

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

March 2025

# Dialectical Behavior Therapy in LA Medicaid

[LA Medicaid Behavioral Health Services Provider Manual](#) 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

# Dialectical Behavior Therapy in LA Medicaid

- [LA Medicaid Behavioral Health Services Provider Manual](#) also includes this DBT-related update in the Outpatient Services Chapter:

“Group psychotherapy is only allowed via telehealth when utilized for Dialectical Behavioral Therapy (DBT) and must include synchronous, interactive, real-time electronic communication comprising of both audio and visual elements.”

## LOUISIANA MEDICAID PROGRAM

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### CHAPTER 2: BEHAVIORAL HEALTH SERVICES

#### SECTION 2.3: OUTPATIENT SERVICES

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4. Services provided using telehealth must be identified on claims submission using by appending the modifier “95” to the applicable procedure code and indicating the correct place of service, either POS 02 (other than home) or 10 (home). Both the correct POS and the 95 modifier must be present on the claim to receive reimbursement;
5. Assessments and evaluations conducted by an LMHP through telehealth should include synchronous, interactive, real-time electronic communication comprising both audio and visual elements unless clinically appropriate and based on member consent;
6. Providers must deliver in-person services when telehealth is not clinically appropriate or when the member requests in-person services;
7. Group psychotherapy is only allowed via telehealth when utilized for Dialectical Behavioral Therapy (DBT) and must include synchronous, interactive, real-time electronic communication comprising of both audio and visual elements.

# 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 licensed for independent practice, or may be comprised of a mix of LMHP clinicians alongside other licensed 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 licensed 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: How does reimbursement work?

- LDH (OBH and Medicaid) secured temporary federal funding for the DBT rate for Louisiana DBT providers beginning in March 2024.
- Behind the scenes, LDH has made policy updates and shifts in the source of this funding over the past year.
- Starting March 2025, the DBT rate is financed not with temporary funding, but as a standard Medicaid rate listed on the Medicaid Specialized Behavioral Health fee schedule.

# DBT under LA Medicaid: What are the rates?

Please reference the LA Medicaid Specialized Behavioral Health Fee Schedule, accessed at:

[https://www.lamedicaid.com/provweb1/fee\\_schedules/SBH\\_Fee.htm](https://www.lamedicaid.com/provweb1/fee_schedules/SBH_Fee.htm)

SPECIALIZED BEHAVIORAL HEALTH SERVICES - CPT Codes												
Code	Description	Age	Psychiatrist	APRN/CN S/ PA	Medical Psychologist	Psychologist	LCSW	LPC	LMFT	LAC	LMSW****	PLPC/ PLMFT** ***
Modifier *>			AF	SA	HP	AH	AJ	HO	HO	HF	U4	UA
H2021	DIALECTICAL BEHAVIORAL THERAPY, INDIVIDUAL (Per Visit) - Effective 3/1/2025	0+	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00
H2021 HQ	DIALECTICAL BEHAVIORAL THERAPY, GROUP (Per Visit) - Effective 3/1/2025	0+	\$177.68	\$177.68	\$177.68	\$177.68	\$177.68	\$177.68	\$177.68	\$177.68	\$177.68	\$177.68