

Mental Health and Substance Use Disorder Services

Mental Health and Substance Use Disorder Services include treatment or care received on an inpatient or outpatient basis, either in a hospital, an alternate facility or in a provider's office. All services must be clinically necessary, provided by or under the direction of a qualified behavioral health provider, and meet the definition of a covered health service as defined by the State of Tennessee Medical plan documents.

Benefits include the following levels of care:

- Inpatient treatment
- Residential treatment
- Partial hospitalization/day treatment
- Intensive outpatient treatment
- Outpatient treatment

Services include the following:

- Diagnostic evaluations, assessment and treatment planning
- Treatment and/or procedures
- Medication management and other associated treatments
- Individual, family and group therapy
- Provider-based case management services
- Crisis intervention

Prior authorization is required for the following services:

- Inpatient treatment
- Residential treatment
- Partial hospitalization/day treatment
- Intensive outpatient treatment
- Non routine outpatient services, including:
 - Outpatient electroconvulsive therapy
 - Psychological testing
 - Methadone maintenance
 - Extended outpatient treatment visits beyond 45-50 minutes in duration with or without medication management
 - Applied Behavioral Analysis (ABA) for the treatment of autism
 - Transcranial Magnetic Stimulation

The Plan pays benefits for behavioral services for Autism Spectrum Disorder including Intensive Behavioral Therapies such as Applied Behavior Analysis (ABA) that are:

- Focused on the treatment of core deficits of Autism Spectrum Disorder.
- Provided by a Board Certified Applied Behavior Analyst (BCBA) or other qualified provider under the appropriate supervision.
- Focused on treating maladaptive/stereotypic behaviors that are posing danger to self, others and property and impairment in daily functioning.