

# Dialectical Behavior Therapy in LA Medicaid: *Policy and Reimbursement Update*

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# Dialectical Behavior Therapy in LA Medicaid

- [LA Medicaid Behavioral Health Services Provider Manual](#) now includes DBT service definition in Appendix E-11

LOUISIANA MEDICAID PROGRAM

ISSUED: 05/13/24

REPLACED: 10/31/23

**CHAPTER 2: BEHAVIORAL HEALTH SERVICES**

**APPENDIX E-11: EVIDENCED BASED PRACTICES (EBPs) POLICY -  
DIALECTICAL BEHAVIORAL THERAPY**

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## DIALECTICAL BEHAVIORAL THERAPY

**Dialectical Behavioral Therapy (DBT)** is a comprehensive, multi-diagnostic, modularized behavioral intervention designed to treat both adults and children/adolescents with severe mental disorders and uncontrolled cognitive, emotional and behavior patterns, including suicidal and/or self-harming behaviors.

DBT was originally developed as a treatment for individuals with Borderline Personality Disorder (BPD). BPD is characterized by a range of self-destructive behaviors (potentially including self-injury, suicidality, substance use, as well as problems in interpersonal

# DBT under LA Medicaid: Who can provide it?

- Delivery of the comprehensive DBT model requires a team, preferably with 4-6 clinicians trained and qualified to provide DBT individual therapy.
- DBT teams may be comprised of LMHP clinicians, or may be comprised of a mix of LMHP clinicians alongside other qualified practitioners, which may include staff licensed as a Provisionally Licensed Professional Counselor (PLPC), Provisionally Licensed Marriage and Family Therapist (PLMFT), or Licensed Master Social Worker (LMSW).
- For DBT teams comprised of a mix of LMHPs and other qualified practitioners, there must be a minimum of two (2) LMHPs on the DBT team.

# DBT under LA Medicaid: Who can be reimbursed?

- **A DBT practitioner may receive reimbursement for the DBT service, when delivering DBT as part of a DBT team** that is trained and qualified to deliver DBT as described in the “Training” section, demonstrated by either:
  - Certification from the DBT-Linehan Board of Certification (DBT-LBC);
  - OBH-approved DBT qualification; or
  - **Engaged consistently and in good standing (as documented in writing by the OBH-sponsored training organization) in an OBH-sponsored DBT training program that will lead to an OBH-approved DBT qualification, following the agency and practitioner’s completion of the initial didactic training sessions, while under consultation with an OBH-approved DBT trainer.**


# DBT under LA Medicaid: Who can be reimbursed?

- LMHP members of DBT teams may submit Medicaid claims for DBT individual psychotherapy, and DBT group psychotherapy
- Provisionally-licensed mental health practitioner (PLMHP) members of DBT teams:
  - CURRENT: May co-lead DBT group psychotherapy with an LMHP co-leader; the LMHP co-leader submits the Medicaid claim, while both co-leaders co-sign the progress notes.
  - FUTURE: Pending approvals, PLMHP members of DBT teams will be able to submit Medicaid claims for DBT individual psychotherapy, and DBT group psychotherapy. *Target implementation: Fall 2024.*

# DBT under LA Medicaid: Who can be reimbursed?

More information on upcoming changes for Provisionally-Licensed Mental Health Practitioners:

<https://ldh.la.gov/news/provisional-licensure>



The screenshot shows the Louisiana Department of Health website. At the top, there is a navigation bar with the state seal, the department logo, and the name of the Secretary, Ralph L. Abraham, M.D. A 'BACK TO LDH' button is also present. The main heading is 'BEHAVIORAL HEALTH'. Below this, a breadcrumb trail reads 'Louisiana.gov > LDH > Office of Behavioral Health'. A left-hand navigation menu lists various categories: ABOUT US, OBH LEADERSHIP, ADDICTIVE DISORDERS, BEHAVIORAL HEALTH MANAGED CARE, MENTAL HEALTH, CSOC, GRANTS, and PUBLICATIONS. The main content area features an article titled 'LDH to expand mental health provider workforce with new provisional licensure eligibility', dated May 20, 2024. The article text states that the Louisiana Department of Health (LDH) is taking a key step to increase the availability of mental health providers in the state with a plan to expand Medicaid reimbursement eligibility to provisionally licensed mental health professionals (PLMHPs) while they are seeking full licensure. It further explains that currently, PLMHPs can practice under the supervision of a fully licensed mental health professional (LMHP) but cannot receive Medicaid reimbursement. The policy change will allow PLMHPs to obtain reimbursement from the Medicaid program as they work toward full licensure. Under the current framework, only LMHPs — which include licensed clinical social workers (LCSWs), licensed marriage and family therapists (LMFTs) and licensed professional counselors (LPCs) — are eligible for reimbursement for these services. The article concludes by noting that Louisiana, like the rest of the U.S., is facing critical behavioral health workforce challenges, while the need for services is as great as ever. On the right side of the page, there are vertical buttons for 'FEEDBACK' and 'ACCESSIBILITY'.

# DBT under LA Medicaid: How does reimbursement work?

## Current: Medicaid ARPA funding

With CMS approval, OBH directs the MCOs to reimburse for DBT services using the psychotherapy reimbursement rates in combination with an “add-on” payment, which brings the total rates to the following:

- \$200 for 60 minutes of DBT individual therapy, with an expected 60 minute session of DBT individual therapy per client per week.
- \$177.68 per client for DBT group psychotherapy, for an expected 120-150 minute DBT skills-training group session per client per week.

# DBT under LA Medicaid: How does reimbursement work?

## Future: standard Medicaid funding

ARPA funding will expire in 2025, at which point LDH plans to transition to using “standard” Medicaid funds to reimburse for DBT.

DBT providers will continue to submit claims in the same way, and should not experience a change when LDH transitions from one funding source to another.