




## State of Louisiana

Louisiana Department of Health  
Office of Behavioral Health

### MEMORANDUM

DATE: November 6, 2023

TO: Outpatient providers interested in providing a comprehensive Dialectical Behavioral Therapy (DBT) program for Medicaid enrollees.

FROM: Karen Stubbs Church, J.D.  
OBH Assistant Secretary 

SUBJECT: ARPA Provider Incentives

The Office of Behavioral Health (OBH) is pleased to announce that we have received approval from the Centers for Medicare and Medicaid Services (CMS) to offer **intensive Dialectical Behavior Therapy (DBT) training** for providers using funding from the American Rescue Plan Act of 2021. This training will be offered free of charge to providers through the Louisiana State University Health Science Center (LSUHSC) Center for Evidence to Practice; providers can access this training opportunity by responding to the Request for Applications (RFA) planned for release by the Center for Evidence to Practice in November 2023. Providers can learn more about this training opportunity through informational webinars offered in October and November 2023.

Dialectical Behavior Therapy, or DBT, is an evidence-based, comprehensive intervention designed to treat adults and adolescents with severe mental disorders and out-of-control cognitive, emotional, and behavioral patterns that often result from early and/or chronic experiences of trauma, neglect, and abandonment.

In addition, OBH has requested approval from the Centers for Medicare and Medicaid Services (CMS) to use funding from the American Rescue Plan Act for incentivized payments for the provision of DBT services through the Healthy Louisiana Medicaid program. This activity requires an additional approval from the CMS. OBH will provide notice to providers once we receive a decision from CMS on this initiative.

Following CMS approval, OBH's intent is that DBT providers enrolled in an OBH-approved DBT training program will be eligible for incentivized payments via contracted Managed Care Organizations (MCOs) for DBT service delivery.

Additional provider eligibility criteria and billing guidance will be disseminated pending CMS approval.

It is OBH's intention, pending CMS approval, for eligible providers to use a unique HCPCS code to bill for individual and group psychotherapy services utilizing DBT interventions.

Pending CMS approval, OBH will direct the Medicaid MCOs to reimburse for DBT services using the psychotherapy reimbursement rates in combination with an "add-on" payment, which will bring 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, and;
- \$177.68 per client for DBT group psychotherapy, for an expected 120-150 minute DBT skills-training group session per client per week.

If approved, the funding for these add-on payments will be available through June 2024, whereupon OBH intends to request renewal from CMS to continue the incentivized payments until the ARPA funding expires in March 2025.

Thank you for the care and support you provide to our members.