

 <b>DEPARTMENT OF PUBLIC HEALTH &amp; HUMAN SERVICES</b>	<b>Behavioral Health and Developmental Disabilities (BHDD) Division</b>
	Medicaid Services Provider Manual for Substance Use Disorder and Adult Mental Health
<b>Policy Number: 425</b>	<b>Date effective:</b> January 1, 2024
	<b>Subject:</b> Mental Health (MH) Outpatient (OP) Therapy

### **Definition**

MH Outpatient Therapy services include individual, family, and group therapy in which diagnosis, assessment, psychotherapy, and related services are provided.

### **Medical Necessity Criteria**

The member must have any mental health diagnosis from the current version of the DSM or ICD diagnosis as the primary diagnosis.

### **Provider Requirements**

MH OP Therapy may be provided by a master's level licensed mental health professional. Licensure candidates may provide MH OP Therapy when employed by a licensed Mental Health Center or a practice setting as described in ARM 37.85.213 (3).

### **Service Requirements**

- (1) Group therapy services may not have more than 16 members participating in the group.
- (2) Services must be based on a current comprehensive assessment and included as an intervention in the member's individualized treatment plan (ITP), as described in this manual.
- (3) MH OP is not a bundled service and must be billed using the appropriate outpatient therapy codes.

### **Utilization Management**

- (1) Prior authorization is not required.
- (2) Continued stay reviews are not required.
- (3) The provider must document in the file of the member that the member meets the medical necessity criteria.