

Outpatient Mental Health Services for Medicaid Clients

Medicaid is a Federal program administered at the local level by the King County Division of Mental Health. To be eligible for mental health services, a child must meet certain Medical Necessity Criteria as defined by King County Mental Health. The first meeting with a counselor at Ryther is an assessment session or intake evaluation. Based on this assessment, if your child meets the criteria, the counselor will make a *tier* benefit request to the county that corresponds to the necessary level of service. Once authorized, the tier benefit period is one year, during which time a variety of service modalities may be used. These can include:

- Individual and family treatment
- Group treatment
- Referrals for psychological and/or psychiatric assessments and medication monitoring
- Psycho education
- Referrals to community organizations and supports
- Case management and coordination with other services providers
- Assistance with employment, vocational and educational needs

Most Ryther therapists are trained in a variety of evidenced based therapies. You or your child's therapist can explain what therapies s/he is trained in and whether the therapy is indicated for you or your child's presenting concerns.

Every client will have an individual treatment plan with goals developed together by the counselor, client, family and/or caregivers. This plan is based on each client's individual needs and tier level, and will be monitored, discussed and changed, if needed, on an ongoing basis. Treatment may take place weekly, every two to three weeks, monthly or less often, again based on individual assessments and needs.

Upon request, you can obtain a [Benefits Booklet for People Enrolled in Medicaid](#) published by the State Department of Social and Health Services (DSHS). You can also obtain a copy of the King County Regional Support Network (KCRSN) brochure, [Public Mental Health Services in King County](#) and the [KCRSN Practice Guidelines](#).