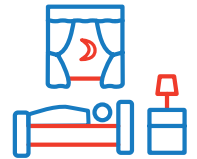


Texas hospitals are asking lawmakers to back **Senate Bill 905** by Sen. Charles Perry (R-Lubbock) and **House Bill 2337** by Rep. Tom Oliverson, MD (R-Cypress) to require **full Medicaid coverage** of partial hospitalization services and intensive outpatient therapy **for behavioral health**. This would give Texas patients access to a full continuum of behavioral health services, **just like the continuum of services available in physical care**.

## What is a partial hospitalization program (PHP)?

Partial hospitalization allows patients to avail themselves of “step-down” behavioral health services that don’t require a constant hospital stay like traditional inpatient psychiatric care and are also less restrictive. Patients can receive their psychiatric services **during the day – for eight hours or less – and return to their homes at night**, rather than enduring a 24/7 inpatient stay.



## What is intensive outpatient therapy (IOT)?

Intensive outpatient therapy programs are diverse and flexible, and may vary in length of treatment hours, but are also intermediate-level services, like partial hospitalization services. These programs are typically shorter than PHPs, but offer more care than traditional outpatient therapy services. IOTs are typically **a few hours per day, three to four days per week**. They can be offered during the day or evening, making them an excellent option for people who need to fit work, school or childcare into their schedule.



## Benefits of PHP and IOT

In physical care, patients often receive health care services after hospitalizations for surgery or other types of inpatient stays through “step-down” services, like rehabilitation or physical therapy. In behavioral health, PHP and IOT allow patients to either “step up” from regular therapy into those two services, or step down into them after hospitalization. **But PHP and IOT aren’t fully incorporated into Medicaid benefits.**



**For behavioral health patients to make progress in their treatment, the whole continuum of care must be made available to ensure access to the right level of care at the right time.** That means having services that range in levels of care to meet the needs of the patient.

### Benefits for patients:

- Ability to live at home while receiving treatment
- Gradual transition back to normal everyday life
- Immediate chance to apply skills learned in therapy to real-world scenarios
- Convenient for patients who are healthy enough to work or go to school



### Benefits for hospitals:

- More cost-effective
- Reduces readmission

