



Family Stabilization Team Primary Care Provider Service and Access Overview



December 2008

Dear Primary Care Physician:

The following information provides an overview of Family Stabilization Services, identifies contracted Family Stabilization Team (FST) providers available to your MassHealth members under the age of 21 through Fallon Community Health Plan (FCHP) and outlines how you can access FST services on behalf of one of your MassHealth patients.

Definition:

FST provides flexible support to assist caregivers stabilizing children and adolescents in their home settings. These supportive services are provided during an episode of acute mental illness, substance abuse or after out-of-home treatment or placement. These services are used to prevent children and adolescents from requiring hospitalization, prevent repeated hospitalizations, and to enable children and adolescents to move quickly from the hospital to a less restrictive setting.

FSTs can be provided for as long as and as intensively as medically necessary to stabilize the child's condition. For example, if medically necessary, FST can be provided for six months (or a shorter or longer period of time) and for ten or fifteen hours per week (or lesser or greater number of hours). FST can continue, as medically necessary, including if termination of stabilization services is likely to result in the child becoming de-stabilized.

FSTs are expected to **complement** other services already in place for the member. The FST worker does not replace the role of the member's outpatient therapist.

FST services are available to members who are:

- eligible MassHealth members covered by FCHP on the date(s) of service.
- under the age of 21 on the date(s) of service.

Role of the FST

The role of the FST is to provide extra assistance to the family on both a planned and 24-hour on-call basis, until the family's coping skills and supportive services are securely in place. It is designed to result in enhanced family ability to maintain proper care, adequate functioning, and stable relationships with the community services needed as ongoing supports.

Referral Procedures

Members may be referred for FST services through their inpatient Providers, through a direct admission if they are receiving inpatient care and through Primary Care Providers. Primary Care Providers may initiate a FST referral by contacting a Beacon Clinician at 1-888-421-8861.

Contracted FST Providers for FCHP/Beacon (December 2008)

- Arbour Counseling Services Allston Allston
- Family Services of Greater Boston - Heath Street Jamaica Plain
- Health and Education Services, Inc.--General St. Lawrence
- Lowell Treatment Center Lowell
- MSPCC - West - Hamden Street Holyoke
- MSPCC - Boston - Amory Street Jamaica Plain
- MSPCC - Hyannis - Breeds Hill Road Hyannis
- MSPCC - Pittsfield Pittsfield
- MSPCC-Central- Chandler St Worcester
- The Brien Center for Mental Health & Substance Abuse Services Pittsfield
- Wayside Community Counseling Milford
- Wayside Youth & Family Support Network Framingham
- Wayside Beaverbrook Counseling Home Base/Take Charge Waltham
- You, Inc - Gardner Gardner
- You, Inc. - Lincoln Street Worcester

Additional Information:

- ✓ Please contact Beacon's Clinical Department at 1-888-421-8861 or FCHP Provider Services at 1-866-ASK_FCHP, prompt 4, if you have any questions on the information contained in this bulletin.
- ✓ You can also access this bulletin and information on how to obtain FST services and contracted FST providers at: www.beaconhealthstrategies.com under the FCHP Provider Information area.
- ✓ This bulletin is also located on the FCHP website fchp.org.