Idaho Behavioral Health

Service Description

Service Area: Outpatient Mental Health Services
- Psychotherapy
- Medication Management
- PsychoSocial Rehabilitation (PSR) Services
- Targeted Service Coordination for Adults
- Children Service Coordination
- Psychological Testing
- TeleHealth Services

Location & Contact Info

Boise: 2273 S. Vista Ave, Suite 190, Boise, ID 83705
208-343-2737
208-342-3238 (fax)

Mountain Home: 2420 American Legion Blvd.
Mountain Home ID 83647
208-580-9525
208-580-9527 (fax)

Caldwell: 524 S. 9th Ave, Suite 101
Caldwell, ID 83605
208-454-2144
208-454-2149 (fax)

IBH@idahobehavior.com          www.idahobehavior.com

Population Served: IBH is proud to serve children (3 -12 years old), adolescents (13 – 18 years old), Adults, as well as refugee populations, individuals with developmental disabilities, individuals hard of hearing or deaf, and aging adults. IBH can provide or make accommodations for interpreters for individuals speaking another language, deaf, or hard of hearing.
Service Abstract: Idaho Behavioral Health is an outpatient mental health clinic providing children, adolescents, and adults with services including: psychotherapy, medication management, psychological testing, psychosocial rehabilitation (PSR), and service coordination for adults and children.

Services can be provided for individuals experiencing difficulties with depression, anxiety, mood disorders, relationships, personality, substance abuse, work, and daily living using a wellness and recovery approach. Services provided include screening and assessment, evaluation and diagnosis, counseling, case coordination, skill training, and medication services. Clinical assessment includes a recommended level of care appropriate to the severity of the issue or disorder. Crisis support is provided for those receiving community based services of PSR and/or service coordination for adults and children.

Each location site offers individual, family, and/or group counseling services. Telehealth services are available for persons served out of the Mountain Home and/or Caldwell office locations. Counseling sessions typically range from 30 minutes, 60 minutes, or 80 minute sessions. For individuals receiving Psycho-Social Rehabilitation (PSR) services through Medicaid, adults ages 18 and older are allowed 4 hours per week and children under the age of 18 are allowed 5 hours per week. Targeted Service Coordination through Medicaid allows an adult 5 hours per month and children up to the age of 18 are allowed 4.5 hours per month. Medicaid Basic Plan allows for 26 visits per calendar year and individuals on the Enhanced Plan are allowed 45 visits per calendar year. All individuals receiving PSR services are required to see the physician at least annually in order to determine medical necessity of services.

Goals: The goals of treatment are to reduce symptomatic behavior, to abstain from alcohol and other drugs, enhanced skill training, and to increase functional levels.

Admission / Readmission Criteria:

For persons seeking Medicaid services, IBH shall check their eligibility against the State Medicaid system to verify they are eligible for Basic and/or Enhanced Medicaid Services. For private insurance, IBH shall check their eligibility for mental health services against the provisions outlined in their insurance coverage. If a person is deemed
eligible for services, then they will be scheduled for an initial intake appointment. Upon determination which services the individuals needs based on initial intake, IBH will make complete appropriate assessments and make appointments for those services (ie. Therapy, Medication Management, PSR, and/or Targeted Service Coordination). If the person is not deemed eligible for services, they will be given a list of other resources or service providers who can provide the services they are seeking.

Discharge Criteria:
Effective discharge planning is an ongoing process that begins at intake and continues through the aftercare phase of treatment. Criteria for discharge include meeting goals and objectives on the treatment plan, participant’s preference to stop receiving services at IBH, or participant’s unwillingness to participate in treatment as evidenced by not showing up for appointments. Any change or termination of services is to happen in a planned manner and with the person served input and participation. Discharge planning is to include an aftercare plan to ensure the person has the necessary supports in the community to maintain psychiatric stability.

Consumer to Staff Ratio: 1:1

Staff Qualifications:
**Physician:** A licensed physician or licensed practitioner of the healing arts as defined by the standards of the Idaho Department of Occupational Licenses.

**Psychologist:** A licensed psychologist as defined by the standards of the Idaho Department of Occupational Licenses.

**Clinician:** A Clinician must hold a master’s degree, be employed by an agency, meet the standards established by the Idaho Department of Health & Welfare, and meet the standards established by the Idaho Department of Occupational Licenses.

**PSR Specialist:** Possess a bachelor’s degree or higher in any field. Completion of the USPRA certification program in psychiatric rehabilitation.

**Fee Collection / Refund:** 100% of payment is due at time of service unless the services are contracted. Payment will be refunded to a consumer or consumer’s guardian/parent/custodian if a third party providers reimbursement to the agency.
Non-English speaking Consumers:  The agency is in compliance with the requirements set for in Section 504 of the Americans with Disabilities Act. The premises have been modified for persons with mobility impairment, sensory impairment, or other physical disability. IBH can provide interpreters or make accommodations for individuals speaking another language, who are deaf, or hard of hearing.