

# Titration of Services Tip Sheet

## What is Titration?

- Titration implies stepping the member down in their services to match their clinical presentation, progress, baseline, and supports.
  - Example: Member A was receiving therapy 4x/month. Due to member's progress, increase in supports, and coping skills, Member A is being titrated to receive therapy 2x/month. Member will be evaluated with current service package and continue titration of services as progress continues.
- Services should also be reduced slowly when recovery is occurring to avoid worsening of symptoms, feelings of abandonment by the client, and empower the use of skills learned.

## Why is Titrating Services Important?

- Promotes independence and working toward effective independent functioning
  - Discharge should be discussed with the member openly at the start and throughout treatment. A key goal of therapy is to work toward effective independent functioning.
  - This process includes helping members identify their natural support systems and assisting with coordination of care to support their step-down plan and access community-based resources.
  - Studies demonstrate that it is not necessary to be in therapy for years to achieve improvement in symptoms.
- Helps to ensure individualized treatment
  - Treatment type and duration should always be matched appropriately to the nature and severity of the member's presenting problems.
  - Length of treatment also varies with the type of treatment provided.
- Discourages unhealthy attachments
  - Titration helps discourage unhealthy attachments to treatment providers because it promotes independence and monitors the member's progress. It ensures that a member isn't stuck in one level of care or becomes too dependent on a provider or services.

## Barriers to Titration Services

- Centene Advanced Behavioral Health recognizes that barriers may be present for providers and members.
- If symptoms worsen, services can be titrated up to increase frequency and duration of services, if the documentation supports the medical necessity of that service and authorization is obtained.