Short-Term Behavioral Health Services in Primary Care

Presented by: John Laukkanen

ACC Pediatric Behavioral Health Liaison

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Our Mission

Resourcing
Stewardship of financial
while demonstrating sound
outcomes for the people we serve
Improving health care access and

Improving health care access and
Agenda

• Policy Objectives
• Policy
• Procedure Codes
• Q&A
• Diagnosis and Treatment Plan - Q&A
• Types of Services - Q&A
• Billing - Q&A
• Episode of Care - Q&A

Policy Objectives
Policy Objectives

- Increase access to behavioral health for low-acuity conditions
- Offer interventions for non-covered diagnoses
- Provide early intervention
- Increase member options on where to receive care
- Increase access to behavioral health for low-acuity conditions
Short-Term Behavioral Health Policy

Does Not:
- Solve Integrated Care
- Include Health and Behavior Codes
- Add New Codes

Does:
- Increase Member Options
- Increase Access
- Loosen Covered Diagnosis Requirements
Short-Term Behavioral Health Policy

- Must be in a primary care setting (PCMH) [Billing Provider]
- Must be provided by [Rendering Provider] a licensed behavioral health provider with a Medicaid-enrolled, Masters level or higher, Medicaid-enrolled,
- Must meet medical necessity
- Must follow CPT coding practices
- Must follow documentation requirements
- Must be in any primary care setting (PCMH) [Billing Provider]

Without covered diagnosis

6 Sessions within 12 months
Provider Billing Types for Fee-For-Service Reimbursement

- Group
- Non-Physician Practitioner
- Indian Health Center
- Rural Health Center
- Federally Qualified Health Center
- Clinic
In Summary

- Other Supports for Integrated Care
- Capitated Behavioral Health Benefit
- FFS Reimbursement ≤6 in Primary Care
- No New Codes
- Increase Access to Behavioral Health
Procedure Codes
<table>
<thead>
<tr>
<th>Description</th>
<th>Procedure Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Psychotherapy (with patient)</td>
<td>90847</td>
</tr>
<tr>
<td>Family Psychotherapy (without patient)</td>
<td>90846</td>
</tr>
<tr>
<td>Psychotherapy—60 minutes</td>
<td>90837</td>
</tr>
<tr>
<td>Psychotherapy—45 minutes</td>
<td>90834</td>
</tr>
<tr>
<td>Psychotherapy—30 minutes</td>
<td>90832</td>
</tr>
<tr>
<td>Diagnostic Evaluation without Medical Services</td>
<td>90791</td>
</tr>
</tbody>
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### Place of Service (POS)

<table>
<thead>
<tr>
<th>POS Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>HC (9)</td>
<td>Hospital Outpatient (Outpatient) (Proceeding)</td>
</tr>
<tr>
<td>OF (4)</td>
<td>Office - Family Physician (Private Practice)</td>
</tr>
<tr>
<td>OR (1)</td>
<td>Office - Other Physician (Private Practice)</td>
</tr>
<tr>
<td>OT (2)</td>
<td>Outpatient Other Than Hospital</td>
</tr>
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</table>

### Staff Requirements

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Level 1</td>
<td>Required</td>
</tr>
<tr>
<td>Level 2</td>
<td>Recommended</td>
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</table>

### Program Outcome Categories

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Outcome 1</td>
<td>Category A</td>
</tr>
<tr>
<td>Outcome 2</td>
<td>Category B</td>
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</tbody>
</table>

### Application Population(s)

<table>
<thead>
<tr>
<th>Population</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population 1</td>
<td>Description 1</td>
</tr>
<tr>
<td>Population 2</td>
<td>Description 2</td>
</tr>
</tbody>
</table>

### Example Activities

1. **Key Performance Indicator (KPI) 1** | Description 1
2. **KPI 2** | Description 2
3. **KPI 3** | Description 3
4. **KPI 4** | Description 4

### Notes

- Additional notes or comments.
- Important reminders or clarifications.

### Service Description

- **Service Type**: Description of the service provided.
- **Usage**: Specific usage details or guidelines.

### CPT/HCPCS Procedure Code

- **Procedure Code**: Code for the specific procedure or service.
- **Usage**: Notes on how to use the code.

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**Precaution:** Certain services may require additional precautions or contraindications.
Questions

Do we need to do a 90791 as the first visit in order to use the psychotherapy codes?

A: This is not a requirement for the STBHS. (Email sent to CCHAP)

Is H0031 no longer an available code if you have a behavioral health license? We were told not to use it anymore but don’t always think our visit meets the 90791 requirements.

A: Per the Coding Manual for H0031: “Licensed MHPs, when completing a full assessment with mental status and diagnosis should use procedure code 90791.”

Is a treatment plan required? We were told that it is required to use the psychotherapy codes, which has been a major deterrent for our clinic in using the codes.

A: A treatment plan is not a requirement of the STBH Services.
Diagnosis and Treatment Plan
The table below lists the covered diagnoses under the Colorado Capitated Behavioral Health Benefit under the Accountable Care Collaborative.

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<thead>
<tr>
<th>ICD-10-CM Code Ranges</th>
<th>End Value</th>
<th>Start Value</th>
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<tbody>
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<td>FT9.26</td>
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<tr>
<td>FT9.26</td>
<td>FT9.18</td>
<td>FT9.16</td>
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<td>FT8.980</td>
<td>FT8.28</td>
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<td>FT8.259</td>
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<table>
<thead>
<tr>
<th>ICD-10-CM Code Ranges</th>
<th>End Value</th>
<th>Start Value</th>
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</thead>
<tbody>
<tr>
<td>R45.82</td>
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<td>R45.1</td>
</tr>
<tr>
<td>R45.1</td>
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<td>F99.4</td>
<td>F99.0</td>
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<td>F99.0</td>
<td>F69</td>
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<td>F63.0</td>
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<tr>
<td>F53.12</td>
<td>F51.09</td>
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<td>F51.03</td>
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</tr>
<tr>
<td>F42.3</td>
<td>F20.0</td>
<td>F20.0</td>
</tr>
</tbody>
</table>
Treatment Plan and Documentation Standards

Sample: https://www.youtube.com/watch?v=e8Gh5xarydo

SOAP Notes

Treatment Plan

Documentation Standards
Questions

promote behavior change, compliance, etc.

A: Obesiy, Asthma (or other Chronic Condition) can be engaged to

medical diagnosis instead of a behavioral health diagnosis?

Can you give a pediatric example of how to use the 6 visits with a

including Illness Unspecified (R69) or R46.89.

A: Since no diagnosis is required, any appropriate dx is allowed,

could you bill for behavior problem (R46.89)?

Do approved diagnoses include V, R, and Z codes? For example,

What diagnoses are allowed; is there a list of approved diagnoses?
Types of Services
Questions

Can we use the 6 visits codes for pregnancy related depression that our clinic identifies through screening to support the mom and baby together? Can I record this information in the child’s record?

A: Yes, PRD/PMD can be addressed using the STBHS - CCAP has produced a white paper with some guidance on this topic. A white paper with some guidance on this topic.

A: (Discussion)

What therapy modalities are best suited to the 6 visits?

A: Any modality that has been validated for brief interventions.

A: (Discussion)

I think of myself as a bridge or brief case manager holding the family to avoid or mitigate crisis. Is that an appropriate use of the 6 visits? Also, I don’t know that I have time to also address lower acuity issues because I am so full with these behavioral health patients.
Questions

Can we use the 6 visits codes for a session with our behavioral health provider the same day as the medical visit for the child?

A: Yes

Can the behavioral health visit happen during or immediately after the medical visit?

A: Yes

Do I have to use all 6 visits or can I see a family or child once and

A: You only have to use the number of sessions that are clinically helpful/appropriate. The maximum number of visits that can be

used is 6.

We submit the claims directly to HCPI for these visits; so HCPI is

the payer correct?

A: Correct

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the payer correct?

A: Correct

Claims are submitted to the Colorado Interchange

22
Episode of Care
How to define Episode

- Clinical Expertise
- Timeframe
- Diagnosis
I'm a pediatrician and practice owner who sees a high volume of Medicaid kids at multiple locations. Medical providers manage the medical issues described in the FAQs and we get reimbursed at a much higher rate than we would if we pulled our behavioral health into those visits. Are we required to provide a disclosure and consent for the 6

A: Not at this time

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Will more training for IBH providers be offered to apply our skillset to the 6 visits? I have never used behavioral strategies with a medical diagnosis so that concept is all new and I would like more training.

A: (Discussion)

FAQ: https://www.colorado.gov/pacific/health-services/short-term-behavioral-health-services

Will more training for IBH providers be offered to apply our skillset to the 6 visits? I have never used behavioral strategies with a medical diagnosis so that concept is all new and I would like more training.

Questions
Thank you!

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