



Behavioral Health Services – Use of Individual and Family Therapy Codes for Non- physicians

3/27/2019



General Description

Individual Psychotherapy with patient - Individual Psychotherapy is a variety of treatment techniques in which a qualified health care provider helps a patient with a mental illness or behavioral disturbance identify and alleviate any emotional disruptions, maladaptive behavioral patterns, and contributing/exacerbating factors. This treatment also involves encouraging personality growth and development through coping techniques and problem-solving skills.

Time requirements - 90837 for 53 minutes or more of face-to-face time spent with the patient; 90834 – face to face 38 – 45 min. and 90832 – face to face 16 – 37 min.

2017 CPT code changes - the individual psychotherapy codes are for individual treatment and the patient must be in the room “for all or a majority of the service.” The therapy focus is on the individual, not the family, even if the family member is present for part of the session and provides information.

Family psychotherapy (conjoint psychotherapy) (with patient present) - The therapist provides family psychotherapy in a setting where the patient's family jointly with or without the patient present. The family is part of the patient evaluation and treatment process. Family dynamics as they relate to the patient's mental status and behavior are a main focus of the sessions. Attention is also given to the impact the patient's condition has on the family, with therapy aimed at improving the interaction between the patient and family members.

Time requirements – 90847 50 min. (conjoint therapy) (with the patient present) 90846 50 min. (without the patient present)

2017 CPT code changes - to bill the service, the clinician must meet the mid point of time of at least 26 min.

Credential Requirements

- **Fully Licensed** - Psychologist, Licensed Clinical Social Workers, Licensed Marriage and Family Therapist, and Licensed Professional Counselors
- **Associate Licensed** – LAPC, LMSW, and LAMFT with supervision as required by licensure
- **Supervision Trainees** – psychologist, LCSW, LMFT, and LPC with supervision
- **Certified Addition Specialist**

Provider Status

- <Enter Each Providers Individual Data>
- The average use of 90837 for providers within Peach State behavioral health network is 74%
- What can providers due:
 - Review treatment records to ensure diagnosis and individual needs match treatment plan
 - Review medical records for billing accuracy
 - Educate therapist on treatment planning and billing guidelines
- Next Steps
 - Review of Provider Data monthly
 - Meet with providers with outlier status