



Community
Navigator

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Transition

Individual Support

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Deinstitutionalization
(DI) Service Array

2021 (b)(3) Services

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Overview

This booklet contains information about (b)(3) services. (b)(3) services are for people with mental health (MH) disorders, substance use disorders (SUD), and intellectual or developmental disabilities (IDD).

(b)(3) services support people who have Medicaid. They add to services already in the North Carolina State Medicaid Plan. We can offer these additional services because of the Medicaid waivers.

What Are (b)(3) Services?

Through Medicaid, the state provides certain services to people with mental health (MH) disorders, substance use disorders (SUD), and intellectual or developmental disabilities (IDD). The state offers (b)(3) services in addition to these Medicaid services.

(b)(3) services are available statewide. They expand supports for people with complex needs. For example, a person can receive both outpatient therapy, a service in our State Medicaid Plan, and Individual Support, a (b)(3) service for those with mental health needs.

Cardinal Innovations Healthcare offers 10 (b)(3) services. We describe each in this booklet. Some services are just for people with IDD. Some are just for people with MH or SUD needs. And some are designed for all of these groups.

Who Is Eligible for (b)(3) Services?

The (b)(3) services described in this booklet provide extra support to Medicaid recipients with mental health (MH) disorders, substance use disorders (SUD), and intellectual or developmental disabilities (IDD) who have service needs.

These services help people learn new skills, so they can live independently in their homes and communities. (b)(3) services also help cover moving costs for people moving out of institutions and into their own houses or apartments.

If you meet the requirements below, you may be eligible for (b)(3) services from Cardinal Innovations:

- You have Medicaid insurance
- You live in one of the Cardinal Innovations counties
- You have IDD, MH or SUD service needs
- You meet other requirements specific to each service

Note: *NC Innovations Waiver participants are eligible only for (b)(3) Psychiatric Consultation.*

How Do I Access (b)(3) Services?

You can access (b)(3) services just as you would other services and supports available through Cardinal Innovations.

If you already know who you want to provide the (b)(3) service, you can go directly to your provider and request it. Your provider will get in touch with Cardinal Innovations to start the eligibility process and ask for service approval.

If you are not sure which (b)(3) services you need or if you do not have a provider in mind, call Cardinal Innovations at 1.800.939.5911. An Access Coordinator will help you figure out which (b)(3) services are right for you. They will then guide you through the eligibility process.

If you would like to read more about (b)(3) services, visit this link on the Cardinal Innovations website and click the (b)(3) services tab: www.cardinalinnovations.org/Members/How-Coverage-Works/Medicaid-funded-coverage

Community Navigator



Designed for individuals ages three and older with intellectual or developmental disabilities.

Description: The Community Navigator service helps people become more active in their communities. It makes sure their voices are heard.

The service also helps people find non-Medicaid community resources and supports. Some examples of Community Navigator activities are noted below:

- Helping you enroll in a class or volunteer activity
- Helping you build relationships with caring people
- Supporting you and your family at Individualized Education Plan (IEP) meetings and other meetings
- Assisting you and your family if you choose the Agency with Choice Model of Individual and Family Direction

Community Transition

Designed for individuals ages 18 and older with intellectual or developmental disabilities or mental health service needs who are moving to their own homes.

Description: This service is for people moving out of a licensed facility, such as a group home or developmental center. The service is also available to those with mental illness who are participating in the Transition to Community Living (TCL) program and need re-housing support.

To be eligible for the service, the person must be moving to a private home or apartment. Community Transition pays for one-time moving costs. Community Transition funds may be used for expenses noted below:

- A security deposit for the new home or apartment
- Furniture for the new home
- Moving expenses
- Utility/security deposits
- One-time cleaning and/or pest control service to make the home healthy and safe
- Personal hygiene supplies
- First week supply of groceries

Up to one-month supply of medication if not provided upon discharge from the institution/facility

Individual Support

Designed for individuals ages 18 and older with Severe and Persistent Mental Illness (SPMI) who are moving to or living in independent or shared housing in the community.

Description: This service helps adults learn to live more independently. It is typically for adults who are moving out of their families' homes or licensed facilities. It's also for helping adults maintain their independent or shared housing. The service provides guidance and help with everyday activities.

Examples of help with activities are noted below:

- Shopping for groceries
- Washing clothes
- House cleaning
- Cooking
- Managing money
- Managing medication

In-Home Skill Building



Designed for children and adults with intellectual or developmental disabilities.

Description: In-Home Skill Building is a short-term service for those who need help learning daily living skills. The individual's family members or caregivers are expected to participate in the skill building sessions.

In-Home Skill Building is provided in the person's private home or the community. The service is not available to individuals living in facilities. In-Home Skill Building assists with the activities noted below:

- Learning to interact with others and build personal relationships
- Skill building in shopping, recreation and other community living activities
- Training in health care at home, such as taking medicines or using special equipment
- Transportation to support skill building activities

Intensive Recovery Supports



Designed for women ages 18 and older, who are pregnant or have young children, and who have recently been discharged from a substance use (detox) program.

Description: This service helps women continue their recovery from drug or alcohol addiction once they return to their homes and communities. The service focuses on developing a healthy and positive living environment for the family.

Staff members help women in this service with activities such as:

- Learning more about recovery
- Learning everyday coping skills
- Developing a strong support network
- Strengthening parenting skills
- Getting ready to go back to work

Psychiatric Consultation



Designed for individuals ages three and older with mental health service needs who are under the care of a medical doctor, but not a psychiatrist.

Description: This service allows the medical doctor to talk with a psychiatrist about treatment options or medication recommendations. The medical doctor remains responsible for treating the individual's mental health needs.

Note: *NC Innovations Waiver participants are eligible for Psychiatric Consultation.*

Respite



Designed for individuals ages three and older with intellectual or developmental disabilities and for children (ages three to 21) with mental health and/or substance use disorder service needs.

Description: This service gives an individual's primary, unpaid caregiver(s) a break from providing daily care/supervision to the individual. The primary caregivers are the people who are mainly responsible for an individual's care and who also live in the same home as the individual.

Respite may be provided in the home or in another setting. It is available during the day, at night, and/or on the weekends.

Supported Employment

Designed for individuals ages 16 and older with intellectual or developmental disabilities or mental health diagnoses.

Description: This service supports teenagers and adults who want to work in the community. Supported Employment takes place in settings where there are people with disabilities and people without disabilities. The service can also be provided in a business owned by the individual.

Examples of supports include help with the activities noted below:

- Learning job skills
- Applying and interviewing for a job
- Keeping a job
- Opening a small business
- Limited transportation
- Getting medical services needed while at work

Transitional Living



Designed for adolescents and young adults ages 16 to 21 with Serious Emotional Disturbance (SED) who are transitioning to adulthood.

Description: This service helps young people learn the skills needed to live independently as adults. The service helps them gain the skills needed to do the following:

- Obtain or prepare for employment
- Maintain suitable housing
- Live successfully as a participating member of the community

Deinstitutionalization (DI) Service Array

Designed for individuals ages three and older who are moving out of institutions, nursing facilities, and other licensed living arrangements.

Description: The DI Service Array is not a service. Rather, it provides access to some services under the NC Innovations waiver. These services are designed to help individuals become more independent and live in their own communities. Below are examples of services included in the DI Service Array:

- Assistive Technology (special equipment)
- Day Supports (day activity programs)
- Home Modifications
(changes to your home so you can safely get around)
- In-Home Skill Building
(training in daily living skills to increase independence)
- Personal Care (help with bathing, dressing, etc.)
- Respite (relief to your caregivers)
- Supported Employment
(helping you find and maintain a job)

Help is just a phone call away!

Learn more about (b)(3) Services
by calling our Access Call Center at
1.800.939.5911

The Access Call Center is available
24 hours per day, 7 days per week,
365 days per year
for information, referral,
assessment, and crisis care.

You may also visit our website at
[cardinalinnovations.org](https://www.cardinalinnovations.org)

FOR MENTAL HEALTH HELP FAST:

Call ****ASK (2-7-5)** from your cell phone
or **1.800.939.5911**.

Or visit us online: [cardinalinnovations.org](https://www.cardinalinnovations.org).

rev. 20210709

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