



## Behavioral Health Benefit Summary Grid: *TUFTS HEALTH TOGETHER (MASSHEALTH)*

**Benefit Year: January 1, 2023 – December 31, 2023**

### Abbreviations

- BH: Behavioral Health
- IN: In-network
- OON: Out of Network
- PA: Prior Authorization
- STD: CommonHealth and Standard
- CP: CarePlus
- FA: Family Assistance

Tufts Health Plan only covers medically necessary services rendered by in-network providers.

**All OON Requests for non-24-hour Levels of Care require prior authorization (PA).**

**All OON Requests for 24-hour Levels of Care require medical necessity continuing stay review for authorization after admission.**

Covered Services	STD	CP	FA	PA/Notification
<b>Acupuncture Treatment</b> – The insertion of metal needles through the skin at certain points on the body as an aid to persons who are withdrawing from, or in recovery from, dependence on substances.	✓	✓	✓	No PA or notification required
<b>Acute Treatment Services (ATS) for Substance Use Disorders</b> – Services used to treat substance use disorders on a 24-hour, seven days a week basis. Services may include assessment; use of approved medications for addictions; individual and group counseling; educational groups; and discharge planning. Pregnant members receive specialized services. Members receive additional services to treat other mental health conditions.	✓	✓	✓	Admitting facility required to notify THPP within 2 business days of admission for days 1-14  Facility must request continuing stay medical necessity review for days 15+



Covered Services	STD	CP	FA	PA/Notification
<p><b>Administratively Necessary Day (AND) Services</b> – Day(s) of inpatient hospital services for members who are ready for discharge, but the right setting is not available. Services include appropriate continuing clinical services.</p>	✓	✓	✓	<p>Facility discusses AND payment during continuing stay medical necessity review</p>
<p><b>Adult Residential Rehabilitation Services for Substance Use Disorders</b> – Services for substance use disorder offered in a 24-hour residential setting. Services include: at least five hours of individual or group therapy each week; case management; education; and rehabilitation based in the residence. Some residential programs serve pregnant and post-partum members, and provide assessment and management of gynecological, obstetric, and other prenatal needs, and offer parenting skills education, child development education, parent support, family planning, nutrition, as well as opportunities for parent/child relational and developmental groups. Members receive coordination of transportation and referrals to mental health providers to ensure treatment for any other mental health conditions.</p>	✓	✓	✓	<p>Facility required to notify THPP within 7 days of admission for days 1-90</p> <p>Continuing stay medical necessity review required for days 90+</p>
<p><b>Ambulatory Withdrawal Management</b> – Outpatient services for members who are experiencing a serious episode of excessive substance use or complications from withdrawal when neither life nor significant bodily functions are threatened.</p>	✓	✓	✓	<p>No PA or notification required</p>
<p><b>Applied Behavioral Analysis for members under 21 years of age (ABA Services)</b> – A service for a member under the age of 21 with Autism Spectrum Disorder diagnosis (ASD). It is used to treat challenging behaviors that interfere with a youth’s ability to function successfully. This service includes behavioral assessments; interpretation of behaviors; development of a treatment plan; supervision and coordination of treatments; and parent training to address specific goals.</p>	✓		✓	<p>PA required</p>
<p><b>Assessment for Safe and Appropriate Placement (ASAP)</b> – An assessment for certain sexually abusive youth or arsonists who are in the care and custody of the Department of Children and Families (DCF), and who are being discharged from an inpatient or certain diversionary settings to a family home care setting. Services are provided through a DCF designated ASAP provider.</p>	✓		✓	<p>PA required</p>



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<p><b>Case Consultation</b> – A meeting between the treating provider and other behavioral health clinicians or the member's primary care physician, concerning a member. The meeting is used to identify and plan for additional services; coordinate or revise a treatment plan; and review the individual's progress.</p>	✓	✓	✓	No PA or notification required
<p><b>Clinical Support Services for Substance Use Disorders</b> – 24-hour treatment services that can be used by themselves or after acute treatment services for substance use disorders. Services include education and counseling; outreach to families and significant others; medications for treating substance use disorders; referrals to primary care and community supports; and planning for recovery. Members with other mental health disorders receive coordination of transportation and referrals to mental health providers. Pregnant members receive coordination with their obstetrical care.</p>	✓	✓	✓	<p>No PA/notification required for days 1-10</p> <p>Notification required for days 11-14</p> <p>Continuing stay medical necessity review required for days 15+</p>
<p><b>Collateral Contact</b> – A communication between a provider and individuals who are involved in the care or treatment of a member under 21 years old. Providers may include school and day care personnel, state agency staff, and human services agency staff.</p>	✓		✓	No PA or notification required
<p><b>Community Crisis Stabilization</b> – Services provided instead of inpatient hospital services. These services provide 24-hour observation and supervision for members.</p>	✓	✓	✓	<p>No PA required for urgent admission</p> <p>Admitting facility required to notify THPP within 2 business days of admission and request continuing stay medical necessity review</p>
<p><b>Community Support Program (CSP)</b> – Services delivered by a community-based, mobile, multi-disciplinary team. These services help members with a long-standing mental health or substance use disorder diagnosis. Services support members, and their families, who are at increased medical risk, and children and adolescents whose behavioral health issues impact how well they can function at home or in the community. Services include outreach and supportive services.</p>	✓	✓	✓	<p>No PA/notification required for first 6 months</p> <p>Medical necessity review required after month 6</p>



Covered Services	STD	CP	FA	PA/Notification
<b>Community Support Program for Chronically Homeless Individuals (CSP-CHI)</b> and <b>Social Innovation Financing (SIF)<sup>1</sup></b>	✓	✓	✓	Notification plus documentation of chronic homelessness status:  For CSP-CHI services, facility must include documentation that the member meets the HUD definition of chronic homelessness.  For SIF services, provider must send verification that member was screened as eligible by the Massachusetts Housing and Shelter Alliance (MHSA).
<b>Community-Based Acute Treatment for Children and Adolescents (CBAT)</b> – Intensive mental health services in a secure setting on a 24-hour basis, with clinical staffing to ensure the safety of the child or adolescent. Treatment may include: checking medications; psychiatric assessment; nursing; one-to-one treatments to maintain the member’s safety (specializing); individual, group, and family therapy; case management; family assessment and consultation; discharge planning; and psychological testing. This service may be used as an alternative to or transition from inpatient hospital services.	✓		✓	No PA required for urgent admission  Admitting facility required to notify THPP within 2 business days of admission and request continuing stay medical necessity review
<b>Co-occurring Enhanced Residential Rehabilitation Services for Substance Use Disorders</b> – Services provided in a 24-hour, safe, structured setting in the community. These services support the member’s recovery from substance use disorders and moderate to severe mental health conditions. The services support a move back into the community and a return to social, work, and educational roles. Services are provided to support recovery. Clinical services, additional outpatient levels of care, and access to prescribers for medications are available.	✓	✓	✓	Facility required to notify THPP within 7 days of admission for days 1-90  Continuing stay medical necessity review required for days 90+
<b>Couples/Family Treatment</b> – Therapy and counseling to treat a member and their partner or family in the same session.	✓	✓	✓	No PA or notification required
<b>Diagnostic Evaluation</b> – An assessment of a member’s functioning, used to diagnose and to design a treatment plan.	✓	✓	✓	No PA or notification required

<sup>1</sup> Social Innovation Financing (SIF) is more intensive form of CSP for chronically homeless individuals who have identified a Permanent Supportive Housing (PSH) housing opportunity.

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<b>Dialectical Behavioral Therapy (DBT)</b> – Outpatient treatment involving strategies from behavioral, cognitive, and supportive psychotherapies for members with certain disorders, including members with borderline personality disorder.	✓	✓	✓	No PA or notification required
<b>Electro-Convulsive Therapy (ECT)</b> – A treatment that is used to treat depression that has not responded to medications and psychotherapy. This treatment initiates a seizure with an electric impulse while the individual is under anesthesia.	✓	✓	✓	No PA or notification required
<b>Emergency Department-based Crisis Intervention Mental Health Services:</b> Crisis interventions include the crisis evaluation, stabilization interventions, and disposition coordination activities for members presenting to the ED in a behavioral health crisis.	✓	✓	✓	No PA or notification required
<b>Family Consultation</b> – A meeting with family members or others who are important to the member and to a member’s treatment. The meeting is used to identify and plan for additional services; coordinate or revise a treatment plan; and review the individual’s progress.	✓	✓	✓	No PA or notification required
<b>Family Residential Rehabilitation Services for Substance Use Disorders</b> – Services provided in a 24-hour residential setting for families in which a parent has a substance use disorder. Rehabilitative services that support parents and children are provided along with ongoing support for developing and maintaining interpersonal and parenting skills and support family reunification and stability. Members receive therapy, case management, education, and rehabilitation based in the residence.	✓	✓	✓	Facility required to notify THPP within 7 days of admission for days 1-90  Continuing stay medical necessity review required for days 90+
<b>Family Support and Training</b> – A service provided to the parent or caregiver of a youth under the age of 21 where the youth lives. The purpose of this service is to help with the youth’s emotional and behavioral needs by improving the capacity of the parent or caregiver to parent the youth. Services may include: education; help in identifying and navigating available resources; fostering empowerment; links to peer/parent support and self-help groups; coaching and training for the parent or caregiver.  (Referral required by Outpatient Therapy, In-Home Therapy, and Intensive Care Coordination.)	✓			Notification for first 42 days if FS&T is provided in conjunction with Intensive Care Coordination (ICC)  No notification, PA or Medical Necessity Review if FS&T is provided in conjunction with IHT or Outpatient as the hub



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<b>Group Treatment</b> – Therapy and counseling to treat unrelated individuals in a group setting.	✓	✓	✓	No PA or notification required
<b>Individual Treatment</b> – Therapy or counseling to treat an individual on a one-to-one basis.	✓	✓	✓	No PA or notification required
<p><b>In-Home Behavioral Services</b> – This service usually includes a combination of behavior management therapy and behavior management monitoring, as follows:</p> <p><b>Behavior Management Therapy</b> – This service includes assessment, development of a behavior plan, and supervision and coordination of interventions to address specific behavioral goals or performance. This service addresses behaviors that interfere with the child’s successful functioning. The therapist develops and monitors objectives and interventions, including a crisis-response strategy, that are written into the child’s treatment plan. The therapist may also provide short-term counseling and assistance.</p> <p><b>Behavior Management Monitoring</b> – This service includes putting the behavior plan into effect, monitoring the child’s behavior, reinforcement of the plan by parents or other caregivers, and reporting to the behavior management therapist on progress toward goals in the behavior plan.</p>	✓			PA required

Covered Services	STD	CP	FA	PA/Notification
<p><b>In-Home Therapy Services</b> – This service for children that often is delivered in a teamed approach, it includes a therapeutic clinical intervention and training and therapeutic support paraprofessional, as follows:</p> <p><b>Therapeutic Clinical Intervention</b> – A therapeutic relationship between a masters clinician and the child and family. The aim is to treat the child’s mental health needs by improving the family’s ability to support the healthy functioning of the child within the family. The clinician develops a treatment plan and works with the family to improve problem-solving, limit-setting, communication, and emotional support or other functions. The qualified clinician may often work with a Therapeutic Training and Support paraprofessional.</p> <p><b>Therapeutic Training and Support</b> – A service provided by paraprofessional working under the direction of the Masters level clinician to support implementation of a licensed clinician’s treatment plan to achieve the goals of the treatment plan. This trained individual works with a master clinician to support a treatment plan that addresses the child’s mental health and emotional challenges.</p>	✓		✓	PA required
<p><b>Inpatient Mental Health Services</b> – Inpatient hospital services to evaluate and treat acute psychiatric conditions.</p>	✓	✓	✓	<p>No PA required for urgent admission</p> <p>Admitting facility required to notify THPP within 2 business days of admission and request continuing stay medical necessity review</p>
<p><b>Inpatient Substance Use Disorder Services</b> – Inpatient hospital services that provide medically directed care and treatment to members with complex withdrawal needs, as well as co-occurring medical and behavioral health conditions.</p>	✓	✓	✓	<p>Admitting facility required to notify THPP within 2 business days of admission for days 1 – 14</p> <p>Facility must request continuing stay medical necessity review for days 15+</p>
<p><b>Inpatient-Outpatient Bridge Visit</b> – A single-session consultation led by an outpatient provider while a member is still in an inpatient psychiatric unit. This visit includes the member and the inpatient provider.</p>	✓	✓	✓	No PA or notification required
<p><b>Intensive Care Coordination</b> – A service that provides targeted case management services to individuals under 21 with a serious emotional disturbance (SED). This service includes assessment, development of an individualized care plan, referral, and related activities to put the care plan into effect and to monitor the care plan.</p>	✓			<p>Notification required for first 42 days</p> <p>Medical Necessity Review required for days 43+</p>



Covered Services	STD	CP	FA	PA/Notification
<b>Intensive Outpatient Program (IOP)</b> – A clinically intensive service that follows a discharge from an inpatient stay and helps members avoid readmission to an inpatient service and help move back to the community. The service provides coordinated treatment using a range of specialists.	✓	✓	✓	
<b>Medication Visit</b> – A visit to evaluate the appropriateness of the member’s prescriptions for drugs used for behavioral health needs, as well as any need for monitoring by a psychiatrist or registered nurse clinical specialist for whether such drugs are useful and any side effects.	✓	✓	✓	No PA or notification required
<b>Observation/Holding Beds</b> – Hospital services, for a period of up to 24 hours, that are used to assess, stabilize, and identify resources for members.	✓	✓	✓	No PA required for urgent admission  Admitting facility required to notify THPP after 48 hours of admission and request continuing stay medical necessity review
<b>Opioid Treatment Services</b> – Supervised assessment and treatment of an individual, using medications approved by the Food and Drug Administration, along with a range of medical and rehabilitative services to relieve the effects of opiate addiction. Includes detoxification and maintenance treatment.	✓	✓	✓	No PA or notification required
<b>Partial Hospitalization (PHP)</b> – These services offer short-term day mental health programming available seven days per week, as an alternative to inpatient hospital services. These services include daily psychiatric management.	✓	✓	✓	Notification required after first visit  Medical necessity review required for subsequent visits
<b>Preventive Behavioral Health Services for Members Younger than 21</b> - For members who have a positive behavioral health screen and recommended by a physician or other licensed practitioner for Preventive Behavioral Health Services	✓		✓	No PA or notification required



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<p><b>Program of Assertive Community Treatment (PACT)</b> – A treatment team approach to providing acute, active, and long-term community-based mental health treatment, outreach, rehabilitation, and support. This service helps members to maximize their recovery, set goals, and be in the community. Services are provided in the community and are available 24 hours a day, seven days a week, 365 days a year, as needed.</p>	✓	✓	✓	No PA or notification required
<p><b>Psychiatric Consultation on an Inpatient Medical Unit</b> – A meeting between a psychiatrist or advanced practice registered nurse clinical specialist and a member at the request of the medical unit. It is used to assess the member's mental status and to consult on a behavioral health plan, including proper medications, with the medical staff.</p>	✓	✓	✓	No PA or notification required
<p><b>Psychiatric Day Treatment</b> – Mental health services for members who do not need an inpatient hospital stay, but who need more treatment than a weekly visit. Psychiatric day treatment includes diagnostic, treatment, and rehabilitative services.</p>	✓	✓	✓	
<p><b>Psychological/Neuropsychological Testing</b> – Standardized tests used to assess a member's cognitive, emotional, neuropsychological, and verbal functioning.</p>	✓	✓	✓	PA required
<p><b>Peer Recovery Coach Services</b> – A non-clinical service provided by peers who have lived experience with substance use disorder and who have been certified as recovery coaches. Members are connected with recovery coaches. Recovery coaches help members start treatment and serve as a guide to maintain recovery and to stay in the community.</p>	✓	✓	✓	Notification required within 14 days of starting services Medical necessity review for days 180+ or 360+ units
<p><b>Recovery Support Navigators (RSN)</b> – Specialized care coordination services for members who have substance use disorder. This service helps members to access and receive treatment, including withdrawal management and step-down services, and to stay motivated for treatment and recovery.</p>	✓	✓	✓	Notification required within one week of starting services Medical necessity review for days 90+ or 360+ units
<p><b>Repetitive Transcranial Magnetic Stimulation (rTMS)</b> – A treatment that is used to treat depression that has not responded to medications and psychotherapy. In this treatment, rapidly changing magnetic fields are applied to the brain through a wire attached to the scalp.</p>	✓	✓	✓	PA required

Covered Services	STD	CP	FA	PA/Notification
<b>Special Education Psychological Testing</b> – Testing used toward the development of, or to determine the need for, an Individualized Educational Plan (IEP) for children.	✓		✓	PA required
<b>Specialing</b> – Treatment services provided to a member in a variety of 24-hour settings, on a one-to-one basis, to maintain the individual's safety.	✓	✓	✓	PA required
<b>Structured Outpatient Addiction Program (SOAP)</b> – Substance use disorder services that are clinically intensive and offered in a structured setting in the day or evening. These programs can be used to help a member transition from an inpatient substance use disorder program. It can also be used by individuals who need more structured outpatient services for a substance use disorder. These programs may include specialized services for pregnant members, adolescents, and adults who need 24-hour monitoring.	✓	✓	✓	
<b>Therapeutic Mentoring Services</b> – This service provides a structured, one-to-one relationship between a therapeutic mentor and a child or adolescent up to the age of 21. Its goal is to address daily living, social, and communication needs. Goals are written into a treatment plan that is developed by the child or adolescent and their treatment team. The service includes supporting, coaching, and training the child or adolescent in age-appropriate behaviors, communication, problem-solving, conflict resolution, and relating to others in a healthy way. The therapeutic mentor works in settings such as home, school or community.	✓			No PA or notification required
<b>Transitional Age Youth and Young Adult Residential Rehabilitation Services for Substance Use Disorders</b> – Services provided in a 24-hour residential setting for youth ages 16 to 21 or young adults ages 18 to 25 who are recovering from alcohol or other drug problems. Services include: individual or group therapy; case management; education; and rehabilitation based in the residence. Members also receive coordination of transportation and referrals to mental health providers for any co-occurring mental health conditions.	✓	✓	✓	Facility required to notify THPP within 7 days of admission for days 1-90  Continuing stay medical necessity review required for days 90+

Covered Services	STD	CP	FA	PA/Notification
<p><b>Transitional Care Unit (TCU)</b> – A community-based treatment program with high levels of supervision, structure, and support within an unlocked setting. This service serves children and adolescents under age 19 who in the custody of the Department of Children and Families (DCF), who need group care or foster care, but who no longer require an acute level of care. This comprehensive service includes a therapeutic setting, psychiatry, case management, and treatments with a range of specialists.</p>	✓		✓	<p>Notification required.</p> <p>Inpatient or CBAT facility coordinates with state agency, if any, and makes phone or fax referral to THPP</p>
<p><b>Youth Mobile Crisis Intervention</b> – Services for youth under the age of 21 who are experiencing a behavioral health emergency. This service includes short-term mobile, on-site, and face-to-face treatment. It is used to identify, assess, treat, and stabilize the situation and to reduce the immediate risk of danger. Services are available 24 hours a day, seven days a week.</p>	✓		✓	No PA or notification required
<p><b>Youth Residential Rehabilitation Services for Substance Use Disorders</b> – Services provided in a 24-hour residential setting for youth ages 13 to 17 who are recovering from alcohol or other drug problems. Services include: individual or group therapy; case management; education; and rehabilitation based in the residence. Members also receive coordination of transportation and referrals to mental health providers for any co-occurring mental health conditions.</p>	✓		✓	<p>Facility required to notify THPP within 7 days of admission for days 1-90</p> <p>Continuing stay medical necessity review required for days 90+</p>