

**TRANSMITTAL AND NOTICE OF APPROVAL OF  
STATE PLAN MATERIAL  
OR: HEALTH CARE FINANCING ADMINISTRATION**

1. TRANSMITTAL NUMBER:  
10-008-UT

2. STATE:  
Utah

3. PROGRAM IDENTIFICATION: TITLE XIX OF THE SOCIAL SECURITY ACT (MEDICAID)

4. PROPOSED EFFECTIVE DATE  
July 1, 2010

TO: REGIONAL ADMINISTRATOR  
HEALTHCARE FINANCING ADMINISTRATION  
DEPARTMENT OF HEALTH AND HUMAN SERVICES

i. TYPE OF PLAN MATERIAL (Check One)

- NEW STATE PLAN     
 AMENDMENT TO BE CONSIDERED AS NEW PLAN     
 AMENDMENT  
 COMPLETE BLOCKS 6 THRU 10 IF THIS IS AN AMENDMENT (Separate Transmittal for each amendment)

j. FEDERAL STATUTE/REGULATION CITATION:

42 CFR 440.130

7. FEDERAL BUDGET IMPACT:

a. FFY 2010 \$[4,659,200]  
 b. FFY 2011 \$[18,493,800]

k. PAGE NUMBER OF THE PLAN SECTION OR ATTACHMENT:

Pages 7, 8, 8a, 8b, 8c, 8d, 8e, and 8f of Attachment #4b  
(Attachments 3.1-A and 3.1-B)

Page 29d of Attachment 4.19-B

9. PAGE NUMBER OF THE SUPERSEDED PLAN SECTION OR ATTACHMENT (If Applicable)

Pages 7 and 8 of Attachment #4b  
(Attachments 3.1-A and B)

Page 29d of Attachment 4.19-B

10. SUBJECT OF AMENDMENT:

Rehabilitative Mental Health Services for Individuals to Age 21 Not Enrolled in the Prepaid Mental Health Plan 1915(b)  
Waiver for Outpatient Mental Health Services

11. GOVERNOR'S REVIEW (Check One):

- GOVERNOR'S OFFICE REPORTED NO COMMENT  
 COMMENTS OF GOVERNOR'S OFFICE ENCLOSED  
 NO REPLY RECEIVED WITHIN 45 DAYS OF SUBMITTAL

OTHER, AS SPECIFIED:

12. SIGNATURE OF STATE AGENCY OFFICIAL:

16. RETURN TO:

Craig Devashrayee, Manager  
Technical Writing Unit  
Utah Department of Health  
PO Box 143102  
Salt Lake City, UT 84114-3102

13. TYPED NAME:

David N. Sundwall, MD

14. TITLE:

Executive Director, Utah Department of Health

15. DATE SUBMITTED:

September 30, 2010

16.

17. DATE RECEIVED:

9/30/10

18. DATE APPROVED:

12/14/10

FOR REGIONAL USE ONLY

9. EFFECTIVE DATE OF APPROVED MATERIAL:

7/1/10

20. SIGNATURE OF REGIONAL OFFICIAL:

21. TYPED NAME:

Richard C. Allen

22. TITLE:

ARR, DRUHO

MEDICALLY NECESSARY SERVICES NOT OTHERWISE PROVIDED UNDER THE  
STATE PLAN BUT AVAILABLE TO EPSDT (CHEC) ELIGIBLES

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REHABILITATIVE MENTAL HEALTH SERVICES

Rehabilitative mental health services are covered services: (1) for children to age 21 in either title IV-E or state-only foster care (these children are not enrolled in the state's approved 1915(b) freedom of choice waiver, the Prepaid Mental Health Plan, for outpatient mental health services) or (2) for children to age 21 with adoption subsidy and exempted from the Prepaid Mental Health Plan waiver on a case-by-case basis for outpatient mental health services.

Rehabilitative mental health services are paid using a uniform fee schedule. Services are defined by HCPCS codes and prices using a fixed fee schedule. Payments are made to providers on a fee-for-service basis for defined units of service. The state-developed fee schedule rates are the same for both governmental and private providers. For rehabilitative services provided in residential settings with 16 beds or less, payment is only for covered rehabilitative services. Payment rates do not include room and board.

The agency's fee schedule rates were set as of January 1, 2002, and are effective for services provided on or after that date. All rates are published at <http://health.utah.gov/medicaid/>.

Special Modifiers

Modifier "TD" is paid at 43.72 percent of the established fee schedule and is used for pharmacologic management services provided by nurses.

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T.N. # 10-008

Approval Date 12/14/10

Supersedes T.N. # 98-010

Effective Date 7-1-10

MEDICALLY NECESSARY SERVICES NOT OTHERWISE PROVIDED UNDER THE STATE PLAN BUT AVAILABLE TO EPSDT ELIGIBLES

LIMITATIONS (Continued)

Rehabilitative Mental Health Services

Rehabilitative mental health services are covered services: (1) for children to age 21 in either title IV-E or state-only foster care (these children are not enrolled in the state's approved 1915(b) freedom of choice waiver, the Prepaid Mental Health Plan, for outpatient mental health services) or (2) for children to age 21 with adoption subsidy and exempted from the Prepaid Mental Health Plan waiver on a case-by-case basis for outpatient mental health services.

Services are limited to medically necessary services that are designed to promote the client's mental health, reduce the client's mental disability, and to restore the client to the highest possible level of functioning. Services must be provided to or directed exclusively toward the treatment of the Medicaid individual.

Services and required supervision are provided in accordance with state statute governing the applicable profession, and in accordance with the profession's administrative rules as set forth by the Utah Department of Commerce and found at the Department of Administrative Services, Division of Administrative Rules: [www.rules.utah.gov/publicat/code.htm](http://www.rules.utah.gov/publicat/code.htm).

Services do not include room and board, services to residents of institutions for mental diseases, services covered elsewhere in the State Medicaid Plan, educational, vocational and job training services, recreational and social activities, habilitation services and services provided to inmates of public institutions.

Mental Health Evaluation

Mental health evaluations/reevaluations are conducted for the purpose of identifying the client's need for mental health services. Mental health evaluations are performed in accordance with the HCPCS/Current Procedural Terminology (CPT) definition and coding for psychiatric diagnosis interview examination. If it is determined that mental health services are necessary, a qualified provider specified below must develop an individualized treatment plan recommending and prescribing needed mental health services in accordance with evaluation findings. A reevaluation/treatment plan review must be performed quarterly.

Qualified providers:

- (1) A licensed mental health therapist practicing within the scope of his or her license in accordance with state law, including:
  - (a) a licensed physician and surgeon or osteopathic physician engaged in the practice of mental health therapy;
  - (b) a licensed psychologist qualified to engage in the practice of mental health therapy;
  - (c) a licensed clinical social worker;
  - (d) a licensed advanced practice registered nurse (APRN) with psychiatric mental health nursing specialty certification;

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Approval Date 12/14/10

Supersedes T.N. # 98-010

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LIMITATIONS (Continued)

Rehabilitative Mental Health Services

- (e) a licensed marriage and family therapist;
  - (f) a licensed professional counselor; or
  - (g) a licensed certified social worker under supervision of a licensed clinical social worker.
- (2) An individual working within the scope of his or her certificate or license in accordance with state law, including:
- (a) a certified psychology resident supervised by a licensed psychologist qualified to engage in the practice of mental health therapy;
  - (b) a licensed APRN formally working toward psychiatric mental health nursing specialty certification through enrollment in a specialized mental health education program or through completion of post-education clinical hours under supervision of a licensed APRN with psychiatric mental health nursing specialty certification;
  - (c) a licensed APRN intern formally working toward psychiatric mental health nursing specialty certification and accruing the required clinical hours for the specialty certification under the supervision of a licensed APRN with psychiatric mental health nursing specialty certification;
  - (d) an associate marriage and family therapist supervised by a licensed marriage and family therapist; or
  - (e) an associate professional counselor supervised by a licensed mental health therapist identified on pages 7 and 8, under (1)(a) through (g).
- (3) An individual exempted from licensure in accordance with state law, including:
- (a) a student enrolled in an education/degree program leading to licensure in one of these professions, and due to enrollment in qualified courses, internship or practicum, under the supervision of qualified faculty, staff, or designee; or
  - (b) an individual who was employed as a psychologist by a state, county or municipal agency or other political subdivision of the state prior to July 1, 1981, and who subsequently has maintained employment as a psychologist in the same state, county, or municipal agency or other political subdivision while engaged in the performance of his official duties for that agency or political subdivision.
- (4) When evaluations are conducted only for the purpose of determining need for medication prescription, these evaluations may be conducted by:
- (a) a licensed physician and surgeon or osteopathic physician regardless of specialty;
  - (b) a licensed APRN regardless of specialty; or
  - (c) a licensed APRN intern regardless of specialty under the supervision of a licensed APRN regardless of specialty or a licensed physician and surgeon or osteopathic physician regardless of specialty; or

T.N. # 10-008

Approval Date 2/14/10

Supersedes T.N. # 98-010

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LIMITATIONS (Continued)

Rehabilitative Mental Health Services

(d) other practitioner licensed under state law when acting within the scope of his or her license, most commonly a licensed physician assistant, when practicing under the delegation of services agreement required by the profession's practice act.

Mental Health Assessment (by a Non-Mental Health Therapist)- This service is performed by other qualified providers (defined in this section) who gather basic psychosocial information from the client through face-to-face interviews and includes historical, social, functional, psychiatric, developmental or other information. Additional psychosocial information may be collected through face-to-face or telephonic interviews with family and guardians or other informants as necessary. This psychosocial information is provided to the individual who will conduct the mental health evaluation or reevaluation/treatment plan review. If the individual conducting the mental health evaluation also directly gathers the psychosocial information, this service is not separately claimed. This service is only separately claimed if it is performed by a qualified provider defined in this section.

Qualified providers:

(1) Licensed providers, including:

(a) a licensed social service worker; or an individual working toward licensure as a social service worker;

(b) a licensed substance abuse counselor; licensed certified substance abuse counselor; or licensed certified substance abuse counselor intern; or

(c) a licensed registered nurse; or licensed practical nurse.

Providers are supervised by a licensed mental health therapist identified on pages 7 and 8, under (1)(a) through (g).

(2) An individual exempted from licensure in accordance with state law, including a registered nursing student enrolled in an education/degree program; or an individual enrolled in a qualified substance abuse education program; not currently licensed, but exempted from licensure due to enrollment in qualified courses, internship or practicum, and under the supervision of qualified faculty, staff, or designee.

Psychological Testing

Psychological testing means face-to-face evaluations using standardized psychological tests appropriate to the client's needs, with interpretation and report. Psychological testing is performed in accordance with the CPT definition and coding for psychological testing.

T.N. # 10-008

Approval Date 12/14/10

Supersedes T.N. # New

Effective Date 7-1-10

MEDICALLY NECESSARY SERVICES NOT OTHERWISE PROVIDED UNDER THE STATE PLAN BUT AVAILABLE TO EPSDT ELIGIBLES

LIMITATIONS (Continued)

Rehabilitative Mental Health Services

Qualified providers:

- (1) Licensed physician and surgeon or osteopathic physician engaged in the practice of mental health therapy;
- (2) Licensed psychologist qualified to engage in the practice of mental health therapy;
- (3) Certified psychology resident supervised by a licensed psychologist;
- (4) An individual exempted from licensure in accordance with state law, including:
  - (a) a psychology student enrolled in a predoctoral education/degree program leading to licensure, and due to enrollment in qualified courses, internship or practicum, under the supervision of qualified faculty, staff, or designee; or
  - (b) an individual who was employed as a psychologist by a state, county or municipal agency or other political subdivision of the state prior to July 1, 1981, and who subsequently has maintained employment as a psychologist in the same state, county, or municipal agency or other political subdivision while engaged in the performance of his official duties for that agency or political subdivision.

Individual Psychotherapy with Medical Evaluation and Management Services

Individual psychotherapy with medical evaluation and management services means individual psychotherapy when pharmacologic management is also provided with the psychotherapy during the same face-to-face session. Individual psychotherapy with medical evaluation and management services is performed in accordance with the CPT definition and coding for this service.

Qualified providers:

- (1) Licensed physician and surgeon or osteopathic physician engaged in the practice of mental health therapy;
- (2) Licensed APRN with psychiatric mental health nursing specialty certification;
- (3) Licensed APRN formally working toward psychiatric mental health nursing specialty certification through enrollment in a specialized mental health education program or through completion of post-education clinical hours under supervision of a licensed APRN with psychiatric mental health nursing specialty certification;
- (4) Licensed APRN intern formally working toward psychiatric mental health nursing specialty certification and accruing the required clinical hours for the specialty certification under the supervision of a licensed APRN with psychiatric mental health nursing specialty certification; or
- (5) APRN student specializing in psychiatric mental health nursing enrolled in an education/degree program not currently licensed, but exempted from licensure in accordance with state law due to enrollment in an education/degree program leading to licensure under the supervision of qualified faculty, staff, or designee.

T.N. # 10-008

Approval Date 12/14/10

Supersedes T.N. # New

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LIMITATIONS (Continued)

Rehabilitative Mental Health Services

Individual Psychotherapy

Individual psychotherapy means face-to-face interventions with an individual client with the goal of alleviating emotional disturbance, reversing or changing maladaptive patterns of behavior, and encouraging personality growth and development so that the client may be restored to his best possible functional level. Individual psychotherapy is performed in accordance with the CPT definition of psychotherapy and coding for individual psychotherapy.

Family Psychotherapy with Patient Present

Family therapy with patient present means face-to-face interventions with family members and the identified client with the goal of treating the client's condition and improving the interaction between the client and family members so that the client may be restored to their best possible functional level. Family psychotherapy is performed in accordance with the CPT definition of psychotherapy and coding of family psychotherapy with patient present.

Family Psychotherapy without Patient Present

Family therapy without patient present means face-to-face interventions with family members without the identified client present with the goal of treating the client's condition and improving the interaction between the client and family members so that the client may be restored to their best possible functional level. Family psychotherapy without patient present is performed in accordance with the CPT definition of psychotherapy and coding for family psychotherapy without patient present.

Group Psychotherapy

Group psychotherapy means face-to-face interventions with two or more clients in a group setting where through interpersonal exchanges clients may be restored to their best possible functional level. Group psychotherapy is performed in accordance with the CPT definition of psychotherapy and coding for group psychotherapy.

Multiple-Family Group Psychotherapy

Multiple family group psychotherapy means face-to-face interventions with two or more families in a group setting where through interpersonal exchanges clients may be restored to their best possible functional level. Multiple family group psychotherapy is performed in accordance with the CPT definition of psychotherapy and coding for multiple-family group psychotherapy.

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Approval Date 12/14/10

Supersedes T.N. # New

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LIMITATIONS (Continued)

Rehabilitative Mental Health Services

Qualified provider for individual, family and group psychotherapy:

(1) A licensed mental health therapist practicing within the scope of his or her license in accordance with state law, including:

- (a) a licensed physician and surgeon or osteopathic physician engaged in the practice of mental health therapy;
- (b) a licensed psychologist qualified to engage in the practice of mental health therapy;
- (c) a licensed clinical social worker;
- (d) a licensed advanced practice registered nurse (APRN) with psychiatric mental health nursing specialty certification;
- (e) a licensed marriage and family therapist;
- (f) a licensed professional counselor; or
- (g) a licensed certified social worker under supervision of a licensed clinical social worker.

(2) An individual working within the scope of his or her certificate or license in accordance with state law including:

- (a) a certified psychology resident supervised by a licensed psychologist qualified to engage in the practice of mental health therapy;
- (b) a licensed APRN formally working toward psychiatric mental health nursing specialty certification through enrollment in a specialized mental health education program or through completion of post-education clinical hours and supervised by a licensed APRN with psychiatric mental health nursing specialty certification;
- (c) a licensed APRN intern formally working toward psychiatric mental health nursing specialty certification and accruing the required clinical hours for the specialty certification and supervised by a licensed APRN with psychiatric mental health specialty certification;
- (d) an associate marriage and family therapist supervised by a licensed marriage and family therapist; or
- (e) an associate professional counselor supervised by a licensed mental health therapist identified on pages 7 and 8, under (1)(a) through (g).

(3) An individual exempted from licensure in accordance with state law, including:

- (a) a student enrolled in an education/degree program leading to licensure in one of these professions, and due to enrollment in qualified courses, internship or practicum, under the supervision of qualified faculty, staff, or designee; or
- (b) an individual who was employed as a psychologist by a state, county or municipal agency or other political subdivision of the state prior to July 1, 1981, and who subsequently has maintained employment as a psychologist in the same state, county, or municipal agency or other political

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LIMITATIONS (Continued)

Rehabilitative Mental Health Services

subdivision while engaged in the performance of his official duties for that agency or political subdivision.

(4) In accordance with state law, the following individuals may co-facilitate psychotherapy groups with a licensed mental health therapist identified on pages 7 and 8, under 1. a)-g), for alcohol and drug abuse clients:

- (a) a licensed substance abuse counselor;
- (b) a certified substance abuse counselor;
- (c) a certified substance abuse counselor intern; or
- (d) an individual enrolled in a qualified substance abuse education program; not currently licensed, but exempted from licensure due to enrollment in qualified courses, internship or practicum, and under the supervision of qualified faculty, staff, or designee.

Pharmacologic Management

When provided by a licensed prescriber, pharmacologic management means a face-to-face service that includes prescription, use and review of the client's medication and medication regimen, and providing appropriate information regarding the medication and medication regimen, and administering as appropriate, and with no more than minimal medical psychotherapy. The review of the client's medication and medication regimen includes dosage, the effect the medication is having on the client's symptoms, and side effects. The provision of appropriate information should address directions for proper and safe usage. The service may also include assessing and monitoring the client's other health issues (diabetes, cardiac and blood pressure issues, weight gain, etc.) that are either directly or indirectly related to the behavioral health disorder or to its treatment.

When provided by a nurse, pharmacologic management means a face-to-face service that includes review and monitoring of the client's medication and medication regimen, and providing appropriate information regarding the medication and medication regimen, and administering as appropriate. The review of the client's medication and medication regimen includes dosage, the effect the medication is having on the client's symptoms, and side effects. The provision of appropriate information should address directions for proper and safe usage. The service may also include assessing and monitoring the client's other health issues (diabetes, cardiac and blood pressure issues, weight gain, etc.). Pharmacologic management is performed in accordance with the CPT definition and coding for the service.

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LIMITATIONS (Continued)

Rehabilitative Mental Health Services

Qualified Prescribers:

- (1) Licensed physician and surgeon or osteopathic physician regardless of specialty;
- (2) Licensed APRN regardless of specialty;
- (3) Licensed APRN intern supervised by a licensed APRN or licensed physician and surgeon or osteopathic physician;
- (4) Other practitioner licensed under state law when acting within the scope of his or her license, most

commonly a licensed physician assistant when practicing under the delegation of services agreement required by the profession's practice act; or

- (5) APRN student specializing in psychiatric mental health nursing enrolled in an education/degree program not currently licensed, but exempted from licensure in accordance with state law due to enrollment in an education/degree program leading to licensure under the supervision of qualified faculty, staff, or designee.

Qualified Nurses:

- (1) Licensed registered nurse;
- (2) Licensed practical nurse supervised by a licensed physician and surgeon or osteopathic physician, licensed APRN or licensed registered nurse; or
- (3) Registered nursing student enrolled in an education/degree program not currently licensed, but exempted from licensure in accordance with state law due to enrollment in an education/degree program leading to licensure and under the supervision of qualified faculty, staff or designee.

Psychosocial Rehabilitative Services

Psychosocial rehabilitative services are medical or remedial services designed to reduce the client's mental disability and restore the client's maximum functional level through the use of face-to-face interventions such as cueing, modeling and role modeling of appropriate life skills. These services are aimed at maximizing the client's social and behavioral skills in order to prevent the need for more restrictive levels of care and include services to: (1) eliminate or reduce symptomatology related to the client's diagnosis; (2) increase compliance with the medication regimen, as applicable; (3) avoid psychiatric hospitalization; (4) eliminate or reduce maladaptive or hazardous behaviors and develop effective behaviors; (5) improve personal motivation and enhance self-esteem; (6) develop appropriate communication, and social and personal interactions; and (7) regain or enhance the basic living skills necessary for living in the least restrictive environment possible. Services are provided in either an individual or group setting. Intensive psychosocial rehabilitative services may be coded when a ratio of no more than five clients per provider is maintained during a group rehabilitative psychosocial service.

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LIMITATIONS (Continued)

Rehabilitative Mental Health Services

Qualified providers:

- (1) Licensed registered nurse;
- (2) Licensed social service worker, individual working toward licensure as a social service worker or licensed substance abuse counselor, all supervised by a licensed mental health therapist identified on pages 7 and 8, under (1)(a) through (g);
- (3) Certified substance abuse counselor or certified substance abuse counselor intern, supervised by a licensed mental health therapist identified on pages 7 and 8, under (1)(a) through (g), or a licensed substance abuse counselor;
- (4) Licensed practical nurse supervised by a licensed mental health therapist identified on pages 7 and 8, under (1)(a) through (g), or a licensed registered nurse;
- (5) An individual exempted from licensure in accordance with state law, including a registered nursing student enrolled in an education/degree program; or an individual enrolled in a qualified substance abuse education program; not currently licensed, but exempted from licensure due to enrollment in qualified courses, internship or practicum, and under the supervision of qualified faculty, staff, or designee; or
- (6) Other trained individual supervised by a licensed mental health therapist identified on pages 7 and 8, under (1)(a) through (g), a licensed registered nurse, a licensed social service worker or a licensed substance abuse counselor.

Other trained individuals are at least 18 years of age and receive training in areas that include child and adolescent development, issues related to abuse and neglect, managing and dealing with behaviors and discipline, the role of medications in treatment, and maintaining confidentiality.

These are the core providers of this level of service. Other individuals specified on pages 7 and 8, under (1)(a) through (g), (2), (3) and (4) may also perform this level of service. However, the rate for this service is based on the core provider group.

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LIMITATIONS (Continued)

Rehabilitative Mental Health Services

Rehabilitative mental health services are covered services: (1) for children to age 21 in either title IV-E or state-only foster care (these children are not enrolled in the state's approved 1915(b) freedom of choice waiver, the Prepaid Mental Health Plan, for outpatient mental health services) or (2) for children to age 21 with adoption subsidy and exempted from the Prepaid Mental Health Plan waiver on a case-by-case basis for outpatient mental health services.

Services are limited to medically necessary services that are designed to promote the client's mental health, reduce the client's mental disability, and to restore the client to the highest possible level of functioning. Services must be provided to or directed exclusively toward the treatment of the Medicaid individual.

Services and required supervision are provided in accordance with state statute governing the applicable profession, and in accordance with the profession's administrative rules as set forth by the Utah Department of Commerce and found at the Department of Administrative Services, Division of Administrative Rules: [www.rules.utah.gov/publicat/code.htm](http://www.rules.utah.gov/publicat/code.htm).

Services do not include room and board, services to residents of institutions for mental diseases, services covered elsewhere in the State Medicaid Plan, educational, vocational and job training services, recreational and social activities, habilitation services and services provided to inmates of public institutions.

Mental Health Evaluation

Mental health evaluations/reevaluations are conducted for the purpose of identifying the client's need for mental health services. Mental health evaluations are performed in accordance with the HCPCS/Current Procedural Terminology (CPT) definition and coding for psychiatric diagnosis interview examination. If it is determined that mental health services are necessary, a qualified provider specified below must develop an individualized treatment plan recommending and prescribing needed mental health services in accordance with evaluation findings. A reevaluation/treatment plan review must be performed quarterly.

Qualified providers:

- (1) A licensed mental health therapist practicing within the scope of his or her license in accordance with state law, including:
  - (a) a licensed physician and surgeon or osteopathic physician engaged in the practice of mental health therapy;
  - (b) a licensed psychologist qualified to engage in the practice of mental health therapy;
  - (c) a licensed clinical social worker;
  - (d) a licensed advanced practice registered nurse (APRN) with psychiatric mental health nursing specialty certification;

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LIMITATIONS (Continued)

Rehabilitative Mental Health Services

- (e) a licensed marriage and family therapist;
  - (f) a licensed professional counselor; or
  - (g) a licensed certified social worker under supervision of a licensed clinical social worker.
- (2) An individual working within the scope of his or her certificate or license in accordance with state law, including:
- (a) a certified psychology resident supervised by a licensed psychologist qualified to engage in the practice of mental health therapy;
  - (b) a licensed APRN formally working toward psychiatric mental health nursing specialty certification through enrollment in a specialized mental health education program or through completion of post-education clinical hours under supervision of a licensed APRN with psychiatric mental health nursing specialty certification;
  - (c) a licensed APRN intern formally working toward psychiatric mental health nursing specialty certification and accruing the required clinical hours for the specialty certification under the supervision of a licensed APRN with psychiatric mental health nursing specialty certification;
  - (d) an associate marriage and family therapist supervised by a licensed marriage and family therapist; or
  - (e) an associate professional counselor supervised by a licensed mental health therapist identified on pages 7 and 8, under (1)(a) through (g).
- (3) An individual exempted from licensure in accordance with state law, including:
- (a) a student enrolled in an education/degree program leading to licensure in one of these professions, and due to enrollment in qualified courses, internship or practicum, under the supervision of qualified faculty, staff, or designee; or
  - (b) an individual who was employed as a psychologist by a state, county or municipal agency or other political subdivision of the state prior to July 1, 1981, and who subsequently has maintained employment as a psychologist in the same state, county, or municipal agency or other political subdivision while engaged in the performance of his official duties for that agency or political subdivision.
- (4) When evaluations are conducted only for the purpose of determining need for medication prescription, these evaluations may be conducted by:
- (a) a licensed physician and surgeon or osteopathic physician regardless of specialty;
  - (b) a licensed APRN regardless of specialty; or
  - (c) a licensed APRN intern regardless of specialty under the supervision of a licensed APRN regardless of specialty or a licensed physician and surgeon or osteopathic physician regardless of specialty; or

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**LIMITATIONS (Continued)**

Rehabilitative Mental Health Services

(d) other practitioner licensed under state law when acting within the scope of his or her license, most commonly a licensed physician assistant, when practicing under the delegation of services agreement required by the profession's practice act.

Mental Health Assessment (by a Non-Mental Health Therapist)- This service is performed by other qualified providers (defined in this section) who gather basic psychosocial information from the client through face-to-face interviews and includes historical, social, functional, psychiatric, developmental or other information. Additional psychosocial information may be collected through face-to-face or telephonic interviews with family and guardians or other informants as necessary. This psychosocial information is provided to the individual who will conduct the mental health evaluation or reevaluation/treatment plan review. If the individual conducting the mental health evaluation also directly gathers the psychosocial information, this service is not separately claimed. This service is only separately claimed if it is performed by a qualified provider defined in this section.

Qualified providers:

(1) Licensed providers, including:

(a) a licensed social service worker; or an individual working toward licensure as a social service worker;

(b) a licensed substance abuse counselor; licensed certified substance abuse counselor; or licensed certified substance abuse counselor intern; or

(c) a licensed registered nurse; or licensed practical nurse.

Providers are supervised by a licensed mental health therapist identified on pages 7 and 8, under (1)(a) through (g).

(2) An individual exempted from licensure in accordance with state law, including a registered nursing student enrolled in an education/degree program; or an individual enrolled in a qualified substance abuse education program; not currently licensed, but exempted from licensure due to enrollment in qualified courses, internship or practicum, and under the supervision of qualified faculty, staff, or designee.

Psychological Testing

Psychological testing means face-to-face evaluations using standardized psychological tests appropriate to the client's needs, with interpretation and report. Psychological testing is performed in accordance with the CPT definition and coding for psychological testing.

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LIMITATIONS (Continued)

Rehabilitative Mental Health Services

Qualified providers:

- (1) Licensed physician and surgeon or osteopathic physician engaged in the practice of mental health therapy;
- (2) Licensed psychologist qualified to engage in the practice of mental health therapy;
- (3) Certified psychology resident supervised by a licensed psychologist;
- (4) An individual exempted from licensure in accordance with state law, including:
  - (a) a psychology student enrolled in a predoctoral education/degree program leading to licensure, and due to enrollment in qualified courses, internship or practicum, under the supervision of qualified faculty, staff, or designee; or
  - (b) an individual who was employed as a psychologist by a state, county or municipal agency or other political subdivision of the state prior to July 1, 1981, and who subsequently has maintained employment as a psychologist in the same state, county, or municipal agency or other political subdivision while engaged in the performance of his official duties for that agency or political subdivision.

Individual Psychotherapy with Medical Evaluation and Management Services

Individual psychotherapy with medical evaluation and management services means individual psychotherapy when pharmacologic management is also provided with the psychotherapy during the same face-to-face session. Individual psychotherapy with medical evaluation and management services is performed in accordance with the CPT definition and coding for this service.

Qualified providers:

- (1) Licensed physician and surgeon or osteopathic physician engaged in the practice of mental health therapy;
- (2) Licensed APRN with psychiatric mental health nursing specialty certification;
- (3) Licensed APRN formally working toward psychiatric mental health nursing specialty certification through enrollment in a specialized mental health education program or through completion of post-education clinical hours under supervision of a licensed APRN with psychiatric mental health nursing specialty certification;
- (4) Licensed APRN intern formally working toward psychiatric mental health nursing specialty certification and accruing the required clinical hours for the specialty certification under the supervision of a licensed APRN with psychiatric mental health nursing specialty certification; or
- (5) APRN student specializing in psychiatric mental health nursing enrolled in an education/degree program not currently licensed, but exempted from licensure in accordance with state law due to enrollment in an education/degree program leading to licensure under the supervision of qualified faculty, staff, or designee.

T.N. # 10-008

Approval Date 12/14/10

Supersedes T.N. # New

Effective Date 7-1-10

MEDICALLY NECESSARY SERVICES NOT OTHERWISE PROVIDED UNDER THE STATE PLAN  
BUT AVAILABLE TO EPSDT ELIGIBLES

LIMITATIONS (Continued)

Rehabilitative Mental Health Services

Individual Psychotherapy

Individual psychotherapy means face-to-face interventions with an individual client with the goal of alleviating emotional disturbance, reversing or changing maladaptive patterns of behavior, and encouraging personality growth and development so that the client may be restored to his best possible functional level. Individual psychotherapy is performed in accordance with the CPT definition of psychotherapy and coding for individual psychotherapy.

Family Psychotherapy with Patient Present

Family therapy with patient present means face-to-face interventions with family members and the identified client with the goal of treating the client's condition and improving the interaction between the client and family members so that the client may be restored to their best possible functional level. Family psychotherapy is performed in accordance with the CPT definition of psychotherapy and coding of family psychotherapy with patient present.

Family Psychotherapy without Patient Present

Family therapy without patient present means face-to-face interventions with family members without the identified client present with the goal of treating the client's condition and improving the interaction between the client and family members so that the client may be restored to their best possible functional level. Family psychotherapy without patient present is performed in accordance with the CPT definition of psychotherapy and coding for family psychotherapy without patient present.

Group Psychotherapy

Group psychotherapy means face-to-face interventions with two or more clients in a group setting where through interpersonal exchanges clients may be restored to their best possible functional level. Group psychotherapy is performed in accordance with the CPT definition of psychotherapy and coding for group psychotherapy.

Multiple-Family Group Psychotherapy

Multiple family group psychotherapy means face-to-face interventions with two or more families in a group setting where through interpersonal exchanges clients may be restored to their best possible functional level. Multiple family group psychotherapy is performed in accordance with the CPT definition of psychotherapy and coding for multiple-family group psychotherapy.

T.N. # 10-008

Approval Date 12/14/10

Supersedes T.N. # New

Effective Date 7-1-10

MEDICALLY NECESSARY SERVICES NOT OTHERWISE PROVIDED UNDER THE STATE PLAN  
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LIMITATIONS (Continued)

Rehabilitative Mental Health Services

Qualified provider for individual, family and group psychotherapy:

- (1) A licensed mental health therapist practicing within the scope of his or her license in accordance with state law, including:
- (a) a licensed physician and surgeon or osteopathic physician engaged in the practice of mental health therapy;
  - (b) a licensed psychologist qualified to engage in the practice of mental health therapy;
  - (c) a licensed clinical social worker;
  - (d) a licensed advanced practice registered nurse (APRN) with psychiatric mental health nursing specialty certification;
  - (e) a licensed marriage and family therapist;
  - (f) a licensed professional counselor; or
  - (g) a licensed certified social worker under supervision of a licensed clinical social worker.
- (2) An individual working within the scope of his or her certificate or license in accordance with state law including:
- (a) a certified psychology resident supervised by a licensed psychologist qualified to engage in the practice of mental health therapy;
  - (b) a licensed APRN formally working toward psychiatric mental health nursing specialty certification through enrollment in a specialized mental health education program or through completion of post-education clinical hours and supervised by a licensed APRN with psychiatric mental health nursing specialty certification;
  - (c) a licensed APRN intern formally working toward psychiatric mental health nursing specialty certification and accruing the required clinical hours for the specialty certification and supervised by a licensed APRN with psychiatric mental health specialty certification;
  - (d) an associate marriage and family therapist supervised by a licensed marriage and family therapist;
- or
- (e) an associate professional counselor supervised by a licensed mental health therapist identified on pages 7 and 8, under (1)(a) through (g).
- (3) An individual exempted from licensure in accordance with state law, including:
- (a) a student enrolled in an education/degree program leading to licensure in one of these professions, and due to enrollment in qualified courses, internship or practicum, under the supervision of qualified faculty, staff, or designee; or
  - (b) an individual who was employed as a psychologist by a state, county or municipal agency or other political subdivision of the state prior to July 1, 1981, and who subsequently has maintained employment as a psychologist in the same state, county, or municipal agency or other political

T.N. # 10-008

Approval Date 12/14/10

Supersedes T.N. # New

Effective Date 7-1-10

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LIMITATIONS (Continued)

Rehabilitative Mental Health Services

subdivision while engaged in the performance of his official duties for that agency or political subdivision.

(4) In accordance with state law, the following individuals may co-facilitate psychotherapy groups with a licensed mental health therapist identified on pages 7 and 8, under 1. a)-g), for alcohol and drug abuse clients:

- (a) a licensed substance abuse counselor;
- (b) a certified substance abuse counselor;
- (c) a certified substance abuse counselor intern; or
- (d) an individual enrolled in a qualified substance abuse education program; not currently licensed, but exempted from licensure due to enrollment in qualified courses, internship or practicum, and under the supervision of qualified faculty, staff, or designee.

Pharmacologic Management

When provided by a licensed prescriber, pharmacologic management means a face-to-face service that includes prescription, use and review of the client's medication and medication regimen, and providing appropriate information regarding the medication and medication regimen, and administering as appropriate, and with no more than minimal medical psychotherapy. The review of the client's medication and medication regimen includes dosage, the effect the medication is having on the client's symptoms, and side effects. The provision of appropriate information should address directions for proper and safe usage. The service may also include assessing and monitoring the client's other health issues (diabetes, cardiac and blood pressure issues, weight gain, etc.) that are either directly or indirectly related to the behavioral health disorder or to its treatment.

When provided by a nurse, pharmacologic management means a face-to-face service that includes review and monitoring of the client's medication and medication regimen, and providing appropriate information regarding the medication and medication regimen, and administering as appropriate. The review of the client's medication and medication regimen includes dosage, the effect the medication is having on the client's symptoms, and side effects. The provision of appropriate information should address directions for proper and safe usage. The service may also include assessing and monitoring the client's other health issues (diabetes, cardiac and blood pressure issues, weight gain, etc.). Pharmacologic management is performed in accordance with the CPT definition and coding for the service.

T.N. # 10-008

Approval Date 12/14/10

Supersedes T.N. # New

Effective Date 7-1-10

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LIMITATIONS (Continued)

Rehabilitative Mental Health Services

Qualified Prescribers:

- (1) Licensed physician and surgeon or osteopathic physician regardless of specialty;
- (2) Licensed APRN regardless of specialty;
- (3) Licensed APRN intern supervised by a licensed APRN or licensed physician and surgeon or osteopathic physician;
- (4) Other practitioner licensed under state law when acting within the scope of his or her license, most

commonly a licensed physician assistant when practicing under the delegation of services agreement required by the profession's practice act; or

- (5) APRN student specializing in psychiatric mental health nursing enrolled in an education/degree program not currently licensed, but exempted from licensure in accordance with state law due to enrollment in an education/degree program leading to licensure under the supervision of qualified faculty, staff, or designee.

Qualified Nurses:

- (1) Licensed registered nurse;
- (2) Licensed practical nurse supervised by a licensed physician and surgeon or osteopathic physician, licensed APRN or licensed registered nurse; or
- (3) Registered nursing student enrolled in an education/degree program not currently licensed, but exempted from licensure in accordance with state law due to enrollment in an education/degree program leading to licensure and under the supervision of qualified faculty, staff or designee.

Psychosocial Rehabilitative Services

Psychosocial rehabilitative services are medical or remedial services designed to reduce the client's mental disability and restore the client's maximum functional level through the use of face-to-face interventions such as cueing, modeling and role modeling of appropriate life skills. These services are aimed at maximizing the client's social and behavioral skills in order to prevent the need for more restrictive levels of care and include services to: (1) eliminate or reduce symptomatology related to the client's diagnosis; (2) increase compliance with the medication regimen, as applicable; (3) avoid psychiatric hospitalization; (4) eliminate or reduce maladaptive or hazardous behaviors and develop effective behaviors; (5) improve personal motivation and enhance self-esteem; (6) develop appropriate communication, and social and personal interactions; and (7) regain or enhance the basic living skills necessary for living in the least restrictive environment possible. Services are provided in either an individual or group setting. Intensive psychosocial rehabilitative services may be coded when a ratio of no more than five clients per provider is maintained during a group rehabilitative psychosocial service.

T.N. # 10-008

Approval Date 12/14/10

Supersedes T.N. # New

Effective Date 7-1-10

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LIMITATIONS (Continued)

Rehabilitative Mental Health Services

Qualified providers:

- (1) Licensed registered nurse;
- (2) Licensed social service worker, individual working toward licensure as a social service worker or licensed substance abuse counselor, all supervised by a licensed mental health therapist identified on pages 7 and 8, under (1)(a) through (g);
- (3) Certified substance abuse counselor or certified substance abuse counselor intern, supervised by a licensed mental health therapist identified on pages 7 and 8, under (1)(a) through (g), or a licensed substance abuse counselor;
- (4) Licensed practical nurse supervised by a licensed mental health therapist identified on pages 7 and 8, under (1)(a) through (g), or a licensed registered nurse;
- (5) An individual exempted from licensure in accordance with state law, including a registered nursing student enrolled in an education/degree program; or an individual enrolled in a qualified substance abuse education program; not currently licensed, but exempted from licensure due to enrollment in qualified courses, internship or practicum, and under the supervision of qualified faculty, staff, or designee; or
- (6) Other trained individual supervised by a licensed mental health therapist identified on pages 7 and 8, under (1)(a) through (g), a licensed registered nurse, a licensed social service worker or a licensed substance abuse counselor.

Other trained individuals are at least 18 years of age and receive training in areas that include child and adolescent development, issues related to abuse and neglect, managing and dealing with behaviors and discipline, the role of medications in treatment, and maintaining confidentiality.

These are the core providers of this level of service. Other individuals specified on pages 7 and 8, under (1)(a) through (g), (2), (3) and (4) may also perform this level of service. However, the rate for this service is based on the core provider group.

T.N. # 10-008

Approval Date 12/14/10

Supersedes T.N. # New

Effective Date 7-1-10