

Therapy

Therapy is an intervention that includes the application of therapeutic strategies, including various treatment modalities, to assist the client to achieve better psychosocial adaptation. Therapeutic intervention incorporates the principles of development, wellness, adjustment to impairment, and recovery and resiliency. Therapy should assist a client in acquiring greater personal, interpersonal and community functioning or to modify feelings, thought processes, conditions, attitudes or behaviors. Therapeutic interventions and techniques are specifically implemented in the context of a professional clinical relationship.

Therapy may be provided to an individual client or a group of beneficiaries and may include family therapy services at which the client is present.

Who Can Use These Codes?

	Physician	PA	NP	RN	RN with MH/MA	LVN or Psych Tech	L/R/W Psych	L/R/W LCSW/ASW, MFT/MFTI, LPCC/LPPCI	Trainee - post BA/BS and pre MA/MS/PhD	MHRS	Other, Unlicensed
Individual Therapy	Y	Y	N	N	N	N	Y	Y	Y*	N	N
Family Therapy	Y	Y	N	N	N	N	Y	Y	Y*	N	N
Group Therapy	Y	Y	N	N	N	N	Y	Y	Y*	N	N

*Co-signature is required

Individual Therapy

Service Code: H2015

This billing code is used to document therapeutic interventions with an individual that focus primarily on symptom reduction as a means to improve functioning.

Billable Services Include:

- ✓ Assisting client to process thoughts and feelings regarding a certain event or situation
- ✓ Utilizing a therapeutic modality to assist a client with a specific problem area
- ✓ Helping a client identify obstacles to goals and strategizing about ways to overcome impediments to accomplishing objectives
- ✓ Psychoeducation regarding client's mental health diagnosis and how symptoms/problem behaviors are impeding functioning

Non-Billable Activities Include:

- ✗ Assisting a client with coursework
- ✗ Teaching job functions
- ✗ Taking a client on an outing without demonstrating therapeutic interventions, client's response, and relevance to treatment plan goals and objectives
- ✗ Providing individual therapy to a client's significant support person for his/her own issues

- ✘ Any activity that is focused primarily on substance abuse treatment. The focus of therapy **MUST** be the mental health impairment but can include some linkage to how substance use exacerbates mental health symptoms

A Good Individual Therapy Note Includes:

- The client's specific mental health symptoms and current presentation
- Documentation of ongoing medical necessity
- A clear connection between the service provided and the current Client Services Plan
- Clearly identified mental health therapeutic interventions
- The client's response to the interventions, progress toward goals/objectives, barriers to progress, and plans for continued treatment

Family Therapy

Service Code: 90847

This billing code is used to document therapeutic interventions provided to an individual client and his/her family that focuses on assisting the client and family to make changes in family dynamics to improve the client's functioning and meet treatment plan goals and objectives. The client must be present for the service, and there must be at least one family member or significant other present.

Billable Services Include:

- ✓ Assisting client and family to process thoughts and feelings regarding a certain event or situation
- ✓ Using a therapeutic modality to assist a family with a specific problem area
- ✓ Psychoeducation regarding client's mental health diagnosis and how symptoms/problem behaviors are impeding functioning
- ✓ Improving family communication patterns and conflict management skills
- ✓ Interventions to facilitate attachment between child and family member
- ✓ Teaching family members coping strategies to support the client
- ✓ Teaching, modeling, and reinforcing parenting skills

Non-Billable Activities Include:

- ✘ Providing therapy to a client's significant support person
- ✘ Providing services to a family member without client present
- ✘ Obtaining information relevant to the client from an important support person in client's life (See Collateral)

A Good Family Therapy Note Includes:

- The client's specific mental health symptoms and current presentation
- Documentation of ongoing medical necessity
- A clear connection between the service provided and the current Client Services Plan
- Identification of all of the individuals who participated in the service by their relationship to the client (i.e. mother, sister)
- Documentation of the presence of a valid and current Release of Information, when warranted
- Clearly identified mental health therapeutic interventions

- The client's and family's response to the interventions, progress toward goals/objectives, and barriers to progress

Group Psychotherapy

Service Code: 90853

This billing code is used to document therapeutic interventions provided to more than one client in a group setting, in which personal and group dynamics are discussed and explored in a setting that allows for emotional catharsis, instruction, peer reinforcement and support toward reaching treatment goals. Therapy groups provide structure in terms of attendance policies, group size, and group format, and utilize specific curriculum and interventions.

Group therapy may be facilitated by one or two practitioners. If two practitioners claim for a group, each staff person's unique role must be clearly identified and described in the corresponding progress note, and the need for more than one staff member to be present for the group must be justified. If one or both providers are a Mental Health Specialist, the service must be billed as Group Rehab. For providers who submit progress notes in Avatar, each group needs to be registered with Quality Improvement, and a group name and number assigned. Practitioners will need to complete a Group Log for every service, as well as a progress note for each client, which must include both information about the group theme and content and information about each client's participation. Group Therapy progress notes must be written in BIRP format.

Billable Services Include:

- ✓ Assisting client group members to process thoughts and feelings regarding a certain event or situation
- ✓ Utilizing a therapeutic modality to assist client group members with a specific problem area
- ✓ Identifying obstacles to mental health wellness and recovery and helping clients see, and make a plan for, how they might overcome the obstacle
- ✓ Psychoeducation regarding clients' mental health diagnosis and how symptoms/problem behaviors are impeding functioning

Non-Billable Activities Include:

- ✗ Transporting clients to and/or from group
- ✗ Teaching language skills to a group
- ✗ Assisting with coursework or study groups
- ✗ Teaching job functions
- ✗ Facilitating drop-in groups
- ✗ Facilitating a life skills group without using a curriculum or guidelines
- ✗ Taking a group on an outing (i.e. to the movies, to the beach) without demonstrating therapeutic interventions, clients' responses, and relevance to treatment plan goals and objectives
- ✗ Any activity that is focused primarily on substance abuse treatment. The focus of group therapy MUST be the mental health impairment but can include some linkage to how substance use exacerbates mental health symptoms

A Good Group Therapy Note Includes:

- Clearly identified mental health therapeutic interventions
- Documentation of ongoing medical necessity
- The specific mental health symptoms and current presentation of the client in the individualized section of the note
- A clear connection between the group theme and content with the current Client Services Plan goals/objectives for each participant
- The client's participation and behavior in the group
- The client's response to the interventions, progress toward goals/objectives, and barriers to progress