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Titration of Services

What Is Titration?

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

Why Is Titrating Services Important?

- Titration promotes independence and working toward 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 the member 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.
- Titration 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 varies with the type of treatment provided.
- Titration discourages unhealthy attachments.
 - Titration promotes independence and monitors the member's progress. It ensures that a member isn't stuck in one level of care, reducing the risk of the member becoming too dependent on a provider or services.

Barriers to Titration Services

- Ambetter recognizes that barriers may be present for providers and members.
- If symptoms worsen and documentation supports the medical necessity of a service, that service can be titrated up to increase frequency and duration of services.