

Dialectical Behavior Therapy in LA Medicaid

Introduction for Training Cohort 4



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DBT in LA Medicaid:

Strategy for Statewide Rollout

ldh.la.gov

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A Vision for Access Across All Regions

- 2023: LDH-Office of Behavioral Health, in partnership with LA Medicaid, secured federal funding for initial two (2) DBT training cohorts, and a temporary incentive Medicaid rate to support DBT service delivery. OBH completed strategic planning and policy to include DBT in the array of evidence-based interventions that LA offers to its residents.
- March 2024: In collaboration with the Center for Evidence to Practice and the Treatment Implementation Collaborative (TIC), the first cohort of trainees began receiving training in DBT and delivering DBT to LA residents.
- September 2024: The second cohort of DBT providers begins training and starts delivering DBT to LA residents.

A Vision for Access Across All Regions

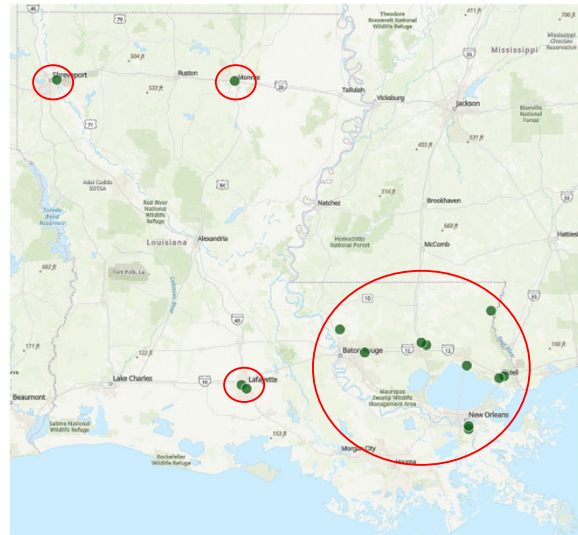
- March 2025: Temporary incentive funding for DBT Medicaid rate, transitions to a "regular" Medicaid rate published on the LA Medicaid Specialized Behavioral Health Fee Schedule.
- September 2025: Third cohort of providers begins training and delivering DBT to LA residents
- **YOU!!!!:** The fourth cohort of providers will be selected from the agency/team applications and will start training and delivering DBT.

***Agencies in areas that currently lack DBT providers may be given preference. All agencies that apply for participation in this DBT rollout initiative must be willing to provide DBT to clients and to run a full DBT program at the agency.

Current DBT Availability in Louisiana

Areas of Available DBT and Regions

- Shreveport/Bossier: Unlimited Alternatives to Change (R7)
- Monroe area: Transitions Counseling (R8)
- Lafayette area:
 1. Insight Guidance Group (R4)
 2. AAHSD (R4)
- Baton Rouge and Zachary area:
 1. JMJ Psychological Services (R2 in BRLA)
 2. Top Notch (R2 in Zachary)
- Hammond, Mandeville, Bogalusa, Slidell, and Denham Springs area: FPHSA (R9)
- Slidell area: Abundant Behavioral Health (R9)
- West New Orleans/Gretna:
 1. Motivate Wellness (R10)
 2. Abundant Behavioral Health (R10)



DBT in LA Medicaid: *Policy and Reimbursement*

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[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 -
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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 relationships) which may be best understood as the consequences of the inability to effectively regulate emotions. These deficits are often the result of biological emotional sensitivity paired with an environment that was not responsive during childhood. Over the years, DBT has demonstrated effectiveness for a wide range of disorders, most of which are associated with

Dialectical Behavior Therapy in LA Medicaid

[LA Medicaid Behavioral Health Services Provider Manual](#) also includes this DBT-related policy statement 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.”

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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), Provisionally-Licensed Psychologist, psychology intern in APA-accredited program, or a 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: *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

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

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THANK YOU

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