Mental Health Care and Substance-Related and Addictive Disorder Services

Here 4 TN
Support For Your Life

Mental health care and substance-related and addictive disorder services include treatment or care received on an inpatient or outpatient basis, either in a hospital, alternate facility or a provider's office. All services must be:

- Clinically necessary
- Rendered by or under the direction of a behavioral health provider who is appropriately licensed and/or qualified by law and acting within the scope of their license and/or certification
- 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 or High-Intensity Outpatient
- Intensive outpatient treatment
- Outpatient treatment

Services include the following:

- Diagnostic evaluations, assessment and treatment and/or procedures
- Medication management
- Individual, family and group therapy
- Crisis intervention

Prior authorization is required for the following services:

- Inpatient treatment
- Residential treatment
- Partial Hospitalization, Day Treatment or High-Intensity Outpatient
- Intensive outpatient treatment
- Non-routine outpatient services, including:
  - Psychological testing
  - Applied behavioral analysis (ABA) for the management of autism symptoms
  - Transcranial magnetic stimulation

The plan pays benefits for behavioral services for autism spectrum disorder (ASD), including therapies such as ABA that are:

- Interventions to reduce problem behavior and develop alternative behaviors and skills
- Provided by a board-certified behavior analyst (BCBA) or other qualified health provider

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