

February 2023

Office of Integrated Health
Health Supports Network



Cardinal Care *Virginia's Medicaid Program*



Virginia Medicaid is transitioning to **Cardinal Care**.

All Virginia Medicaid programs will now be called Cardinal Care, which will provide a new single system of care. Cardinal Care includes members currently served through the Medallion 4.0, Commonwealth Coordinated Care Plus (CCC Plus), Family Access to Medical Insurance Security (FAMIS), and Medicaid and FAMIS fee-for-service programs.

Cardinal Care will continue to offer members the same programs and services. No reduction in services or changes to any existing coverage will occur.

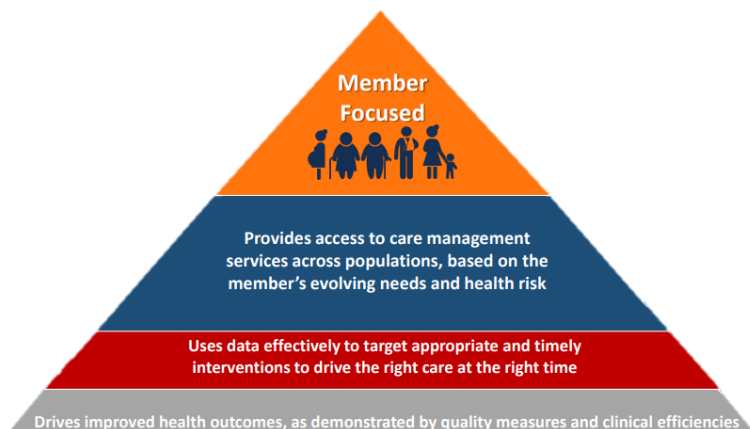
All current Virginia Medicaid members have been automatically enrolled in Cardinal Care. All members in managed care will stay with their same managed care organization (MCO) and with their same doctors.

Members will receive their new cards with the Cardinal Care logo throughout the coming months. Both the old and new cards will continue to be accepted by Medicaid providers (1) (2).

Cardinal Care Will Provide:

- A single system of care to reduce transitions between programs or gaps in care as member needs change.
- Care coordination to all members, as needed.
- A streamlined enrollment and renewal process and will align open enrollment.
- Continued care in the same six MCO health plans (Aetna Better Health of Virginia, Anthem HealthKeepers Plus, Molina Complete Care, Optima Health Community Care, UnitedHealthcare Community Plan, and Virginia Premier Health Plan) for those currently receiving MCO coverage.
- Unified program messaging and simplified communications (1).

Responsive Model of Care



What You Do Need To Do

The transition to Cardinal Care is automatic, as long as you are a current Medicaid member.

You can help ensure a smooth transition by taking the following steps:

- Make sure contact information is current with Virginia Medicaid. Update phone numbers and mailing address by:
 - Going online to commonhelp.virginia.gov,
 - Calling Cover Virginia at 1-855-242-8282, or
 - Calling the local Department of Social Services. Visit the [Virginia Department of Social Services website](https://www.dss.virginia.gov) to search for the local agency's number.
- Contact the managed care organization to update your contact information as well.

Care Management Components

MCO care managers partner with providers on behalf of members with significant health needs to:

- Support the member's choice to reside in the least restrictive environment.
- Facilitate successful transitions between levels of care and settings.
- Provide comprehensive health risk assessments.
- Develop comprehensive member-centered care plans.
- Provide for interdisciplinary care team collaboration, participation, and communication.
- Engage the provider's expertise and ability to promote quality, etc.
- Collaborate with involved parties to ensure the member's health, safety, and welfare.
- Establish wrap-around community support services, addressing social determinants of health (2).

App of the Month



The Virginia Medallion mobile app is designed to make it simple to find and enroll in a health care plan. Easily compare health insurance plans side-by-side. Enroll in a health plan that works best. Quickly find driving directions to nearby providers, hospitals, specialists and more. Also, in Español. The Virginia Medallion mobile app is for residents of Virginia only. (App of the Month is not endorsed by DBHDS Office of Integrated Health-Health Supports Network. User accepts full responsibility for utilization of app).

References

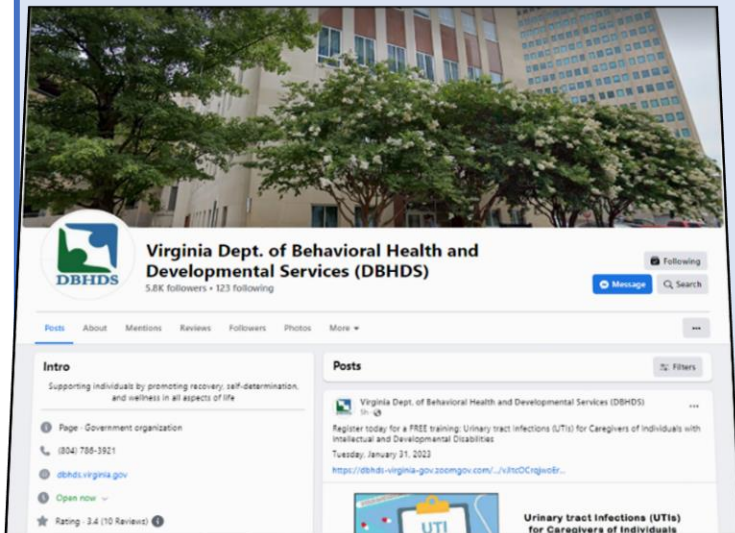
1. Cardinal Care Virginia's Medicaid Program (2023). [Cardinal care: A program for all Medicaid members single program offers clearer, straighter path to care. Department of Medical Assistance Services \(DMAS\).](#)
2. Cardinal Care Virginia's Medicaid Program (2022, September). [Virginia Medicaid is transitioning to cardinal care. Department of Medical Assistance Services \(DMAS\).](#)

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DID YOU KNOW DBHDS HAS a FACEBOOK PAGE?



The Virginia Department of Behavioral Health and Developmental Services Facebook Page is a great way to keep current on all the events, trainings and happening at DBHDS.

Have You Been Trained?

OIH-HSN offers virtual trainings each month on various health and safety topics.

Coming in February –

Diabetes Part 1 –

Tuesday, February 7, 2023, between 10:00 a.m. – 12:00 p.m.

<https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJltduyuzqzkrGI3KY04J8sDF69U8a5amN9k>

Skin Integrity & Pressure Injuries –

Thursday, February 9, 2023, between 10:00 a.m. – 12:00 p.m.

<https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlTf-mprTkoGUGDCRshXNQ7W-nnrmHLDVc>

NEW Nutrition Part 2 –

Tuesday, February 21, 2023, between 10:00 a.m. – 12:00 p.m.

<https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlfsu-upz4qHL5xAeO1FVw4KEd3QqWi99M>

NEW Transfers Training – Thursday, February 23, 2023, between 10:00 a.m. – 12:00 p.m.

<https://dbhds-virginia.gov.zoomgov.com/meeting/register/vJlsc-mhpzMrGCRwMLCDyL3HDC2ZX-ollo8>

After you register and are approved to attend, you will receive a confirmation email with the link and password to join the training on the day of the course. The link should be added to a calendar for easy access the day of the training.

ABA Snippets ...

Writing Behavior Definitions for Practical Applications

Baer, Wolf and Risley's 1968 publication, *Some Current Dimensions of Applied Behavior Analysis*, outlines the seven dimensions of behavior. The technological dimension of behavior seeks to identify and describe an intervention well enough to be implemented correctly by a layperson. A description is considered technological if a trained caregiver can implement the procedure effectively (1) (5).

A behavior change description includes one or more target behaviors for decrease and/or increase. Defining target behaviors in a technical way presents many challenges. One such challenge is technical language is necessary but reading and using technical language can be difficult. It is especially difficult considering caregivers have many tasks and responsibilities.

A possible solution is to start with targets which are clear and simple. This may sound obvious but with the amount of behavior analytic research and knowledge at our disposal it is easy to overlook simplicity and/or complicate a target.

LeBlanc et.al. (1991), uses an example in which an individual was reported to be off task and disruptive. Writing a behavior definition for off task and disruptive would be difficult to write in a technological way. Disruptive behaviors may be subjective and contingent on other people being disrupted. Off task is not a behavior per Lindsley's dead-person test (4). Doing an FBA should lead to a better understanding of these behaviors. In this example disruptive behavior is better targeted as making rude statements and reducing off-task behavior becomes clearer when stated as increasing specific on-task behaviors.

Simple language can be used to write these definitions in a clear, objective, and complete way. Most caregivers will understand with little to no training, especially if specific examples and non-examples are provided, as in Cooper et al., p. 67-70 (2020). Data collection is simple too; for more information check out, LeBlanc et al., p. 82 (2015).

You may contact DBHDS about these efforts via the following:

brian.phelps@dbhds.virginia.gov

References

1. Baer, D. M., Wolf, M. M., & Risley, T. R. (1968). [Some current dimensions of applied behavior analysis](#). *Journal of Applied Behavior Analysis*, 1(1), 91-97.
2. Cooper, J. O., Heron, T. E., & Heward, W. L. (2020). *Applied Behavior Analysis*, 3rd edition. Pearson Education Limited.
3. LeBlanc, L. A., Raetz, P. B., Sellers, T. P., & Carr, J. E. (2015). [A proposed model for selecting measurement procedures for the assessment and treatment of problem behavior](#). *Behavior Analysis in Practice*, 9(1), 77-83.
4. Lindsley, O. R. (1991). [From technical jargon to plain English for application](#). *Journal of Applied Behavior Analysis*, 24(3), 449-458.
5. Quigley, S. P., Ross, R. K., Field, S., & Conway, A. A. (2018). [Toward an understanding of the essential components of behavior analytic service plans](#). *Behavior Analysis in Practice*, 11(4), 436-444.