Titration of Services Tip Sheet

What is titration?

- Titration implies stepping the member down in their services in order 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 towards effective independent functioning
  - Discharge should be discussed with the members openly at the start and throughout treatment. A key goal of therapy is to work towards 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 in order 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 the services & authorization is obtained.

Please refer to the Umu microlearning training titled Titration of Services for references:
Scan the QR code at left or visit **pin.umu.com** and enter access code **zi0585**.