

Titration of Services Tip Sheet

What is Titration?

- The term titration has historically been used when talking about slowly reducing medications; however, it also applies to other forms of treatment such as psychotherapy.
- Titration implies stepping down the member in their services in order to match their clinical presentation, progress, baseline, and supports.
 - **Example:** Member A was receiving therapy 4x/month, Comprehensive Community Support 4x/month, and family therapy 2x/month. Due to member's progress, increase in supports, and coping skills, Member A is being titrated to receive therapy 2x/month, Comprehensive Community Support 2x/month, and family therapy 1x/month. Member will be evaluated with current service package and continue titration of services as progress continues.
- Therapy and other support 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?

- Largest improvement in symptoms occurs in the first phase of treatment
 - Studies show that the most improvement occurs during the initial state of treatment, specifically in the first 6 sessions of therapy.
 - Studies demonstrate that it is not necessary to be in therapy for years to achieve improvement in symptoms.
- Promotes independence and working towards effective independent functioning
 - Providers should discuss with the member openly at the start and throughout treatment, and that a major goal of therapy is to work towards effective independent functioning.
 - This includes helping members identify their support systems outside of therapy and assisting with coordination of care.
- 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.
 - Acute difficulties usually require fewer treatment sessions than do chronic conditions.
 - Length of treatment also varies with the type of treatment provided.
 - Authorization requests should be based on the individualized needs of the member.
 - Avoid submitting blanket authorization requests.
- Discourages unhealthy attachments
 - Titration helps discourage unhealthy attachments to treatment providers because it promotes independence and monitors the member's progress. It makes sure the member is not stuck in a particular level of care or becomes too dependent on a provider or services.
- Encourages providers to be good stewards of limited resources
 - Providers and managed care organizations must work together to prevent over utilization of services.

Barriers to Titration Services

- Centene 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, as long as the documentation supports the medical necessity of that services and authorization is obtained (if required).

*Please refer to the microlearning training titled **Titration Services** for references*