



Behavioral Health Outpatient Treatment

LOB(s): <input checked="" type="checkbox"/> Commercial <input checked="" type="checkbox"/> Medicare	State(s): <input checked="" type="checkbox"/> Idaho <input checked="" type="checkbox"/> Montana <input checked="" type="checkbox"/> Oregon <input checked="" type="checkbox"/> Washington <input type="checkbox"/> Other:
<input checked="" type="checkbox"/> Medicaid	<input checked="" type="checkbox"/> Oregon <input type="checkbox"/> Washington

Enterprise Policy

Clinical Guidelines are written when necessary to provide guidance to providers and members in order to outline and clarify coverage criteria in accordance with the terms of the Member's policy. This Clinical Guideline only applies to PacificSource Health Plans, PacificSource Community Health Plans, and PacificSource Community Solutions in Idaho, Montana, Oregon, and Washington. Because of the changing nature of medicine, this list is subject to revision and update without notice. This document is designed for informational purposes only and is not an authorization or contract. Coverage determinations are made on a case-by-case basis and subject to the terms, conditions, limitations, and exclusions of the Member's policy. Member policies differ in benefits and to the extent a conflict exists between the Clinical Guideline and the Member's policy, the Member's policy language shall control. Clinical Guidelines do not constitute medical advice nor guarantee coverage.

Background

PacificSource covers outpatient behavioral health treatment for mental health disorders, substance use, and co-occurring disorders (more than one or a combination of mental health, substance use, and physical health disorders) for adults, children, and adolescents, subject to the contract benefit and policy limitations.

Outpatient Treatment is understood to be face-to-face or by real-time, synchronized two-way video and audio which originates in the practitioner's office setting, either as group, family, or individual psychotherapy or psychiatric evaluation and management appointments.

For additional information about PacificSource Community Solutions (PCS), see specific section below.

Criteria

PacificSource does **not** require prior authorization or referrals for admission to outpatient behavioral health services.

Outpatient Behavioral Health services utilize the following clinical guidelines:

- Treatment must be provided by eligible practitioners/facilities as defined by the contract and benefit structure
- Coverage is limited to those services and diagnoses which are a plan benefit
- Visit length conforms to the CPT coding as per the Current Procedural Terminology, published by the American Medical Association
- Treatment provided must be medically necessary.

- An assessment is completed to determine a diagnosis that requires medically necessary outpatient behavioral health treatment.
- The member has at least one diagnosis found in the ICD-10 classification system and Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM 5)
- Symptoms and functional impairments are documented in the assessment and must support the diagnosis;
- Substance abuse evaluation is part of the initial assessment. A referral is made for appropriate intervention to address substance use, if clinically indicated. Treatment of substance use disorders is subject to the most current placement criteria established by the American Society of Addiction Medicine (ASAM)
- Treatment which is court ordered or required by a third party must also meet medical necessity criteria and will not be covered solely because of a court order or third-party requirement
- The member demonstrates the capacity and willingness to participate actively in treatment
- The member's record contains a treatment plan with objectives that have been formulated in collaboration with the member. The treatment objectives are individualized, specific, measurable, achievable, realistic, and time based, including a baseline evaluation for the purpose of evaluating treatment progress
- Providers consistently use a trauma-informed approach, and members are assessed for Adverse Childhood Experiences (ACE). Providers use trauma-informed frameworks for assessment, treatment planning, and treatment delivery in a culturally and linguistically appropriate manner. This is reflected in the member's Individual Service and Support Plan (treatment plan)
- The intensity and frequency of treatment is variable and depends on the member's diagnosis and presenting symptoms and is appropriate to the individualized treatment plan
- Whenever possible, the treatment plan will include objective measures, such as diagnostic screening tools, used to assess a member's baseline function and progress during treatment (e.g., PHQ-9 or GAD-7)
- The treatment plan identifies alternative strategies if the member is not progressing toward achievement of the treatment objectives in a timely manner. Examples include a psychiatric evaluation (if not yet obtained), a second opinion, or consideration of additional or different treatment modalities.
- Providers use a comprehensive Behavioral Health Assessment Tool, to assist in adapting the intensity and frequency of behavioral health services to the behavioral health needs of the member
- Treatment focuses on reducing active symptoms and functional impairments and is not primarily a substitute for the member's natural, social, or community supports
- Providers will document each service provided in a service note that must include:
 - The specific services rendered.
 - The treatment plan objective(s) addressed.
 - The date, time of service, and actual amount of time services were rendered.

- The name and credentials of the person rendering services, including signature.
- Updates on individual's progress in treatment
- Active family/significant other involvement is important unless contraindicated or declined by the member and is intended to reduce specific symptoms or functional impairments. Family therapy is an integral part of child/adolescent behavioral health treatment
- Treatment duration is time-efficient and emphasizes reducing symptoms and improving functioning as rapidly as possible, to a level at which the member can maintain adequate functioning and tolerate residual symptoms
- Timely psychopharmacologic evaluation and treatment will be considered for conditions that are known to be responsive to medication. Medication benefits and risks will be discussed with the member before any psychotropic medications are prescribed. Ongoing monitoring of medication response and adherence will be documented in the member's treatment record
- Coordination of care between the behavioral health practitioner and the member's primary care practitioner (PCP) and psychotropic medication provider is documented in the member's treatment record. Member objection to authorize contact between the behavioral health practitioner and other relevant providers is documented and addressed
- Coordination of care and appropriate referrals are provided if there is a need transition the member to a more intensive level of care for safety and short-term stabilization. PacificSource uses the following criteria to determine medical necessity for levels of mental health care:
 - Treatment for children ages 5 years and under uses Early Childhood Service Intensity Instrument (ECSII) by the American Academy of Child and Adolescent Psychiatry
 - Treatment for children ages 6 to 18 years uses Child and Adolescent Level of Care/Service Intensity Utilization System (CALOCUS-CASII) by the American Association for Community Psychiatry and the American Academy of Child and Adolescent Psychiatry
 - Treatment for adults ages 19 and older uses Level of Care Utilization System for Psychiatric and Addiction Services (LOCUS), Adult Version 20, by the American Association for Community Psychiatry
- Treatment will be discontinued when no longer clinically indicated. Members may no longer meet clinical guidelines for outpatient treatment when:
 - Treatment objectives are met, or member's symptoms are sufficiently under control
 - The individual is non-participatory, uncooperative, or non-compliant with treatment
 - There is evidence that additional outpatient therapy will not create further symptom relief and/or significant change
 - The member's needs would be more appropriately addressed at a different level of care.

Medicaid

- PacificSource Community Solutions (PCS) ensures access to behavioral health services, regardless of location, frequency, intensity, or duration of services, and as medically appropriate:
 - Include assessment, evaluation, treatment planning, supports, and delivery
 - Are trauma informed

- Include strategies to address environmental and physical factors, social determinants of health and equity, and neurodevelopmental needs that affect behavior.
- PCS protects members' right to obtain outpatient behavioral health services or behavioral health peer delivered services from within PCS' Provider Network without a prior authorization as specified in 410-141-3835, with the exceptions of the following treatments and services which require a prior authorization per CCO Contract Exhibit B Part 2(3)(b)(6):
 - Applied Behavior Analysis (ABA), see related PS related policy with the same title
 - Electroconvulsive therapy (ECT) or electroshock therapy
 - ECT therapy is a procedure, which involves the intentional induction of generalized seizures by administering electrical impulses to the anesthetized member. Treatments are typically administered by a psychiatrist and an anesthesiologist or anesthesiologist.
 - ECT therapy is generally administered in an inpatient setting, but can be administered on an outpatient basis in a facility with treatment and recovery rooms
 - PCS follows Guideline Note 69 of the Oregon Health Plan (OHP) Prioritized List of Health Services to determine coverage based on medical necessity.
 - Neuropsychological evaluations, see related PS policy Neuropsychological and Psychological Testing
 - Transcranial Magnetic Stimulation (TMS), see related PS policy Transcranial Magnetic Stimulation
- PCS does not require referrals from a primary care provider or otherwise to access behavioral health services. Members can self-refer to behavioral health services available from the provider network.
- PCS ensures members have access to behavioral health screenings and referrals for services at multiple health system or health care entry points.
- Members can receive behavioral health services from non-participating providers if those services are not available from participating providers or if a member is not able to access services within the timely access to care standards in OAR 410-141-3515:
 - PCS will coordinate behavioral health services with non-participating providers through utilization management and care management teams
 - PCS will reimburse for services that are determined to be medically necessary, including those provided outside of the state, when such services cannot be provided within the timely access to care standards in OAR 410-141-3515.
- PCS utilization management and care management teams monitor needs related to social determinants of health, environmental and physical factors, equity, and neuro-developmental needs. Care management teams also screen members for adequacy of supports for the family in the home (e.g., housing adequacy, nutrition/food, diaper needs, transportation needs, safety needs, and home visiting). Members are referred internally to care management programs, or to

community-based programs to address their needs. PCS also coordinates care with providers to ensure all necessary elements of a member's care are being addressed.

- PCS ensures access to a wide variety of outpatient intensive specialty programs which promote resiliency and rehabilitative functioning for individual and family outcomes. These programs include:
 - Assertive Community Treatment (ACT) - An evidence-based practice designed to provide comprehensive treatment and support services to individuals with serious and persistent mental illness
 - Intensive Care Coordination (ICC) - A specialized care management service designed to meet the needs, in complexity, scope, and intensity, of all members who qualify and choose to participate in the program
 - Intensive outpatient services (IOP) - Structured, nonresidential evaluation, treatment, and continued care services for individuals who need a greater number of therapeutic contacts per week than are provided by traditional outpatient services
 - Intensive outpatient services and supports for children and adolescents (IOSS) - A specialized set of comprehensive in-home and community-based supports and mental health treatment services for children that are developed by the child and family team and delivered in the most integrated setting in the community
 - Intensive In-Home Behavioral Health Treatment (IIBHT) - An intensive, community-based level of care for youth ages 0-20 years with complex mental health needs who are at risk for an out of home placement or who are stepping down from a higher level of care;
 - Parent-Child Interaction Therapy (PCIT) - A therapeutic intervention intended for children ages 2 through 6 years experiencing significant social, emotional, or behavioral problem and their parents
 - Fidelity Wraparound - A model of team-based intensive care coordination for children and their families based on National Wraparound Initiative values and principles
- Members eight (8) years and younger have access to evidence-based dyadic treatment and treatment that allows children to remain living with their primary parent or guardian.
- Level of care criteria for behavioral health outpatient services, intensive outpatient services and supports, and IIBHT includes children birth through five (5) years in accordance with OAR Chapter 309, Division 22. Members ages birth through five (5) with indications of adverse childhood events and high complexity have access to a minimum of intensive outpatient services.
- Periodic social-emotional screening for all children birth through five (5) years is conducted in the primary care setting and ensures any concerns revealed by the screening are addressed in a timely manner.
- PCS does not require prior authorization for Medication Assisted Treatment (MAT) for substance use disorders, including opioid and opiate use disorders, at any point in treatment.
- PCS encourages the utilization of Peer Delivered Services (PDS) and ensures that members are informed of their benefit to access and receive PDS from a Peer Support Specialist, Peer Wellness Specialist, Family Support Specialist, or Youth Support Specialist as applicable to the

member's diagnosis and needs are consistent with OAR 309-019-0105. See the PCS Peer Delivered Services Policy in related policy section for details PDS information.

Provider Network for Outpatient Services

PacificSource has established timeliness access standards of care related to primary care, emergent/urgent care, and behavioral health care (See Accessibility of Service for Primary Care Services, Emergent Urgent Care services, and Behavioral Health Care services in the related policy section). PacificSource ensures that minimum necessary availability standards are reviewed at least quarterly, to ensure that there is a sufficient number of participating providers within our service areas. Provider Network is responsible to review and analyze our networks against established access standards. If there are deficiencies identified within the review, provider contracting will focus their efforts to address and eliminate the deficiency. See Network Availability Standards-Medicaid and Network Availability-Commercial listed in the related policy section for detailed network availability standards for Medicaid.

Definitions

CALOCUS-CASSI - The Child and Adolescent Level of Care/Service Intensity Utilization System by the American Association for Community Psychiatry and the American Academy of Child and Adolescent Psychiatry

ECSII - The Early Child Service Intensity Instrument by the American Academy of Child and Adolescent Psychiatry

LOCUS - The Level of Care Utilization System for Psychiatric and Addiction Services by the American Association for Community Psychiatry

Face-to-Face - a personal interaction where communication between at least two-person(s) can be had and facial expressions can be seen in person or through telehealth services where there is secured HIPAA approved live streaming audio and video.

Related Policies

Applied Behavioral Analysis (ABA)

Accessibility of Service for Primary Care Services, Emergent Urgent Care services, and Behavioral Health Care services

Assertive Community Treatment

Behavioral Health Provider Availability – Medicaid

Crisis Management and Services

Fidelity Wraparound Policy

Intensive Care Coordination (ICC) Services

Intensive In-Home Behavioral Health Treatment

Peer Delivered Services
Medically Necessity Review
Mental Health Treatment
Network Availability Standards - Medicaid
Network Availability Standards - Commercial
Neuropsychological and Psychological Testing
Substance Use Disorder Treatment
Transcranial Magnetic Stimulation

References

American Psychiatric Association. (2013) Diagnostic and Statistical Manual of Mental Disorders (5th ed.).

American Psychiatric Association Practice Guidelines. Available at: <https://www.aacap.org/>

Optum360 solutions. ICD-10-CM Expert for Physicians: The Complete Official Code Set, Optum360, LLC

MCG 27th Edition Behavioral Health Guidelines

Oregon Health Plan, Health Plan Services Contract. Coordinated Care Organization Contract with PacificSource Community Solutions, Inc.

Appendix

Policy Number:

Effective: 10/1/2020

Next review: 8/1/2024

Policy type: Enterprise

Author(s):

Depts: Health Services

Applicable regulation(s): Oregon House Bill 3046; OAR chapter 309, Division 19, OAR 410-141-3515, Medicare Managed Care Manual, Chapter 4, section 30.0 Counseling Services.

Commercial OPs: 4/2024

Government OPs: 4/2024

Approved by OHA: 2/28/2023