

	<b>Addictive and Mental Disorders Division</b> Medicaid Services Provider Manual for Substance Use Disorder and Adult Mental Health
	<b>Date effective:</b> July 1, 2020  <b>Date revised:</b> April 1, 2021
<b>Policy Number:</b> 425	<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 in accordance with [MCA 37-38-102](#). Licensure candidates may provide MH OP Therapy when employed by a licensed Mental Health Center.

### 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 he or she meets the medical necessity criteria.