

 DEPARTMENT OF PUBLIC HEALTH & HUMAN SERVICES	Behavioral Health and Developmental Disabilities (BHDD) Division
	Medicaid Services Provider Manual for Substance Use Disorder and Adult Mental Health
Policy Number: 425	Date effective: January 1, 2024
	Subject: 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.