

	<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> July 1, 2020
<b>Policy Number:</b> 430	<b>Subject:</b> Dialectical Behavioral Therapy (DBT)

### Definition

DBT is an evidence-based service that is a comprehensive, cognitive-behavioral treatment. DBT can be provided by any licensed clinical mental health professional who is trained to provide it.

### Medical Necessity Criteria

The member must meet the Severe and Disabling Mental Illness (SDMI) criteria as described in this manual and:

- (1) The member must have ongoing difficulties in functioning because of the SDMI for a period of at least six months, or for an obviously predictable period over six months, as evidenced by all the following:
  - (a) dysregulation of emotion, cognition, behavior, and interpersonal relationships;
  - (b) recurrent suicidal, para-suicidal, serious self-damaging impulsive behaviors, and/or serious danger to others;
  - (c) a history of treatment at a higher level of care; and
  - (d) evidence that lower levels of care are inadequate to meet the needs of the member.

### Provider Requirements

DBT must be provided by a licensed clinical mental health professional or a licensed MHC.

### Service Requirements

- (1) 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.

- (2) DBT must be provided by a licensed clinical mental health professional or a licensure clinical candidate (under clinical supervision), who has at least six hours of classroom DBT training within the past 3 years, from a qualified DBT training program.
- (3) The licensed clinical mental health professional or licensure clinical candidate must:
  - (a) identify, prioritize, sequence, and treat behavioral targets and goals;
  - (b) assist the member to manage crisis and harmful behaviors; and
  - (c) assist the member with learning and applying effective behaviors when working with other treatment team supports/providers.
- (4) DBT services are not a bundled service and are billed using the appropriate HCPCS code.
- (5) DBT services includes the following:
  - (a) intensive individual DBT therapy;
  - (b) DBT - skill development group; and
  - (c) DBT - skills development individual.
- (6) It is not required that each member receiving DBT receive every service listed above. Medically necessary services that are billed must be documented clearly in the member's individualized treatment plan in the member's file.
- (7) Individual DBT sessions must combine rehabilitative and psychotherapeutic interventions that emphasize problem-solving behavior for the past week's issues and problems, as well teaching and improving the skills taught in the group therapy sessions.
- (8) Group DBT skills training sessions must teach the skills from the four following modules to decrease dysfunctional coping behaviors and restore positive functioning by teaching adaptive skills:
  - (a) interpersonal effectiveness;
  - (b) distress tolerance and reality acceptance skills;
  - (c) emotion regulation; and
  - (d) mindfulness.

### **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.