



Subacute Mental Health Care Facilities

Definition

Subacute treatment is designed to resolve the presence of acute or crisis mental health symptoms or the imminent risk of onset of acute or crisis mental health symptoms for members experiencing a decreased level of functioning due to a mental health condition.

The subacute treatment setting provides a protective environment that includes stabilization, support, diagnostic evaluation and treatment, wellness, and transition to ongoing services provided 24 hours a day, 7 days a week. Subacute mental health care facilities are intended to be short-term, intensive and recovery-oriented, and services are designed to stabilize the member, according to *Iowa Administrative Code (IAC) 481-71.1*.

Admission criteria for subacute mental health care facilities

The member must meet all of the following criteria:

- Be eligible for individualized subacute mental health services, which will be determined by the standardized preadmission screening utilized by the facility, and the services must be conducted by a mental health professional as defined in *IAC*, section 228.1(6).
- Display the following criteria in order to be admitted:
 - Be 18 years or older.
 - Have had a diagnosable mental, behavioral or emotional disorder that meets the diagnostic criteria specified in the most current edition of the *Diagnostic and Statistical Manual of Mental Disorders (DSM)* within the past year.
- Demonstrate a high degree of impairment through significantly impaired mental, social or educational functioning arising from the psychiatric condition or serious emotional disturbance.
- Demonstrate an impairment that severely limits the skills necessary to maintain an adequate level of functioning outside a treatment program and requires active treatment to obtain an adequate level of functioning.
- Demonstrate a low level of stability through any two of the following conditions:
 - The individual presents a moderate to high risk of danger to self or others.
 - The individual lacks adequate skills or social support to address mental health symptoms.
 - The individual is medically stable but requires observation and care for stabilization of a mental health condition or impairment.

Continued-stay criteria for subacute mental health care facilities

By the tenth day following admission and every ten calendar days thereafter, the mental health professional shall conduct and document an assessment of the resident and determine if:

- The severity of the behavioral and emotional symptoms continues to require the subacute level of intervention, and the *DSM* diagnosis remains the principal diagnosis.
- The prescribed interventions remain consistent with the intended treatment plan outcomes.
- There is documented evidence of active, individualized discharge planning.
- There is a reasonable likelihood of substantial benefit in the resident's mental health condition as a result of active intervention of the 24-hour supervised program.
- Symptoms and behaviors that required admission are continuing.
- A less intensive level of care would be insufficient to stabilize the resident's condition.
- New issues that meet the admission guidelines in *IAC* 481-71.13(2) have appeared.
- The resident requires further stabilization subsequent to acute care to treat active mental health symptoms such as psychosis, depression or mood disorder.