



Mental Health Assessment for Young Children

Billing Webinar
April 3, 2024

Washington State
Health Care Authority

Welcome from HCA's IECMH team



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Housekeeping



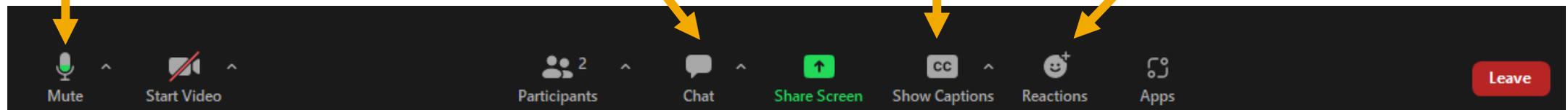
Star used to indicate new content since last billing webinar

Attendees are automatically muted to prevent background noise.

Put questions or comments in the chat. If you have a technical issue, you can chat Gen directly.

Enable live closed captions for yourself by clicking this button.

Use the “raise hand” reaction if you have a question...or use other emojis to show some love!





Apple Health Behavioral Health System

Multi-system network of providers and services

- ▶ Governed by different authorities
- ▶ Funded by different funding streams
- ▶ Multiple changes over the past decade



Managed care and fee-for-service

▶ Fee-for-service

- ▶ Also known as Apple Health coverage without a managed care plan
- ▶ HCA pays providers directly for each service they provide

▶ Managed care

- ▶ Delivery system organized to manage cost, utilization, and quality
- ▶ Contracted arrangements between HCA and managed care organizations (MCOs) that accept a set per member, per month (capitation) payment



Note: For clients enrolled in an HCA-contracted managed care organization (MCO), providers must follow the policies and procedures of the MCO.

Mental Health Assessment for Young Children



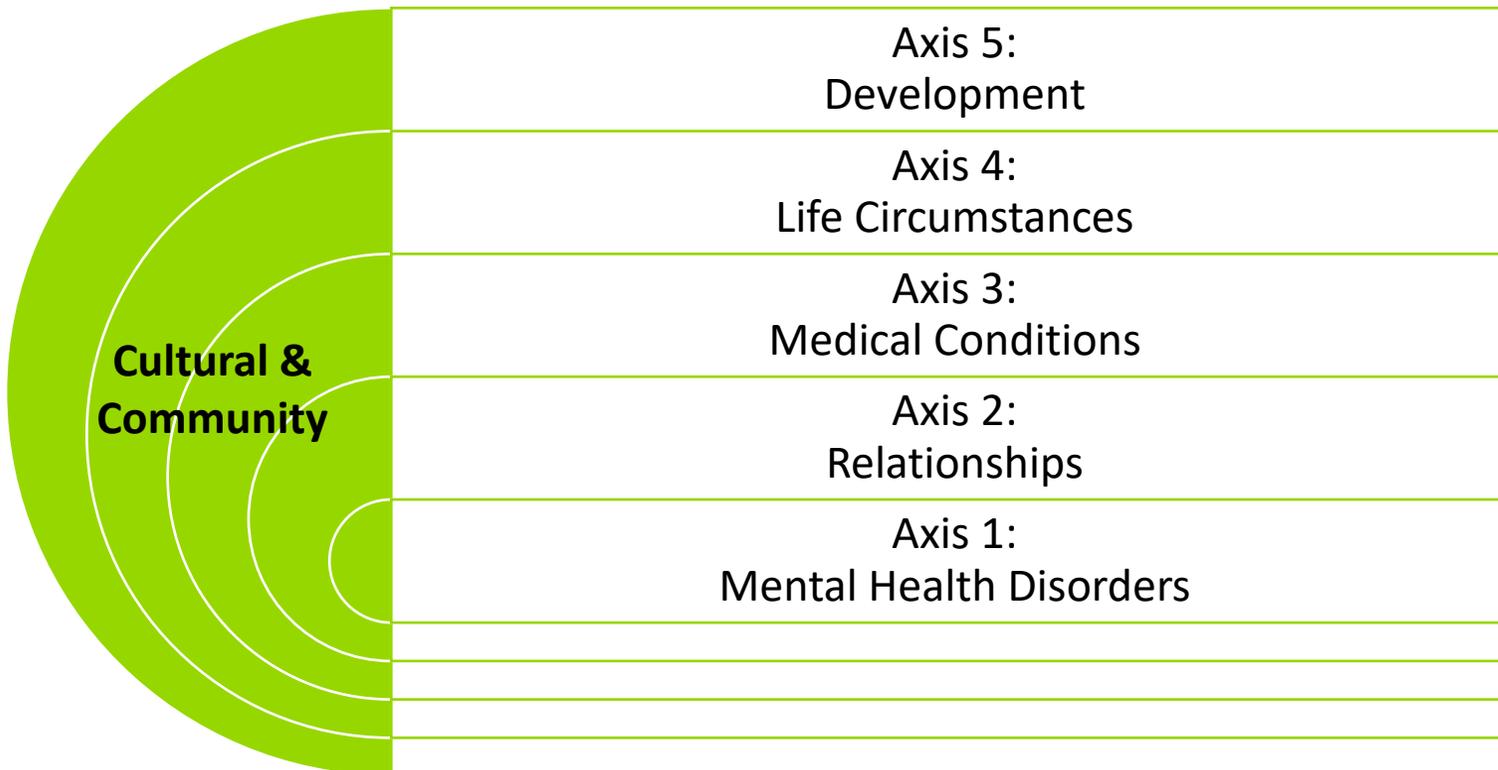
Developmentally appropriate mental health assessment

- ▶ Work on developmentally appropriate assessment & diagnosis for infants and young children has been ongoing for several years.
- ▶ Existing classification systems, such as the DSM, do not pay adequate attention to the unique developmental & relational experiences of infants and very young children.

Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and Early Childhood (DC:0-5™)

Starts with understanding multiple aspects of a child's life *from the family's perspective* **BEFORE** diagnosing

Then, look at emotional/behavioral symptoms, with a developmental lens



Developmentally specific criteria for mental health disorders

- i.e. depression for a 3-year-old looks different than a 30-year-old

Additional mental health disorders that are specific for in infancy and early childhood

- e.g. Overactivity Disorder of Toddlerhood

Mental Health Assessment for Young Children (MHAYC)

For mental health assessments for children birth through 5 years of age, Apple Health will:

Allow reimbursement for:



Multi-session assessments



Provider travel to home & community settings

Require providers to:



Use the DC:0-5™

 Statutory Authority

[RCW 74.09.520 \(2021 c 126 § 2\)](#) [WAC 182-531-1400](#)

"Assessment" means the process of obtaining all pertinent bio-psychosocial information, as identified by the person, and family and collateral sources, for determining a diagnosis and to plan individualized services and supports.

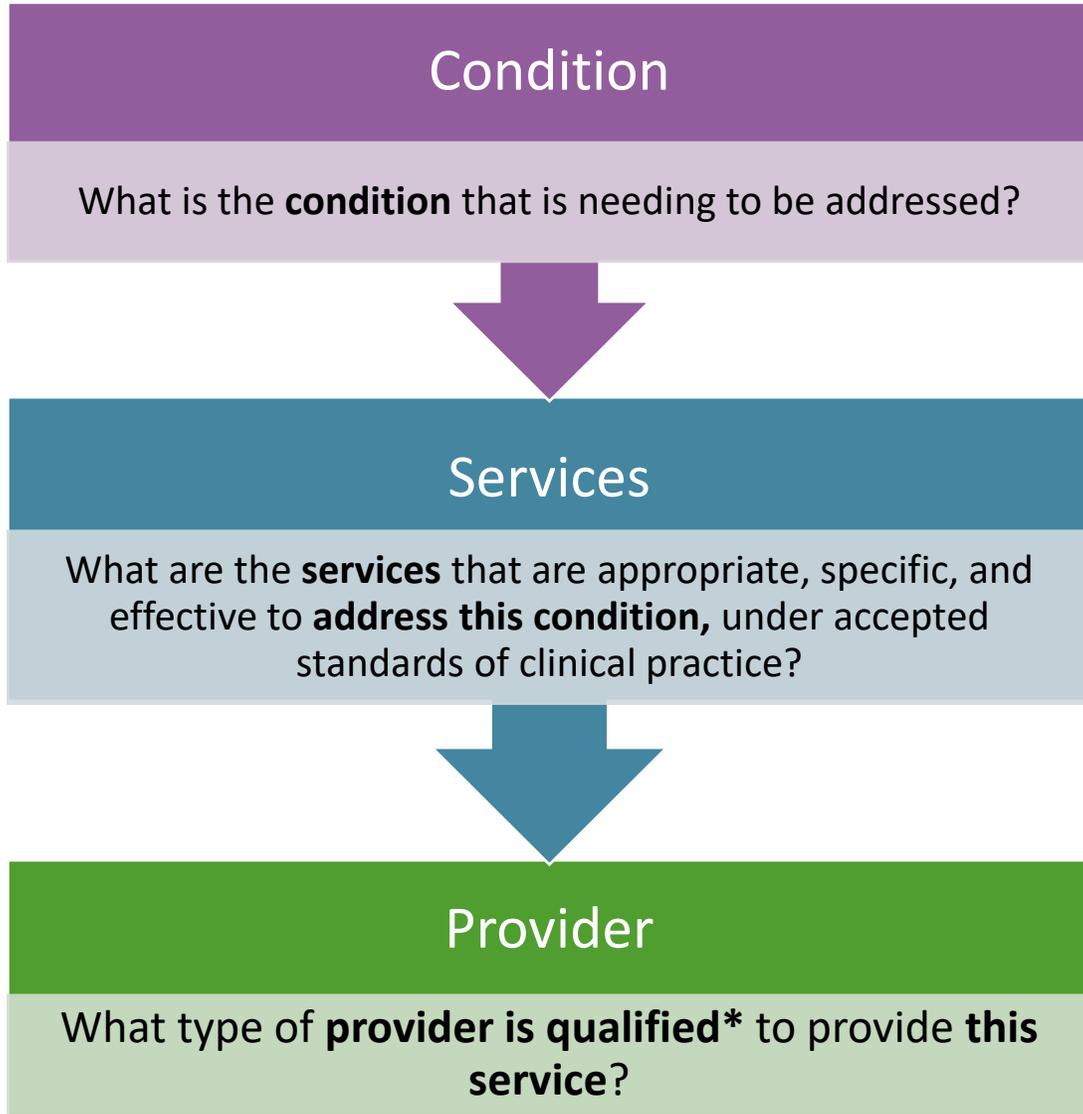
[\(WAC 182-538D-0200; WAC 246-341-0200\)](#)

Why are assessments needed?

NEW Assessments include topics such as:



- ▶ Assessments are used to establish **medical necessity**.
 - ▶ Conducted prior to initiation outpatient mental health services, though some exceptions apply
 - ▶ identify needs for mental health treatment
- ▶ Other terms used for assessments include:
 - ▶ Intake evaluation
 - ▶ Diagnostic evaluation



What is medical necessity?

(WAC 182-500-0070)

- ▶ ICD-10-CM codes indicate the condition needing to be addressed
 - ▶ Within Apple Health, **ICD-10 ranges: F01 - F09; F20-F99** are typically considered conditions appropriate for mental health services
 - ▶ For children younger than six, reference the **Apple Health DC:0-5™ Crosswalk** for additional guidance
 - ▶ **Not all conditions** included may meet the definition of **medical necessity** for **mental health treatment**

Who are mental health professionals?

The Washington Department of Health (DOH) oversees the administration and requirements for licensure, certification and registration of health care practitioners under the **Uniform Disciplinary Act.** ([WAC 246-12-001](#))

Independently licensed mental health providers ([WAC 182-531-1400](#))

- May provide services described in HCA's Apple Health [Mental Health Billing Guide](#) (Part I)

Includes: Psychologist, LMHC, LASW, LICSW, LMFT, Psychiatrist, P-ARNP

Mental health professionals working for a licensed Behavioral Health Agency ([WAC 246-341-0515](#))

- May provide services described in HCA's Apple Health [Mental Health Billing Guide](#) (Part II) and Service Encounter Reporting Instructions ([SERI](#))

Includes: Psychologist, LMHC, LASW, LICSW, LMFT, Psychiatrist, P-ARNP, LMHC-A, LASW-A, LMFT-A, P-RN, PA w/ psych supervision, AAC w/ MHP attestation*

Multi-session assessments



Multi-session assessments

Apple Health (Medicaid) mental health professionals conducting a mental health assessment for a child from birth through age 5 are eligible for **reimbursement for up to five sessions** for the assessment (per client, per billing provider, per calendar year) *without prior authorization*.

Billing and encounter guidance



HCA [provider billing guides](#)* & encounter guidance has been revised to reflect updates for assessments for children birth through age 5.

Mental Health Billing Guide Part I

Procedure Codes: 90791 or
90792

Modifier: None

Mental Health Billing Guide Part II

Procedure Codes: 90791,
90792 or H0031

Modifier: None

Service Encounter Reporting Instructions (SERI)

Procedure Codes: 90791,
90792 or H0031

Modifier: 53 modifier for
initial assessment sessions

Providers are expected to continue to use current coding standards (ex. Current Procedural Terminology coding)

Limitation extension



A limitation extension (LE) is a form of [prior authorization](#) to provide **medically necessary** services beyond the designated benefit limit allowed in Washington Administration Code (WAC) and HCA billing guides.

Note: For clients younger than age six, limitation extension is required to provide more than five mental health assessment sessions per provider, per calendar year.

For clients older than age six, limitation extension is required to provide more than one mental health assessment session per provider per calendar year.

Caregiver only sessions



- ▶ Allowed when the purpose of the session includes:
 - ▶ Client's history
 - ▶ Cultural background
 - ▶ Description of the child and the family situation.
 - ▶ Evaluation of the caregiver/parent's psychological functioning and history
- ▶ May be used when the caregiver/parent is sharing sensitive information that should only be discussed without the child present.

Reporting diagnosis

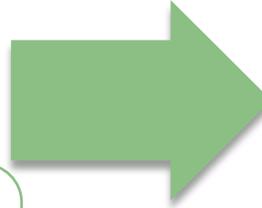
More information on diagnosis will be covered in the DC:0-5™ section.



- ▶ Licensed/credentialed professionals should determine the diagnosis for any encounter, **within the scope of their licensure.**
- ▶ Federal Medicaid guidance **requires the use of ICD** (International Classification of Disease) code on claims & encounters.
 - ▶ For children up to 6 years of age, reference the **Apple Health DC:0-5™ Crosswalk** for additional guidance

Initial Assessment Sessions

- When a diagnosis cannot be made or is unknown use:
F99 Mental disorder, not otherwise specified



Final Assessment Session

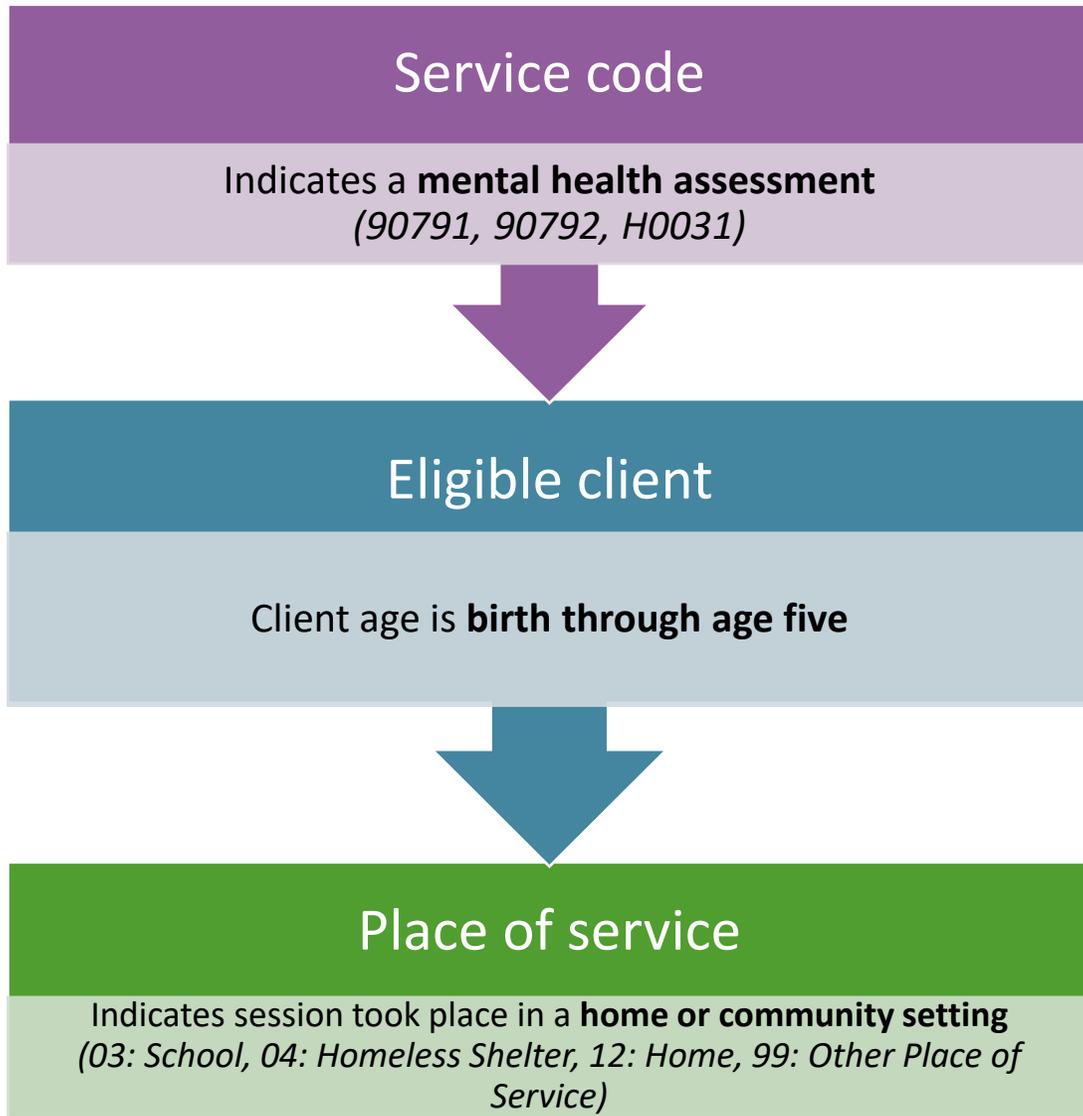
- Providers must use the **most specific ICD-10 code available**
- When an assessment indicates there is **not** a mental health diagnosis use:
Z03.89 Encounter for observation of other suspected diseases and conditions ruled out

Provider travel

Provider travel

Apple Health (Medicaid) mental health professionals providing a mental health assessment to a child ages birth - 5 will be eligible for reimbursement for **mileage costs for travel to home & community settings** for mental health assessment sessions.





How to obtain reimbursement

- ▶ Providers will submit an A19 invoice for travel reimbursement using [OFM mileage rates](#)
 - ▶ **Fee-For-Service:** Provider submits A-19 directly to HCA
 - ▶ **Managed Care:** Provider follows the policies of their MCO to provide required information, MCO submits A-19 to HCA

Travel reimbursement example



Visit the Mental Health Assessment for Young Children [webpage](#) for access to forms and additional information about the provider travel reimbursement process.

Example FFS A-19 Form

Mileage Reimbursement - Washington Fee for Service (FFS) - Pooled Travel Funds (1/1/2022 - 6/30/2022) (Current mileage reimbursement rates can be found at https://ofm.wa.gov/accounting/administrative-accounting-resources/travel)							
SERVICE DATE	CLIENT PROVIDER ONE NUMBER	FROM	TO	MILES (POINT TO POINT)	MILEAGE RATE	REIMBURSEMENT AMOUNT	FOR AGENCY USE
						-	
						-	
						-	

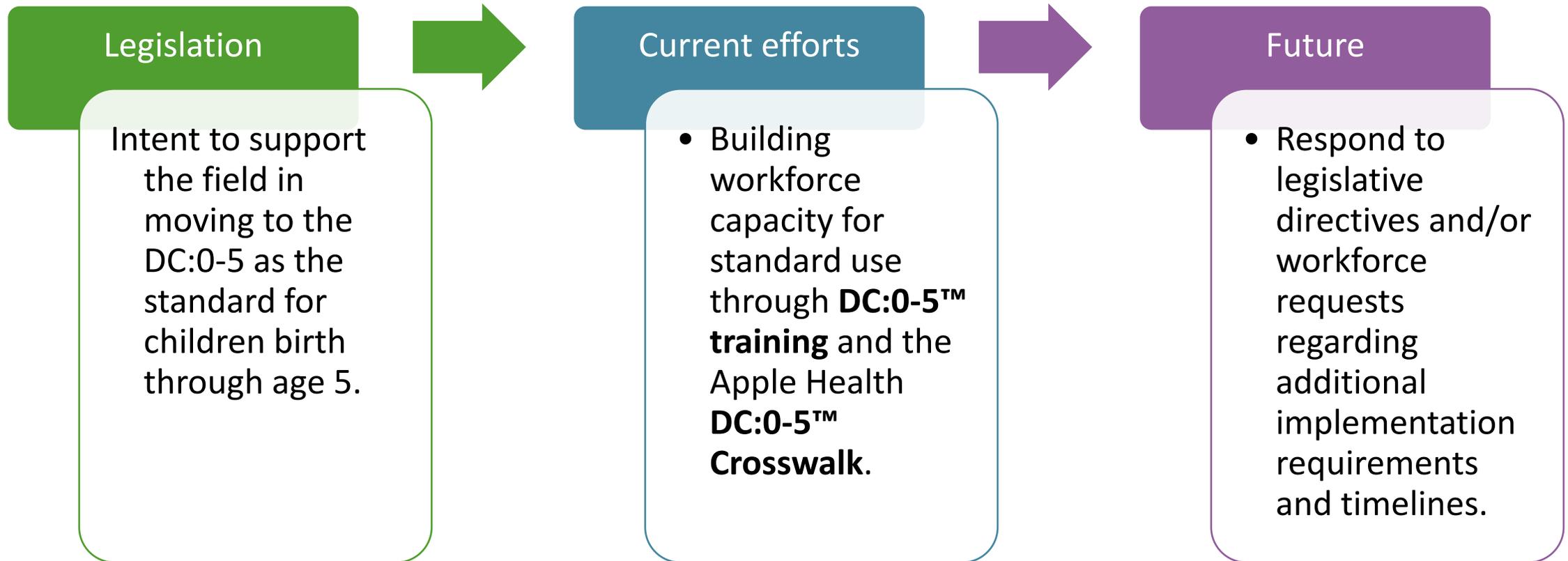
DC:0-5™ requirements



Using the DC:0-5™

Apple Health (Medicaid) mental health professionals conducting a mental health assessment for a child from birth through age 5 are required to **use the DC:0-5™**.

DC:0-5 requirement



Resources to support DC:0-5™



Health Care Authority

Apple Health clinical policy development & implementation

Resources to support providers & billing staff
(e.g. Apple Health DC:0-5™ Crosswalk)

IECMH Workforce Collaborative

Coordinated by Washington Association for Infant Mental Health

DC:0-5™ Training

Professional development on assessment & diagnosis with young children

Sign up for training at the IECMH
WC [website](#)

Scope of Practice



▶ Though the DC:0-5™ includes both mental and developmental disorders, providers must still follow their discipline's **scope of practice** and **standards of care**, informed by:

- ▶ Training/education
- ▶ Experience
- ▶ Professional associations
- ▶ Credentialing



[Multi-disciplinary referral guide](#)

is available to support providers in identifying referral partners for non-mental health specific needs.



Diagnosis manual v. screening tool



Diagnostic Manual

- **Examples:** DSM & DC:0-5
- **Use:** describe symptoms associated with classifications of disorders

Screening Tool

- **Example:** Ages and Stages Questionnaire (ASQ)
- **Use:** monitor milestones & symptoms; identify needs & strengths

Apple Health does **not** currently have specific requirements or guidance **regarding use of specific screening tools** for the purpose of informing mental health assessment and diagnosis.

Clinical/Service Records



DOH provides guidance regarding assessment records for behavioral health agencies per [WAC 246-341-0640](#).

*Official allowance of the DC:0-5 per this WAC went into effect May 1, 2023. DOH released a [policy statement](#) to allow DC:0-5 per this WAC beginning September 1, 2022.



Presenting issue(s)



Any risk of harm to self and others, including suicide, homicide, and a history of self-harm



If risk is indicated, a referral for provision of emergency/crisis services



Treatment recommendations



Diagnostic assessment statement supporting a diagnosis per current criteria within the DSM-5 or DC:0-5*

DC:0-5™ Crosswalk

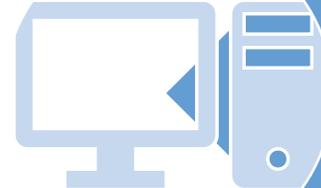


- ▶ The crosswalk is a **reference tool** to convert DC: 0–5™ diagnoses into associated ICD diagnostic codes and DSM diagnoses
 - ▶ While DC: 0–5™ manual includes a sample crosswalk, it is not state specific nor updated on a regular basis.



Centers for Medicare and Medicaid Services

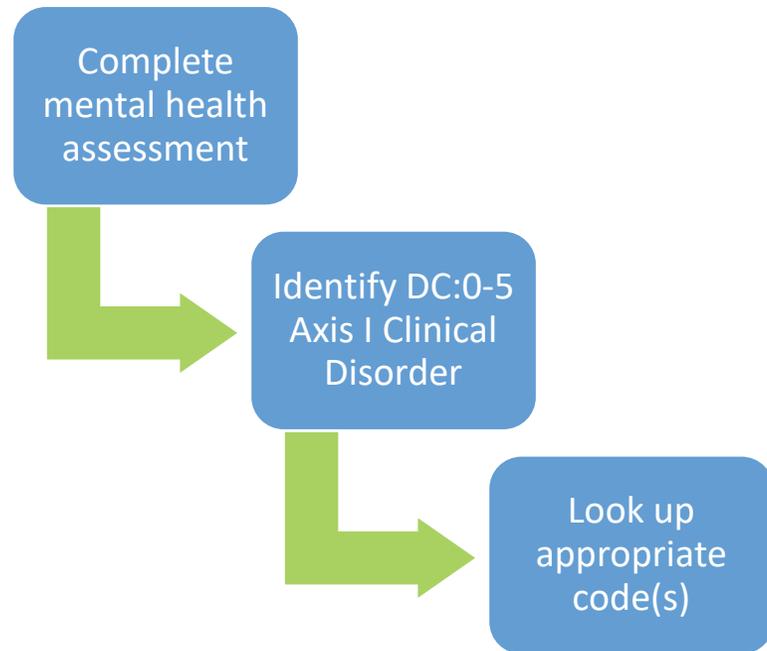
- CMS requires an ICD code for service reimbursement.



Electronic Record Systems

- Many electronic record systems require a DSM diagnosis for documentation

How to use the DC:0-5™ Crosswalk



Anxiety Disorders

DC:0 – 5™ Axis I Clinical Disorder		DSM Diagnosis		ICD Classification	
Separation Anxiety Disorder	30.1	Separation Anxiety Disorder	309.21	Separation Anxiety Disorder of Childhood	F93.0
Social Anxiety Disorder (Social Phobia)	30.2	Social Anxiety Disorder	300.23	Social Phobia, Unspecified	F40.10
				Social Phobia, Generalized	F40.11

What ICD classification should I use for sleep onset and relationship specific disorders?

- ▶ When an assessment indicates that a child meets criteria for sleep onset or relationship specific disorder, providers **may use the Z codes indicated in the crosswalk**
 - ▶ Services to address these conditions must be **accepted standards of clinical practice** and considered to be specific and effective treatment for these conditions

Examples only – please reference the most current version of the crosswalk for updated coding.

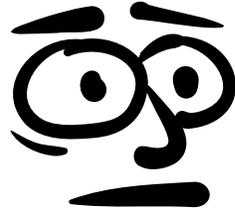
DC:0 – 5 th Axis I Clinical Disorder	DSM Diagnosis		ICD Classification		
Sleep Onset Disorder	60.1	NA	NA	Behavioral insomnia of childhood, sleep-onset association type	Z73.810
				Behavioral insomnia of childhood, limit setting type	Z73.811
				Behavioral insomnia of childhood, combined type	Z73.812

DC:0 – 5 th Axis I Clinical Disorder	DSM Diagnosis		ICD Classification		
Relationship Specific Disorder of Infancy/ Early Childhood	80.1	Parent-Child Relational Problem	V61.20	Parent-biological child conflict	Z62.820
				Parent-adopted child conflict	Z62.821
				Parent-foster child conflict	Z62.822

MHAYC Provider Spotlight Series

▶ So, you did the billing webinar and DC:0-5 training ...now what?

- Staffing, scheduling, & workflows
- Caregiver engagement
- Assessment procedures
- Electronic health records
- Screening & assessment tools
- Provider travel policies & procedures
- Collateral information processes



Look for our upcoming series to hear from providers like you about how they are making these changes.

[Subscribe for updates](#)

Read the [IECMH Statewide Tour report](#) to learn what you can do to get started.

Want to learn more from HCA?



Visit our websites

[Infant-early childhood mental health](#)
[Mental Health Assessment for Young Children](#)



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