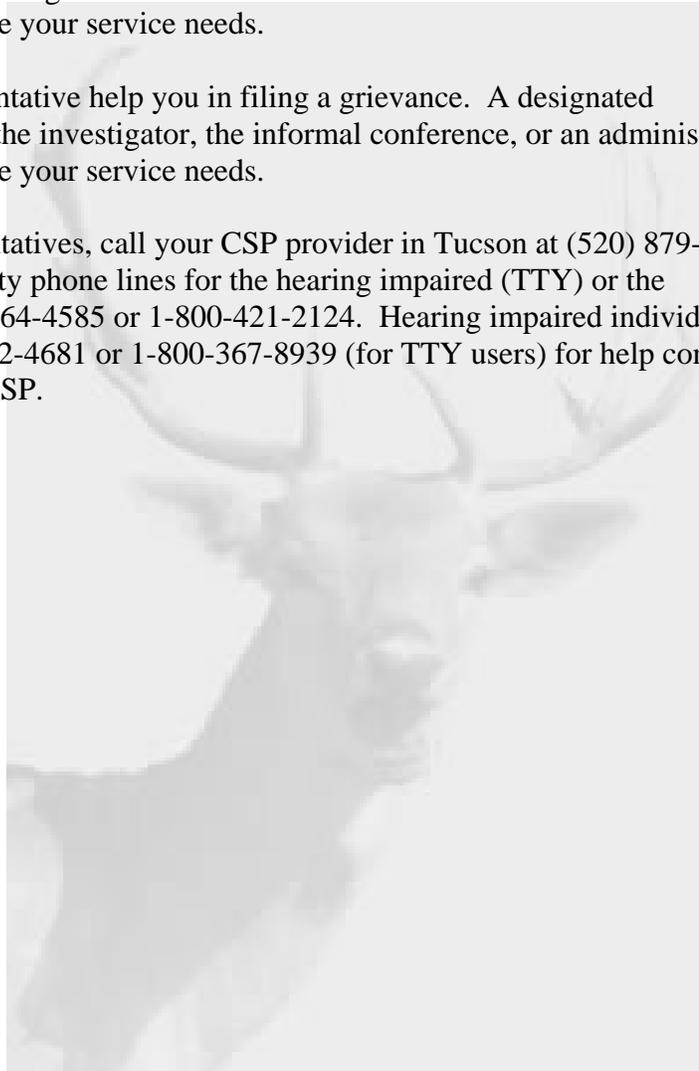
When can a designated representative help me?

You have the right to have a designated representative help you protect your rights and voice your service needs during any meetings about your Service Plan or Inpatient Treatment and Discharge Plan. Your designated representative must also receive written notice of the time, date and location of Service Plan and Inpatient Treatment and Discharge Plan meetings, and your designated representative must be invited to the Individual Treatment and Discharge Plan meetings.

You have the right to have a designated representative help you in filing an appeal of the treatment you got, your Service Plan, Inpatient Treatment and Discharge Plan or attend the informal conference or administrative hearing with you to protect your rights and voice your service needs.

You have the right to have a designated representative help you in filing a grievance. A designated representative may also go to the meeting with the investigator, the informal conference, or an administrative hearing with you to protect your rights and voice your service needs.

If you have questions about designated representatives, call your CSP provider in Tucson at (520) 879-6060, in Guadalupe at (480) 768-2021, including specialty phone lines for the hearing impaired (TTY) or the ADHS/DBHS Office of Human Rights at 602-364-4585 or 1-800-421-2124. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.



### **What can I do if I have a complaint about my care?**

If you are not happy with the care you are getting, try to solve any issues at the lowest possible level by talking with your provider or CSP.

### **What is a formal complaint and how do I make one?**

A formal complaint is when you are not happy with any aspect of your care. Reasons for complaints could include such things as:

- The quality of care or services you got,
- A disagreement with the denial to process an appeal as expedited,
- The failure of a provider to respect a person's rights, or
- A provider or employee of a provider being rude to you.

Formal complaints can be made either orally or in writing. You can call or write to:

520-879-6060:  
Centered Spirit Program  
c/o Quality/Utilization Review Manager  
7490 South Camino de Oeste  
Tucson, AZ 85746

Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

If you make your complaint by phone, it will be acknowledged at that time. For written complaints, you will be notified that your complaint was received within 5 working days. A decision regarding the results of your complaint must be given to you in a timely manner, but within 90 days of making your complaint.

Some issues require you to file an appeal instead of a formal complaint. This process is described in the section called, "What is an appeal and how do I file an appeal." These issues include:

- The denial or limited approval of a service asked for by your provider or clinical team\*<sup>4</sup>,
- The reduction, suspension, or termination of a service you were receiving,
- The denial, in whole or part, of payment for a service,
- The failure to provide services in a timely manner,
- The failure to act within timeframes for resolving an appeal or complaint, and
- The denial of a request for services outside of the provider network when services are not available within the provider network.

If you are a person determined to have a Serious Mental Illness (SMI), you can file a grievance/request for investigation if you feel that your rights have been violated. See "What is a Grievance/Request for Investigation for persons determined to have a Serious Mental Illness and how can I file one?" for more information.

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<sup>4</sup> \* Clinical Teams include both Child and Family Teams and Adult Clinical Teams

## **What is an appeal and how do I file an appeal?**

### What is an appeal?

An appeal is a formal request to review an action or decision related to your behavioral health services.

There are 3 types of appeals depending on what is being appealed and who is filing the appeal. The 3 types of appeals are:

- Appeals for Title XIX/XXI AHCCCS eligible persons,
- Appeals for persons determined to have a Serious Mental Illness, and
- Appeals for persons who are not enrolled as a person with Serious Mental Illness and are Non-Title XIX/XXI eligible.

### Medicare Part D Exceptions and Appeals

Every Medicare Part D plan must have an exceptions and appeals process. If you have Medicare Part D Prescription Drug coverage and you file an exception or appeal, you may be able to get a prescription drug that is not normally covered by your Part D plan. Contact your Part D plan for help in filing an exception or appeal regarding your prescription drug coverage.

### How do I file an appeal?

Appeals can be filed orally or in writing with ADHS/DBHS within 60 days of receiving a Notice of Action or Notice of Decision and Right to Appeal. A Notice of Action and Notice of Decision and Right to Appeal are written letters that tell you about a change in your services. An expedited appeal will be resolved sooner than a standard appeal due to the urgent behavioral health needs of the person filing the appeal. Contact CSP Member Services or your provider to see if your appeal will be expedited.

You can file an appeal or your legal or authorized representative, including a provider, can file an appeal for you with your written permission. You can also get help with filing an appeal by yourself.

To file an appeal orally or for help with filing a written appeal, call 602-364-4575 or 1-800-421-2124. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

To file a written appeal, mail the appeal to ADHS/DBHS Office of Grievance and Appeals, 150 North 18<sup>th</sup> Avenue, Phoenix, Arizona 85007.

You will get written notice that your appeal was received within 5 working days. If your appeal needs to be expedited, you will get notice that your appeal was received within 1 working day.

## **Appeals for Title XIX/XXI AHCCCS eligible persons**

If you are Title XIX/XXI AHCCCS eligible, you have the right to ask for a review of the following actions:

- The denial or limited approval of a service asked for by your provider or clinical team\*<sup>5</sup>,
- The reduction, suspension, or termination of a service you were receiving,
- The denial, in whole or part, of payment for a service,
- The failure to provide services in a timely manner,
- The failure to act within timeframes for resolving an appeal or complaint, and
- The denial of a request for services outside of the provider network when services are not available within the provider network.

### What happens after I file an appeal?

As part of the appeal process, you have the right to give evidence that supports your appeal. You can provide the evidence to the RBHA or ADHS/DBHS in person or in writing. In order to prepare for your appeal, you may examine your case file, medical records, and other documents and records that may be used before and during the appeal process, as long as the documents are not protected from disclosure by law. If you would like to review these documents, contact your provider or CSP. The evidence you give to the RBHA or ADHS/DBHS will be used when deciding the resolution of the appeal.

### How is my appeal resolved?

The RBHA or ADHS/DBHS must give you a decision, called a Notice of Appeal Resolution, in person or by certified mail within 30 days of getting your appeal for standard appeals, or within 3 working days for expedited appeals. The Notice of Appeal Resolution is a written letter that tells you the results of your appeal.

The time frames in which the T/RBHA or provider must give you the Notice of Appeal Resolution may be extended up to 14 days. You, CSP or the provider can ask for more time in order to gather more information. If CSP or the provider asks for more time, you will be given written notice of the reason for the delay.

The Notice of Appeal Resolution will tell you:

- The results of the appeal process and
- The date the appeal process was completed.

If your appeal was denied, in whole or in part, then the Notice of Appeal Resolution will also tell you:

- How you can ask for a State Fair Hearing,
- How to ask that services continue during the State Fair Hearing process, if applicable,
- The reason why your appeal was denied and the legal basis for the decision to deny your appeal, and
- That you may have to pay for the services you get during the State Fair Hearing process if your appeal is denied at the State Fair Hearing.

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<sup>5</sup> \* Clinical Teams include both Child and Family Teams and Adult Clinical Teams

### What if I am not happy with my appeal results?

You can ask for a State Fair Hearing if you are not happy with the results of an appeal. If your appeal was expedited, you can ask for an expedited State Fair Hearing. ***YOU HAVE THE RIGHT TO HAVE A REPRESENTATIVE OF YOUR CHOICE ASSIST YOU AT THE STATE FAIR HEARING.***

### How do I ask for a State Fair Hearing?

You must ask for a State Fair Hearing in writing within 30 days of getting the Notice of Appeal Resolution. This includes both standard and expedited requests for a State Fair Hearing. Requests for State Fair Hearings should be mailed to: ADHS/DBHS Office of Grievance and Appeals, 150 North 18<sup>th</sup> Avenue, Phoenix, Arizona 85007.

### What is the process for my State Fair Hearing?

You will receive a Notice of State Fair Hearing at least 30 days before your hearing is scheduled. The Notice of State Fair Hearing is a written letter that will tell you:

- The time, place and nature of the hearing,
- The reason for the hearing,
- The legal and jurisdictional authority that requires the hearing, and
- The specific laws that are related to the hearing.

### How is my State Fair Hearing resolved?

For standard State Fair Hearings, you will receive a written AHCCCS Director's Decision no later than 90 days after your appeal was first filed. This 90 day period does not include:

- Any timeframe extensions that you have requested and
- The number of days between the date that you received the Notice of Appeal Resolution and the date your request for a State Fair Hearing was submitted.

The AHCCCS Director's Decision will tell you the outcome of the State Fair Hearing and the final decision about your services.

For expedited State Fair Hearings, you will receive a written AHCCCS Director's Decision within 3 working days after the date that AHCCCS receives your case file and appeal information from the RBHA or ADHS/DBHS. AHCCCS will also try to call you to notify you of the AHCCCS Director's Decision.

### Will my services continue during the Appeal/State Fair Hearing process?

You may ask that the services you were already getting continue during the appeal process or the State Fair Hearing process. If you want to keep getting the same services, you must ask for your services to be continued in writing. If the result of the appeal or State Fair Hearing is to agree with the action to either end or reduce your services, you may have to pay for the services received during the appeal or State Fair Hearing process.

## **Appeals for persons determined to have a Serious Mental Illness**

Persons asking for a determination of Serious Mental Illness and persons who have been determined to have a Serious Mental Illness can appeal the result of a Serious Mental Illness determination.

Persons determined to have a Serious Mental Illness may also appeal the following adverse decisions:

- Correctness of your assessment;
- Long-term view, goals or timelines stated in your Service Plan or Inpatient Treatment and Discharge Plan;
- Services recommended in your assessment report, Service Plan, or Inpatient Treatment and Discharge Plan;
- Services to be provided in your Service Plan, plan for interim services or Inpatient Treatment and Discharge Plan;
- Failure to act within the procedures and timeframes for developing your Service Plan or Inpatient Treatment and Discharge Plan or failure to implement your Service Plan or Inpatient Treatment and Discharge Plan;
- Provision of service planning to an individual who is refusing such services, or failure to provide service planning to all other individuals;
- Changes to your Service Plan or Inpatient Treatment and Discharge Plan, including a review of, the outcome of, a modification to, the failure to modify, or termination of your Service Plan or Inpatient Treatment and Discharge Plan;
- Access to and timely receipt of services through Title XIX (Medicaid, AHCCCS);
- Assessment of competence or the need for special assistance;
- Assessment of fees and waivers;
- Denial of payment of services; and
- Failure to act within the timeframes for appeal.

### **What happens after I file an appeal?**

If you file an appeal, you will get written notice that your appeal was received within 5 working days of ADHS/DBHS' receipt. You will have an informal conference with the RBHA within 7 working days of filing the appeal. The informal conference must happen at a time and place that is convenient for you. You have the right to have a designated representative of your choice assist you at the conference. You and any other participants will be informed of the time and location of the conference in writing at least two days before the conference. If you are unable to come to the conference in person, you can participate in the conference over the telephone.

For an appeal that needs to be expedited, you will get written notice that your appeal was received within 1 working day of ADHS/DBHS' receipt, and the informal conference must occur within 2 working days of filing the appeal.

If the appeal is resolved to your satisfaction at the informal conference, you will get a written notice that describes the reason for the appeal, the issues involved, the resolution achieved and the date that the resolution will be implemented. If there is no resolution of the appeal during this informal conference, and if the appeal does not relate to your eligibility for behavioral health services, the next step is a second informal conference with ADHS/DBHS. This second informal conference must take place within 15 days of filing the appeal. If the

appeal needs to be expedited, the second informal conference must take place within 2 working days of filing the appeal. You have the right to skip this second informal conference.

If there is no resolution of the appeal during the second informal conference, or if you asked that the second informal conference be skipped, you will be given information that will tell you how to get an Administrative Hearing. Appeals of Serious Mental Illness eligibility determinations move directly to the Administrative Hearing process if not resolved in the first informal conference and skip the second informal conference. The Office of Grievance and Appeals at ADHS/DBHS handles requests for Administrative Hearings.

Will my services continue during the appeal process?

If you file an appeal you will continue to get any services you were already getting unless a qualified clinician decides that reducing or terminating services is best for you and you agree in writing to reducing or terminating services. You will not have to pay for services you get during the appeal process or Administrative Hearing process.



## **Appeals for persons who are not determined to have Serious Mental Illness and Non-Title XIX/XXI eligible**

If you are Non-Title XIX/XXI AHCCCS eligible and not determined to have Serious Mental Illness you may appeal actions or decisions related to decisions about behavioral health services you need that are available through CSP.

### What happens after I file an appeal?

As part of the appeal process, you have the right to give evidence that supports your appeal. You can give the evidence to the RBHA or ADHS/DBHS in person or in writing. In order to prepare for your appeal, you may examine your case file, medical records, and other documents and records that may be used before and during the appeal process as long as the documents are not protected from disclosure by law. If you would like to review these documents, contact your provider or CSP. The evidence you give to the RBHA or ADHS/DBHS will be used when deciding the resolution of the appeal.

### How is my appeal resolved?

The RBHA or ADHS/DBHS must give you a Notice of Appeal Resolution in person or by certified mail within 30 days of getting your appeal. The Notice of Appeal Resolution is a written letter that tells you the results of your appeal.

The time frames in which the T/RBHA or provider must give you the Notice of Appeal Resolution may be extended up to 14 days. You, CSP or the provider can ask for more time in order to gather more information. If CSP or the provider asks for more time, you will be given written notice of the reason for the delay.

The Notice of Appeal Resolution will tell you:

- The results of the appeal process and
- The date the appeal process was completed.

If your appeal was denied, in whole or in part, then the Notice of Appeal Resolution will also tell you:

- How you can request a State Fair Hearing and
- The reason why your appeal was denied and the legal basis for the decision to deny your appeal.

### What if I am not happy with my appeal results?

You can ask for a State Fair Hearing if you are not happy with the results of an appeal.

### How do I ask for a State Fair Hearing?

You must ask for a State Fair Hearing in writing within 30 days of getting the Notice of Appeal Resolution. Requests for State Fair Hearings should be mailed to: ADHS/DBHS Office of Grievance and Appeals, 150 North 18<sup>th</sup> Avenue, Phoenix, Arizona 85007.

### What is the process for my State Fair Hearing?

You will receive a Notice of State Fair Hearing at least 30 days before your hearing is scheduled. The Notice of State Fair Hearing is a written letter that will tell you:

- The time, place and nature of the hearing,
- The reason for the hearing,
- The legal and jurisdictional authority that requires the hearing, and

- The specific laws that are related to the hearing.

#### How is my State Fair Hearing resolved?

For standard State Fair Hearings, you will receive a written ADHS Director's Decision no later than 90 days after your appeal was originally filed. This 90 day period does not include:

- Any timeframe extensions that you have requested; and
- The number of days between the date you received the Notice of Appeal Resolution and the date your request for a State Fair Hearing was submitted.

The ADHS Director's Decision will tell you the outcome of the State Fair Hearing and the final decision about your services.

#### **What is a Grievance/Request for Investigation for persons determined to have a Serious Mental Illness and how can I file one?**

The Grievance/Request for Investigation process applies only to adult persons who have been determined to have a Serious Mental Illness.

You can file a Grievance/Request for Investigation if you feel:

- Your rights have been violated;
- You have been abused or mistreated by staff of a provider; or
- You have been subjected to a dangerous, illegal or inhumane treatment environment.

You have 12 months from the time that the rights violation happened to file a Grievance/Request for Investigation. You may file a Grievance/Request for Investigation orally or in writing. Grievance/Request for Investigation forms are available at CSP and providers of behavioral health services. You may ask staff for help in filing your grievance. Contact the following to make your oral or written Grievance/Request for Investigation:

ADHS/DBHS Office of Grievance and Appeals, 150 North 18<sup>th</sup> Avenue, Suite 210, Phoenix, Arizona 85007, 1-800-421-2124 or 602-364-4575. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

ADHS/DBHS or CSP will send you a letter within 7 days of getting your Grievance/Request for Investigation form. This letter will tell you how your Grievance/Request for Investigation will be handled.

If there will be an investigation, the letter will tell you the name of the investigator. The investigator will contact you to hear more about your Grievance/Request for Investigation. The investigator will then contact the person that you feel was responsible for violating your rights. The investigator will also gather any other information they need to determine if your rights were violated.

Within 35 days of an investigator being assigned to investigate, unless an extension has been asked for, you will get a written decision of the findings, conclusions and recommendations of the investigation. You will also be told of your right to appeal if you do not agree with the conclusions of the investigation.

If you file a Grievance/Request for Investigation, the quality of your care will not suffer.

## **What is fraud and abuse?**

Members need to use behavioral health services properly. It is considered fraud if a member or provider is dishonest in order to:

- Get a service not approved for the member or
- Get AHCCCS benefits that they are not eligible for.

Abuse happens if a member causes unnecessary costs to the system on purpose, for example:

- Loaning an AHCCCS card or the information on it to someone else, or
- Selling an AHCCCS card or the information on it to someone else.

Misuse of your AHCCCS identification card, including loaning, selling or giving it to others, could result in your loss of AHCCCS eligibility. Fraud and abuse are felony crimes and are punishable by legal action against the member or provider.

If you think that somebody is committing fraud or abuse, contact:

- CSP Corporate Compliance Officer at (520) 879-6065. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP;
- ADHS/DBHS Fraud and Abuse Hotline at 602-364-3758; or 1-866-569-4927. Hearing impaired individuals may call the Arizona Relay Service at 711 or 1-800-367-8939 for help contacting the Division of Behavioral Health Services; or
- AHCCCS Member Fraud Line at 602-417-4193 or 1-888-487-6686.

For your convenience there is a confidential fraud and abuse tip box located at the front office of the CSP Tucson and Guadalupe main buildings.

## What is an Advance Directive?

You have the right to make an advance directive. An advance directive tells a person's wishes about what kind of care he or she does or does not want to get when the person cannot make decisions because of his or her illness.

- A medical advance directive tells the doctor a person's wishes if the person cannot state his/her wishes because of a medical problem.
- A mental health advance directive tells the behavioral health provider a person's wishes if the person cannot state his/her wishes because of a mental illness.

One type of a mental health advance directive is a Mental Health Care Power of Attorney that gives an adult person the right to name another adult person to make behavioral health care treatment decisions on his or her behalf.

- The person named, the designee, may make decisions on behalf of the adult person if she or he can not make these types of decisions.
- The designee, however, must not be a provider directly involved with the behavioral health treatment of the adult person at the time the Mental Health Care Power of Attorney is named.
- The designee may act in this capacity until his or her authority is revoked by the adult person or by court order.
- The designee has the same right as the adult person to get information and to review the adult person's medical records about possible behavioral health treatment and to give consent to share the medical records.
- The designee must follow the wishes of the adult person as stated in the Mental Health Care Power of Attorney. If, however, the adult person's wishes are not stated in a Mental Health Care Power of Attorney and are not known by the designee, the designee must act in good faith and consent to treatment that she or he believes to be in the adult person's best interest. The designee may consent to admitting the adult person to a level one behavioral health facility licensed by the Department of Health Services if this authority is stated in the Mental Health Care Power of Attorney.

In limited situations, some providers may not uphold an advance directive as a matter of conscience. If your behavioral health provider does not uphold advance directives as a matter of conscience, the provider must give you written policies that:

- State institution-wide conscience objections and those of individual physicians,
- Identify the law that permits such objections, and
- Describe the range of medical conditions or procedures affected by the conscience objection.

For more information please contact your CSP Network Service Coordinator at (520) 879-6060. Hearing impaired individuals may call the Arizona Relay Service at 711, 1-800-842-4681 or 1-800-367-8939 (for TTY users) for help contacting the Division of Behavioral Health Services or CSP.

Your provider cannot discriminate against you because of your decision to make or not make an advance directive.

Tell your family and providers if you have made an advance directive. Give copies of the advance directive to:

- All providers caring for you, including your Primary Care Provider (PCP);
- People you have named as a Medical or Mental Health Care Power of Attorney; and

- Family members or trusted friends who could help your doctors and behavioral health providers make choices for you if you cannot do it.

Contact CSP Member Services to ask more about advance directives or for help with making one.

**What is Arizona’s Vision for the delivery of behavioral health services?**

All behavioral health services are delivered according to ADHS/DBHS system principles. ADHS/DBHS supports a behavioral health delivery system that includes:

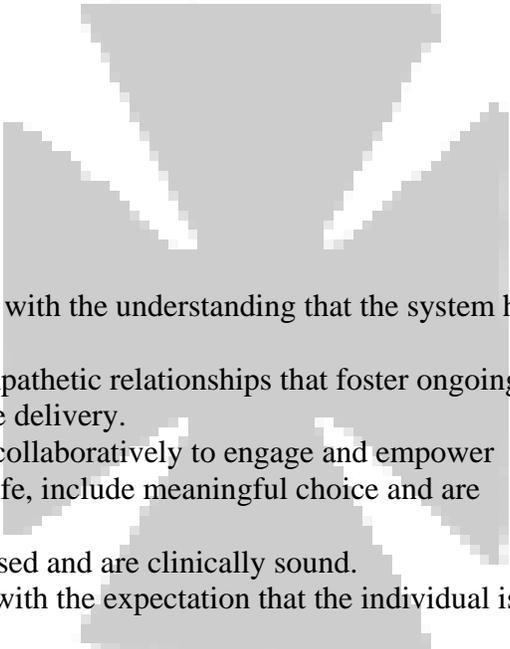
- Easy access to care;
- Behavioral health recipient and family member involvement;
- Collaboration with the Greater Community;
- Effective Innovation;
- Expectation for Improvement; and
- Cultural Competency.

**The twelve principles for the delivery of services to children are:**

- Collaboration with the child and family;
- Functional outcomes - Behavioral health services are designed to aid children to achieve success in school, live with their families, avoid criminal actions, and become stable and productive adults;
- Collaboration with others;
- Accessible services;
- Best practices;
- Most appropriate setting;
- Timeliness;
- Services tailored to the child and family;
- Stability;
- Respect for the child and family’s unique cultural heritage;
- Independence;
- Connection to natural supports.

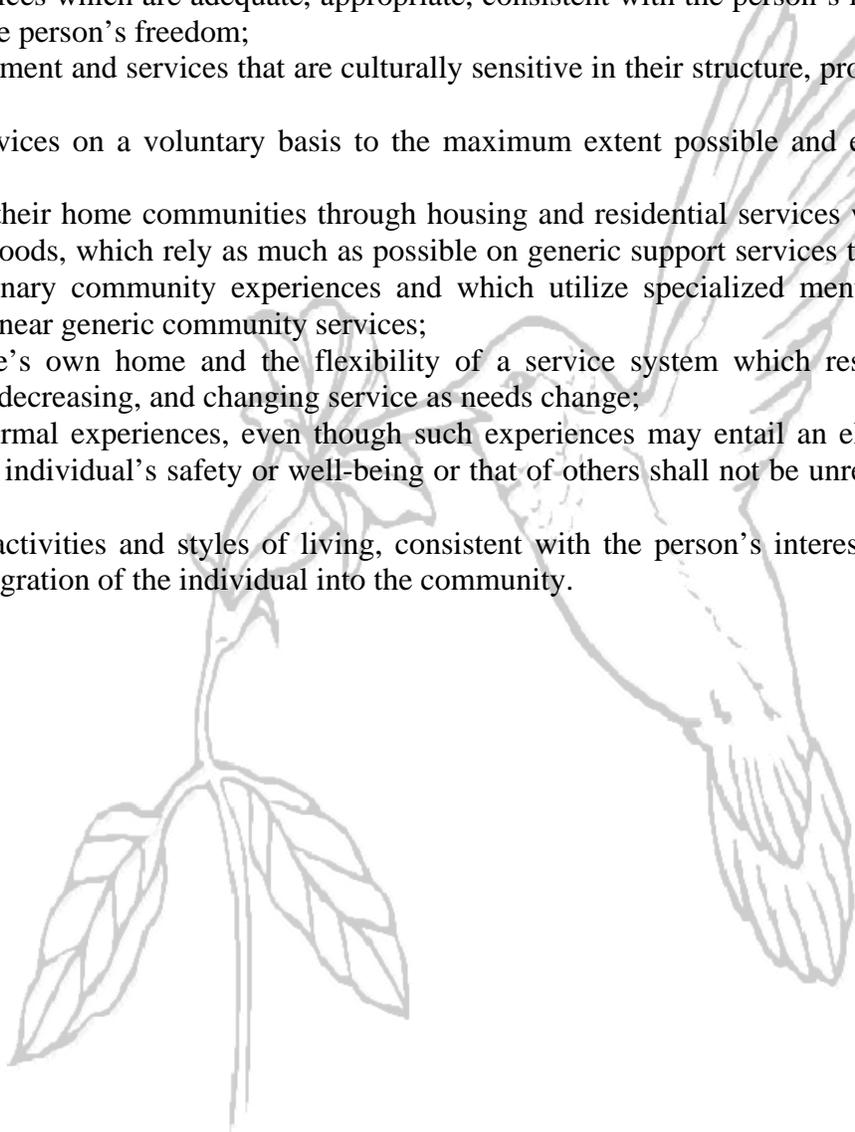
**The principles for delivery of services to adults are:**

- Behavioral health assessments and service plans are developed with the understanding that the system has an unconditional commitment to its members.
- Behavioral health assessments and service plans begin with empathetic relationships that foster ongoing partnerships, expect equality and respect throughout the service delivery.
- Behavioral health assessment and service plans are developed collaboratively to engage and empower members, include other individuals involved in the member's life, include meaningful choice and are accepted by the member.
- Behavioral health assessment and service plans are strength-based and are clinically sound.
- Behavioral health assessment and service plans are developed with the expectation that the individual is capable of positive change, growth, and leading a life of value.



**The principles for the delivery of services to persons determined to have a Serious Mental Illness are:**

- Human dignity;
- Respect for the person's individuality, abilities, needs, and aspirations without regard to the client's psychiatric condition;
- Self-determination, freedom of choice, and participation in treatment to the individual's fullest capacity;
- Freedom from the discomfort, distress, and deprivation which arise from an unresponsive and inhumane environment;
- Privacy including the opportunity, wherever possible, to be provided clearly defined private living, sleeping, and personal care spaces;
- Humane and adequate support and treatment that is responsive to the person's needs, that recognizes that a person's needs may vary and that is sufficiently flexible to adjust to a person's changing needs;
- The opportunity to receive services which are adequate, appropriate, consistent with the person's individual needs, and least restrictive of the person's freedom;
- The opportunity to receive treatment and services that are culturally sensitive in their structure, process, and content;
- The opportunity to receive services on a voluntary basis to the maximum extent possible and entirely if possible;
- Integration of individuals into their home communities through housing and residential services which are located in residential neighborhoods, which rely as much as possible on generic support services to provide training and assistance in ordinary community experiences and which utilize specialized mental health programs that are situated in or near generic community services;
- The opportunity to live in one's own home and the flexibility of a service system which responds to individual needs by increasing, decreasing, and changing service as needs change;
- The opportunity to undergo normal experiences, even though such experiences may entail an element of risk; provided however, that an individual's safety or well-being or that of others shall not be unreasonably jeopardized; and
- The opportunity to engage in activities and styles of living, consistent with the person's interests, which encourage and maintain the integration of the individual into the community.



## **Terms**

**638 Tribal Facility** means a facility operated by an Indian tribe authorized to provide services pursuant to Public Law 93-638, as amended.

**Action** is the denial or limited approval of a requested service, including the type or level of service, a reduction, suspension or termination of a service someone has been receiving, the denial, in whole or part of payment for a service, the failure to provide services in a timely manner, the failure to act within established timeframes for resolving an appeal or complaint and providing notice to affected parties, and for a Title XIX/XXI eligible person in a rural area, the denial of the Title XIX/XXI eligible person's request to get services outside the network when services are not available within the provider network.

**Advance Directive** is a written instruction telling your wishes about what types of care you do or do not want.

**Appeal** is a formal request to review an action or decision related to your behavioral health service that you can file if you are not happy with an action, or adverse decision for persons determined to have a Serious Mental Illness, taken by a provider or CSP.

**Approval of services** is the process used when certain non-emergency services have to be approved before you can get them.

**Arizona Department of Health Services/Division of Behavioral Health Services (ADHS/DBHS)** is the state agency that oversees the use of federal and state funds to provide behavioral health services.

**Arizona Health Care Cost Containment System (AHCCCS)** is the state agency that oversees the Title XIX (Medicaid), Title XXI (KidsCare) and Arizona Long Term Care Services (ALTCS) programs.

**Auricular Acupuncture** is provided by a certified acupuncturist practitioner, who uses auricular acupuncture needles to treat alcoholism, substance abuse or chemical dependency.

**Behavioral health provider** is whom you choose to get behavioral health services from. It can include doctors, counselors, other behavioral health professionals/technicians and behavioral health treatment centers.

### **Clinical Team**

Is a team of individuals whose primary function is to develop a comprehensive and unified service or treatment plan for an enrolled person. The team may include an enrolled person, members of the enrolled person's family, health, mental health or social service providers including professionals representing disciplines related to the person's needs, or other persons that are not health, mental health or social service providers identified by the person or family. Clinical teams include Child and Family Teams and Adult Clinical Teams.

**Complaint** is the expression of dissatisfaction with any aspect of your care that is not an action that can be appealed.

**Consent to treatment** is giving your permission to get services.

**Cost sharing** refers to a RBHA's responsibility for payment of applicable premiums, deductibles and co-payments.

**Enrolled** is the process of becoming eligible with the T/RBHA to receive behavioral health services.

**Expedited appeal** is an appeal that is processed sooner than a standard appeal in order to not seriously jeopardize the person's life, health or ability to attain, maintain or regain maximum functioning.

**Grievance/Request for Investigation** is for persons determined to have a Serious Mental Illness when they feel their rights have been violated.

**Indian Health Service (IHS)** means the bureau of the United States Department of Health and Human Services that is responsible for delivering public health and medical services to American Indians and Alaskan Natives throughout the country. The federal government has direct and permanent legal obligation to provide health services to most American Indians according to treaties with Tribal Governments.

**Member** is a person enrolled with a T/RBHA to get behavioral health services.

**Notice of Action** is the notice you get of an intended action or adverse decision made by the T/RBHA or a provider regarding services.

**Power of Attorney** is a written statement naming a person you choose to make health care or mental health decisions for you if you cannot do it.

**Provider Network** is a group of providers that contract with the T/RBHAs to provide behavioral health services. Some counties may have a limited number of providers in their provider network to choose from.

**Referral** is the process (oral, written, faxed or electronic request) by which your provider will "refer" you to a provider for specialized care.

**Regional Behavioral Health Authority (RBHA)** is the agency under contract with ADHS to deliver or arrange for behavioral health services for eligible persons within a specific geographic area.

**Restraint** means personal restraint, mechanical restraint or drug used as a restraint. Personal restraint is the application of physical force without the use of any device, for the purpose of restricting the free movement of a behavioral health recipient's body. Mechanical restraint is any device, article, or garment attached or adjacent to a behavioral health recipient's body that the person cannot easily remove and that restricts the person's freedom of movement or normal access to the person's body. Drug used as a restraint is a pharmacological restraint that is not standard treatment for a behavioral health recipient's medical condition or behavioral health issue and is administered to manage the behavioral health recipient's behavior in a way that reduces the safety risk to the person or others or temporarily restrict the behavioral health recipient's freedom of movement.

**Seclusion** is the involuntary confinement of a behavioral health recipient in a room or an area from which the person cannot leave or which a person reasonably believes prevents him/her from leaving.

**Serious Mental Illness (SMI)**

Is a condition of persons who are eighteen years of age or older and who, as a result of a mental disorder as defined in A.R.S. § 36-501, exhibit emotional or behavioral functioning which is so impaired as to interfere substantially with their capacity to remain in the community without supportive treatment or services of a long-term or indefinite duration. In these persons mental disability is severe and persistent, resulting in a long-term limitation of their functional capacities for primary activities of daily living such as interpersonal relationships, homemaking, self-care, employment and recreation.

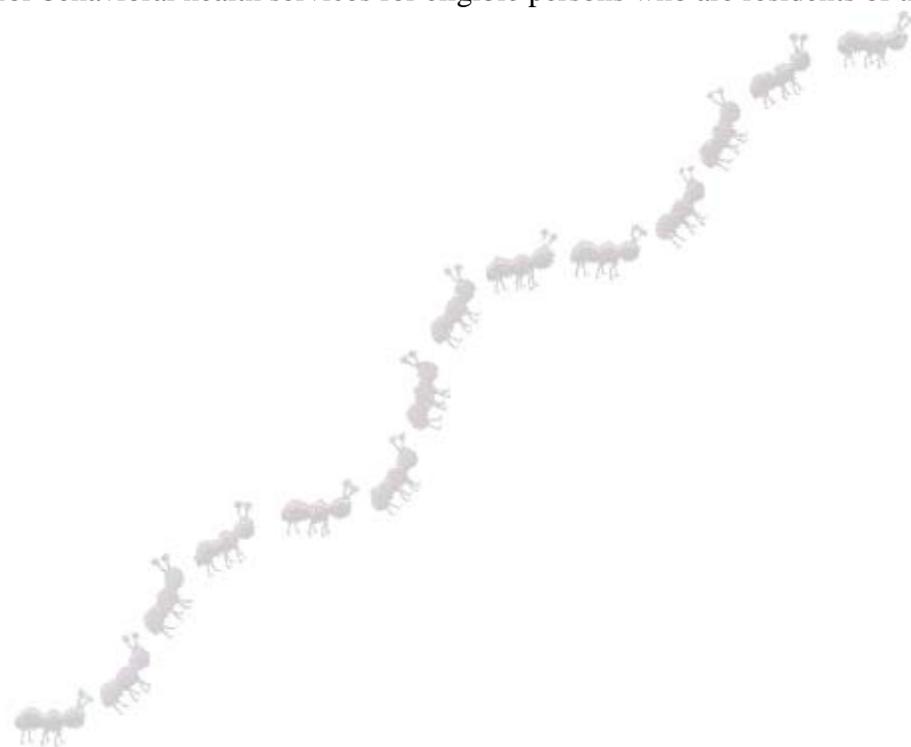
**Service Prioritization** is the process by which the T/RBHAs must determine how available state funds are used.

**Title XIX (Medicaid; may also be called AHCCCS)** is medical, dental and behavioral health care insurance for low-income persons, children and families.

**Title XXI (KidsCare; may also be called AHCCCS)** is medical, dental and behavioral health care insurance for children under 19 years of age with low income, no other insurance and who are not eligible for Title XIX (Medicaid).

**Traditional Healing Services** for mental health or substance abuse problems are provided by qualified traditional healers. These services include the use of routine or advanced techniques aimed to relieve the emotional distress that may be evident by disruption of the person's functional ability.

**Tribal Regional Behavioral Health Authority (TRBHA)** is an American Indian tribe under contract with ADHS to deliver or arrange for behavioral health services for eligible persons who are residents of the Federally recognized Tribal Nation.



## **Centered Spirit Program Listing**

### **CSP Adult Services Program**

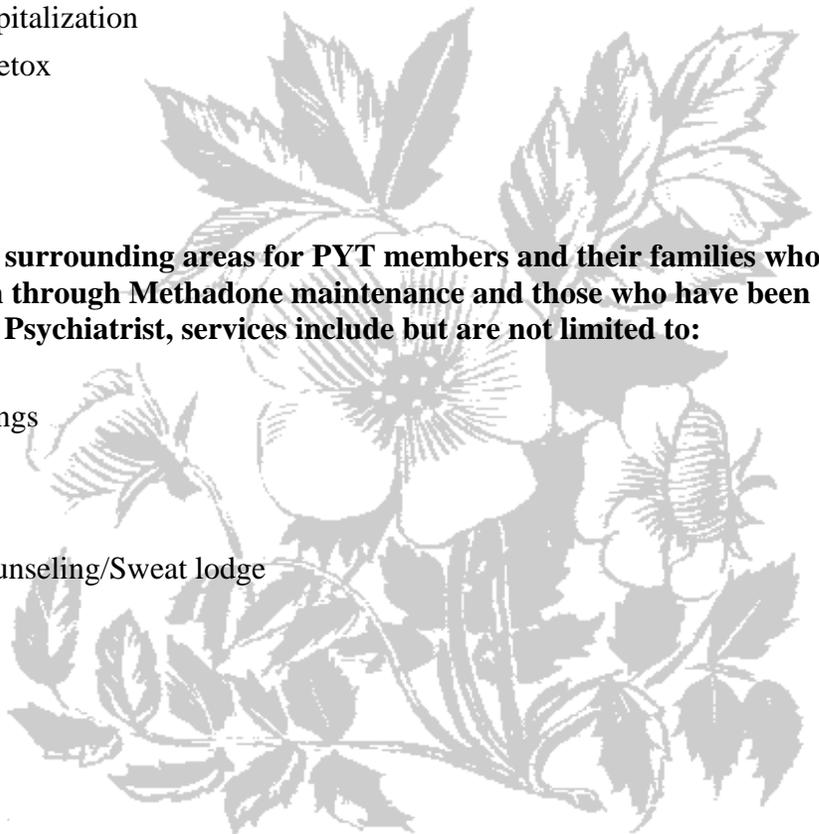
**Provides services in Pima and Maricopa counties or surrounding areas for Adult PYT members and their families who are experiencing mental health and/or alcohol substance abuse issues, services include but are not limited to:**

- Intake Assessments and Screenings
- Individual counseling
- Couples counseling
- Group counseling
- Family counseling
- Native American Traditional counseling/Sweat lodge
- Prevention/Education
- Home visits
- Crisis intervention
- Referrals to:
  - Psychiatrist
  - Psychologist
  - Inpatient Treatment/Hospitalization
  - Residential Treatment/Detox
  - Respite Care

### **New Beginnings Clinic/Pharmacy**

**Provides services in Pima County and surrounding areas for PYT members and their families who are seeking treatment for opioid addiction through Methadone maintenance and those who have been prescribed medication through a CSP Psychiatrist, services include but are not limited to:**

- Intake Assessments and Screenings
- Substance Abuse counseling
- Physical Exams
- Native American Traditional counseling/Sweat lodge
- Acupuncture
- Methadone Dosing
- Medication Pick up and Refill

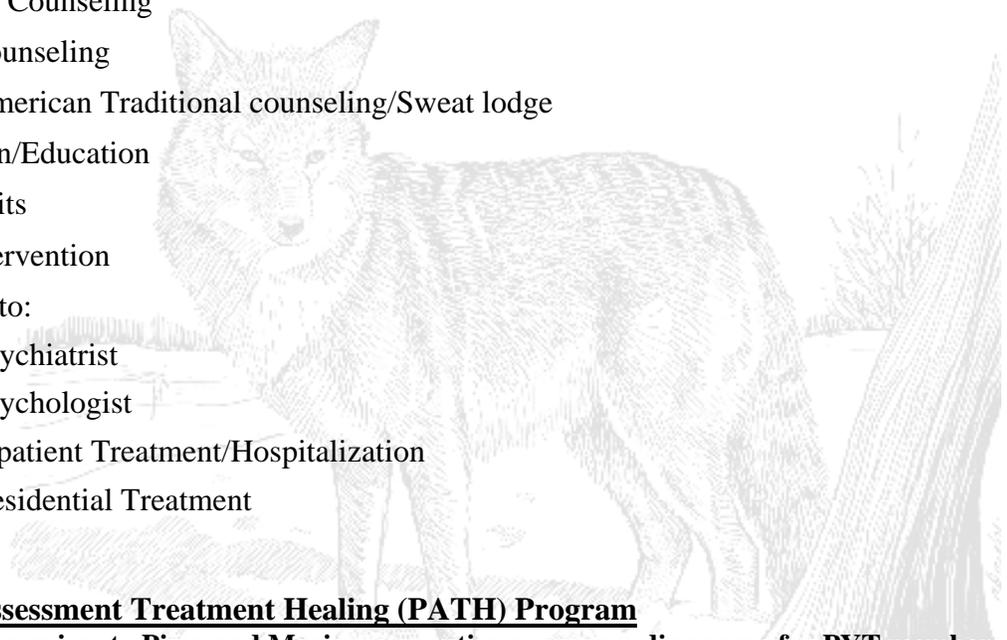


- Referrals to:
  - Psychiatrist
  - Psychologist
  - Inpatient Treatment/Hospitalization
  - Residential Treatment/Detox

**CSP Child/Family Services Program**

**Provides services in Pima and Maricopa counties or surrounding areas for PYT Children and their families who are experiencing mental health and/or alcohol substance abuse issues, services include but are not limited to:**

- Intake Assessments and Screenings
- Individual counseling
- Group counseling
- In-School Counseling
- Family counseling
- Native American Traditional counseling/Sweat lodge
- Prevention/Education
- Home visits
- Crisis intervention
- Referrals to:
  - Psychiatrist
  - Psychologist
  - Inpatient Treatment/Hospitalization
  - Residential Treatment



**Men’s Pascua Assessment Treatment Healing (PATH) Program**

**Provides inpatient services to Pima and Maricopa counties or surrounding areas for PYT members and their families who are male, over the age of 18 and are seeking a quality sober lifestyle, services include but are not limited to:**

- Inpatient Individual counseling
- Inpatient Group counseling
- 12 Step Program
- Prevention/Education
- Case Management

### **Transitional Treatment Program**

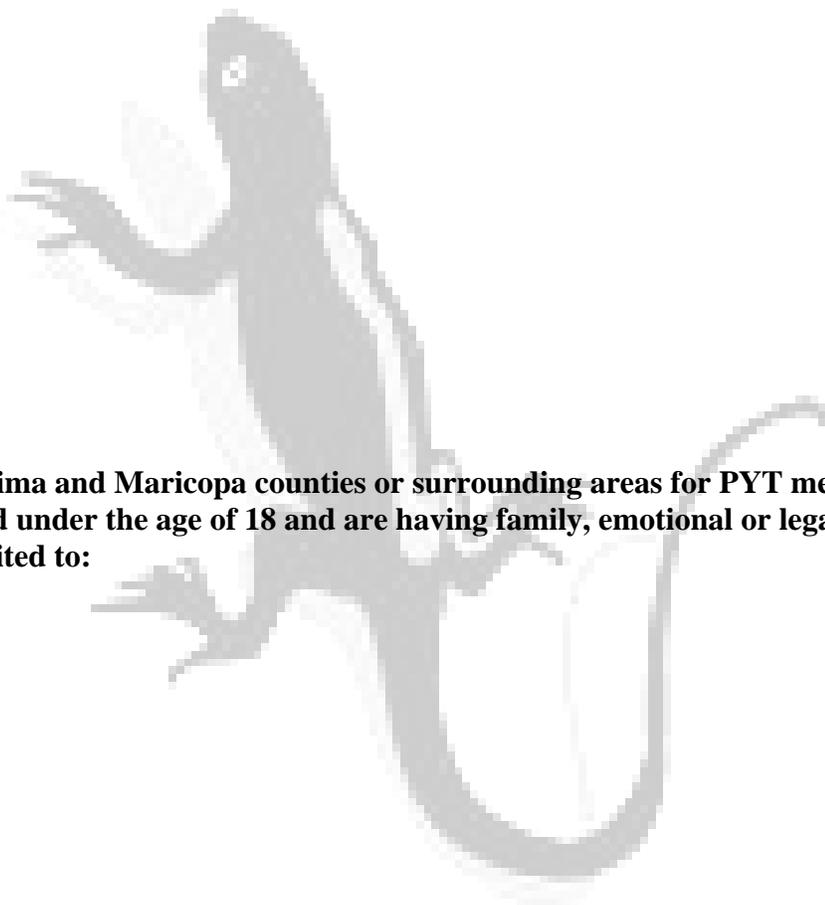
**Provides services to Pima and Maricopa counties or surrounding areas for PYT members and their families who have children and are on the road to alcohol or substance abuse recovery, services include but are not limited to:**

- Individual counseling
- Group counseling
- Family counseling
- 12 Step Program
- Prevention/Education
- Temporary Housing
- Case Management

### **Yoeme Kari Group Home**

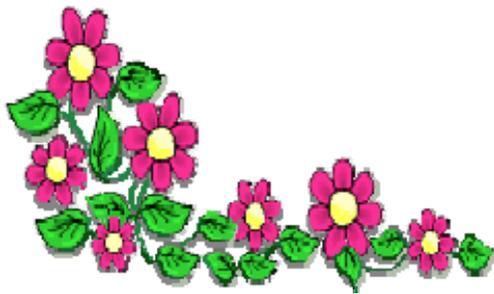
**Provides inpatient services to Pima and Maricopa counties or surrounding areas for PYT members and their families who are male, and under the age of 18 and are having family, emotional or legal issues, services include but are not limited to:**

- Individual counseling
- Group counseling
- Family counseling
- Prevention/Education
- Life Skills Development





**“It is the mission of the Pascua Yaqui  
Tribe Centered Spirit Program to provide  
professional, confidential, and culturally  
compatible behavioral health services to  
the Pascua Yaqui Tribal Member and  
their families, and to promote healing,  
personal growth, and healthy living for  
the individual, the family  
and the community”**



520-879-6060:  
Centered Spirit Program (Tucson)  
7490 South Camino de Oeste  
Tucson, AZ 85746  
24/7 Crisis Line: 520-591-7206  
480-768-2021:  
Centered Spirit Programs (Guadalupe)  
9405 South Avenida del Yaqui  
Tempe, AZ 85283