Targeted Case Management (TCM) Level III Request Guide

PRIMARY GOAL:

- Justify **WHY** youth need ongoing intensive services

REMEMBER TO:

- Be **SPECIFIC**
- Focus on **CURRENT** behaviors (*exhibited since last authorization*)

1. When the form asks, *Describe the patient's current clinical presentation (including current symptoms, impairments, or dysfunctions)*, consider:

Since the last authorization/in the last 6 months, has the youth…

been hospitalized or to the ER?
engaged with mobile crisis response?
experienced any crisis or trauma?

Explain **why**

had suicidal ideation?

- Was there a **plan** or **intent**?
- Did they **act** on these thoughts?
- Were thoughts **passive** or **active**?

had thoughts of, or engaged in, self-injury?

- What **specific actions** did they engage in? (*cutting, burning, head banging, etc.*)

exhibited aggressive behaviors?

- Was it **verbal** aggression?
- **Physical** aggression? (*toward people and/or animals*)
- Property **destruction**?
- **Fire-setting**?
- **Threats** to do harm?

had homicidal ideation?

- Was there a **plan** or **intent**?
- Who did threats **target**?
- Any **attack-related behavior**? (*harassment, stalking, etc.*)

exhibited oppositional defiance?

- Were they **disobeying** rules?
- **Staying out** past curfew?
- **Leaving class** without permission?
- Starting **arguments**?

used any substances?

- **What** did they use?
- How **often**?
- How did use **impact their functioning**?

struggled to manage their diagnoses?

- Have they been **depressed**? **Anxious**?
- **Irritable**? Had **mood swings**?
- Exhibited **obsessions**? **Compulsions**?
- Experienced **psychosis**? **Mania**?
- **Inattention**? **Hyperactivity**?

engaged in high-risk behaviors?

- Have they committed any **crimes**?
- Been **arrested**?
- Any **risky sexual behaviors**?
- Have they **run away**?
- Has there been **gang involvement**?
- **Disordered eating**?

functioned in school?

- How are they **doing academically**?
- Do they **complete their homework**?
- Do they **refuse to go to school**?
- Have they been **suspended** or **expelled**?

managed interpersonal relationships?

- Do they have **friends**?
- Get along with their **peers**?
- Have **social skill deficits**?
- Have **strained relationships** with siblings or caregivers?

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2. When the form asks, *What social elements impact diagnosis (check all that apply)*, consider:

Has the youth experienced…

- **problems accessing healthcare services?**
- **housing problems or homelessness?**
- **occupational or financial problems?**
- **criminal legal system involvement?**

How do these problems affect their **current clinical presentation**?

***Note**: *include answer in **section** and **be clear**:*

"**I checked off Financial Problems because it impacts their** [*specific diagnosis*] **in** [*this specific way*]"

3. As the provider, you are responsible for *describing updates to the treatment plan and the specific actions planned to address the symptoms or behaviors*. In doing so, consider:

Since the last authorization…

- **has the treatment plan changed?**
- **were any treatment goals added?**
- **were any treatment goals removed?**
- **were any treatment goal dates extended?**

Moving forward…

- **what needs/behaviors will the treatment focus on?**
- **what are you going to do to address these symptoms and behaviors?**

- Will you help the youth learn how to **manage their anger**?
- Help them **improve their social skills**?
- Help them **regulate their emotions and behaviors**?

→ **How**?

4. When the form asks, *Describe current planning for transition to a less intensive level of care*, consider:

- **What needs to happen before the youth transitions out of intensive care?**
- **What are the barriers to discharge?**

Writing Tips:

The youth struggled to manage their anger during this review period.

✗ **TOO VAGUE**

→ The youth struggled to manage their anger during this review period as exhibited by them physically assaulting multiple peers and their grandmother.

✓ **PRECISE & ILLUSTRATIVE**

The youth was hospitalized 4 times in 2021.

✗ **CENTERS PAST BEHAVIORS**

→ Despite being hospitalized in 2021, the youth was not hospitalized during this review period.

✓ **PRIORITIZES MOST RECENT INFO**