

State Plan Under Title XIX of the Social Security Act
Medical Assistance Program
State: North Carolina

4.b.(9) Rehabilitative Services for Behavioral Health of EPSDT Eligible (continued)

(c) Services under this section are provided by licensed practitioners or programs/agencies for the mentally ill, developmentally disabled and substance abusers certified/licensed as clinical addiction specialists (LCAS) and clinical supervisors (CCS) meeting the program standards of the Commission on Mental Health, Developmental Disabilities and Substance Abuse Services; and who are directly enrolled with Medicaid. These services are available to categorically needy and medically needy recipients.

Services may be provided by:

Licensed or certified psychologists, licensed clinical social workers, licensed clinical social worker associates, certified clinical nurse specialists in psychiatric mental health advanced practice, nurse practitioners certified in psychiatric mental health advanced practice, licensed psychological associates, licensed professional counselors, licensed professional counselor associates, licensed marriage and family therapists, licensed marriage and family therapist associates, certified/licensed clinical addictions specialists, licensed clinical addictions specialist associates, and certified/licensed clinical supervisors.

For individuals under 21, the first 16 visits are unmanaged visits. Unmanaged visits are defined as services that do not require prior approval by a utilization review vendor under the fee for service delivery system. For individuals under 21, Medicaid policy does require that the child or adolescent be referred for these services through the child's Community Care of North Carolina primary care physician, a Medicaid enrolled psychiatrist or the Local Management Entity (LME). The referral is not limited to the primary care physician but does include a choice of referral sources. The referral is requested by the practitioner offering services and is indicated on the request for reimbursement. The reason for the requirement for a referral for children and adolescents is to promote coordination of care including medical and behavioral health services when indicated for this population.

For individuals 21 years and older, the first 8 visits are unmanaged visits. Unmanaged visits are defined as services that do not require prior approval by a utilization review vendor under the fee for service delivery system. Medicaid eligible adults (21 years and older) may be self-referred.

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Services include the following:

1. Outpatient Psychotherapy services are individual psychotherapy, family psychotherapy; and group psychotherapy. Psychotherapy, as defined in the 2011 American Medical Association's Current Procedural Terminology (CPT) Manual, is the treatment for mental illness as well as substance use disorders in which the clinician through therapeutic communication attempts to alleviate the emotional disturbances and reverse or change maladaptive patterns of behavior. Individual psychotherapy is psychotherapy provided with the licensed clinician and the beneficiary on a one-to-one face-to-face basis. Family psychotherapy is psychotherapy provided with the licensed clinician and one or more family members face-to-face. Group psychotherapy is psychotherapy provided with the licensed clinician and more than one beneficiary face to face. Psychotherapy services may be provided in a variety of settings and psychotherapy may be practiced utilizing a variety of models many of which have significant evidence backing their efficacy. These **models include** Behavior Therapy, Cognitive Therapy, Psychodynamic Therapy, Cognitive Behavioral Therapy, and Person-Centered Therapy. Behavior Therapy is a treatment model that focuses on modifying. Observable behavior in order to regain and restore the beneficiary's level of social and emotional functioning and engagement in the community. Cognitive Therapy is a treatment model that focuses on challenging and changing distorted thinking in order to regain and restore the beneficiary's level of social and emotional functioning and engagement in the community. Psychodynamic Therapy is a treatment model that assumes dysfunctional behavior is caused by unconscious internal conflicts. The focus of treatment is to gain insight into unconscious motives of behavior in order to regain and restore the beneficiary's level of social and emotional functioning and engagement in the community. Cognitive Behavioral Therapy is a treatment model that assumes that maladaptive thinking patterns cause maladaptive behavior as well as negative emotions. The treatment focuses on changing the recipient's thoughts in order to change behavior as well as emotions in order to regain and restore the beneficiary's level of social and emotional functioning and engagement in the community.

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Person-Centered Therapy is a nondirective treatment model in which the clinician helps the beneficiary increase understanding and awareness of attitudes, feelings, and behavior, in order to regain and restore the beneficiary's level of social and emotional functioning and engagement in the community.

All psychotherapy services are only for the benefit of Medicaid recipients. These services can be furnished by all the North Carolina licensed and certified clinicians listed below. These North Carolina licensed and certified clinicians are: licensed psychologists, licensed clinical social workers, certified clinical nurse specialists in psychiatric mental health advanced practice, nurse practitioners certified in psychiatric mental health advanced practice, licensed physician assistants, licensed psychological associates, licensed professional counselors, licensed marriage and family therapists, licensed clinical addictions specialists, and certified clinical supervisors. Each of the above listed clinicians are licensed by their respective occupational licensing board and are credentialed to practice independently and it is within their scope of practice to provide individual psychotherapy, family psychotherapy, and group psychotherapy.

Psychological testing (e.g., Minnesota Multiphasic Personality Inventory, Rorschach, Wechsler Adult Intelligence Scale) includes written, visual, or verbal evaluations administered to assess the cognitive and emotional functioning of recipients. Developmental testing (e.g., Developmental Screening Test, Bayley Scales of Infant and Toddler Development, Mullen Scales of Early Learning) includes assessment of motor, language, social, adaptive and/or cognitive functioning by standardized developmental instruments. Neuro-behavioral testing (e.g., Halstead-Reitan, Wechsler Memory Scales, Wisconsin Card Sorting Test) includes standard tests designed to evaluate different aspects of the functioning of the central nervous system, including attention, motor performance, perceptual coding, learning, memory and affect. The SPA states on page 3.1-A.1, Page 15a.17: "These services can only be billed by PhD and Master's Level Psychologist, licensed in the State of NC."

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These individuals have, within the scope of their practice, the ability to perform psychological testing, developmental testing, and neurobehavioral testing. However, each individual psychologist must also have the training and experience required in order to ethically provide each of these assessments according to the requirements of the North Carolina Psychology Board.

Psychological testing, developmental testing, and neuro-behavioral testing should result in recommendations regarding the need for rehabilitative treatment which may include outpatient services and should result in recommendations for type, duration, frequency, or amount of rehabilitative services.

- (d) All disciplines are licensed or credentialed by the State as mental health clinicians and can practice independently with oversight by their individual boards. Nurse Practitioners must have oversight by the Medical Board, while Licensed Psychological Associates must have supervision by a PhD to bill certain services. This type of requirement does not exist for the other disciplines. Certified/Licensed Clinical Supervisors (CCS) and Certified/Licensed Clinical Addictions Specialists (CCAS) requirements have been approved by the Division of Mental Health/Developmental Disabilities/Substance Abuse Services and are able to practice independently to provide counseling services only.
- (e) Behavioral assessment and counseling codes may be billed by all clinicians. CPT codes or counseling codes should be used to define services provided not based on discipline.

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13. D. Behavioral Health Rehabilitative Services (*continued*)

Provider Qualifications for Staff Employed by Agencies Enrolled with Medicaid

Services under this section are provided by licensed practitioners or programs/agencies for the mentally ill, developmentally disabled and substance abusers, certified/licensed as clinical addiction specialists (LCAS) and clinical supervisors (CCS) meeting the program standards of the Commission on Mental Health, Developmental Disabilities and Substance Abuse Services; and who are directly enrolled with Medicaid. These services are available to categorically needy and medically needy beneficiaries.

Services may be provided by:

Licensed or certified psychologists, licensed clinical social workers, licensed clinical social worker associates, certified clinical nurse specialists in psychiatric mental health advanced practice, nurse practitioners certified in psychiatric mental health advanced practice, licensed psychological associates, licensed professional counselors, licensed professional counselor associates, licensed marriage and family therapists, licensed marriage and family therapist associates, certified/licensed clinical addictions specialists, licensed clinical addictions specialist associates, and certified/licensed clinical supervisors.

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1. Outpatient Psychotherapy services are individual psychotherapy, family psychotherapy; and group psychotherapy. Psychotherapy, as defined in the current American Medical Association's Current Procedural Terminology (CPT) Manual is the treatment for mental illness as well as substance use disorders in which the clinician through therapeutic communication attempts to alleviate the emotional disturbances and reverse or change maladaptive patterns of behavior. Individual psychotherapy is psychotherapy provided with the licensed clinician and the recipient on a one to one face-to-face basis. Family psychotherapy is psychotherapy provided with the licensed clinician and one or more family members face-to-face. Group psychotherapy is psychotherapy provided with the licensed clinician and more than one recipient face to face. Psychotherapy services may be provided in a variety of settings and psychotherapy may be practiced utilizing a variety of models many of whom have significant evidence backing their efficacy. **These models include Behavior Therapy, Cognitive Therapy, Psychodynamic Therapy, Cognitive Behavioral Therapy, and Person-Centered Therapy. Cognitive Therapy is a treatment model that focuses on challenging and changing distorted thinking in order to regain and restore the beneficiary's level of social and emotional functioning and engagement in the community. Psychodynamic Therapy is a treatment model that assumes dysfunctional behavior is caused by unconscious internal conflicts. The focus of treatment is to gain insight into unconscious motives of behavior in order to regain and restore the beneficiary's level of social and emotional functioning and engagement in the community. Cognitive Behavioral Therapy is a treatment model that assumes that maladaptive thinking patterns cause maladaptive behavior as well as negative emotions. The treatment focuses on changing the recipient's thoughts in order to change behavior as well as emotions in order to regain and restore the beneficiary's level of social and emotional functioning and engagement in the community. Person-Centered Therapy is a nondirective treatment model in which the clinician helps the beneficiary increase understanding and awareness of attitudes, feelings, and behavior, in order to regain and restore the beneficiary's level of social and emotional functioning and engagement in the community.**

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13. D. Behavioral Health Rehabilitative Services (*continued*)

Provider Qualifications for Staff Employed by Agencies Enrolled with Medicaid

All psychotherapy services are only for the benefit of Medicaid recipients. These services can be furnished by all the North Carolina licensed and certified clinicians listed below. These North Carolina licensed and certified clinicians are: licensed-psychologists, licensed clinical social workers, certified clinical nurse specialists in psychiatric mental health advanced practice, nurse practitioners certified in psychiatric mental health advanced practice, licensed psychological associates, licensed professional counselors, licensed marriage and family therapists, licensed clinical addictions specialists, and certified clinical supervisors. Each of the above listed clinicians is licensed by their respective occupational licensing board and is credentialed to practice independently and it is within their scope of practice to provide individual psychotherapy, family psychotherapy, and group psychotherapy.

2. Psychological testing (e.g., Minnesota Multiphasic Personality Inventory, Rorschach, and Wechsler Adult Intelligence Scale) includes written, visual, or verbal evaluations administered to assess the cognitive and emotional functioning of recipients. Developmental testing (e.g., Developmental Screening Test, Bayley Scales of Infant and Toddler Development, Mullen Scales of Early Learning) includes assessment of motor, language, social, adaptive and/or cognitive functioning by standardized developmental instruments. Neuro-behavioral testing (e.g., Halstead-Reitan, Wechsler Memory Scales, and Wisconsin Card Sorting Test) includes standard tests designed to evaluate different aspects of the functioning of the central nervous system, including attention, motor performance, perceptual coding, learning, memory and affect.

These services can only be furnished by PhD and Master's Level Psychologist, licensed in the State of North Carolina." These individuals have, within the scope of their practice, the ability to perform psychological testing, developmental testing, and neurobehavioral testing. However, each individual psychologist must also have the training and experience required in order to ethically provide each of these assessments according to the requirements of the North Carolina Psychology Board.

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Psychological testing, developmental testing, and neuro-behavioral testing should result in recommendations regarding the need for rehabilitative treatment which may include outpatient services and should result in recommendations for type, duration, frequency, or amount of rehabilitative services.

- B. All disciplines are licensed or credentialed by the State as mental health clinicians and can practice independently with oversight by their individual boards. Nurse Practitioners must have oversight by the Medical Board, while Licensed Psychological Associates must have supervision by a PhD to bill certain services. This type of requirement does not exist for the other disciplines.

Certified/Licensed Clinical Supervisors (CCS) and Certified/Licensed Clinical Addictions Specialists (CCAS) requirements have been approved by the Division of Mental Health/Developmental Disabilities/Substance Abuse Services and are able to practice independently to provide counseling services only.

- C. Behavioral assessment and counseling codes may be **furnished and** billed by all clinicians. CPT codes or counseling codes should be used to define services provided not based on discipline.