



## SCOPE OF WORK

### **Name of Program/Services**

Trauma Focused Cognitive Behavioral Therapy (TF-CBT)

### **Description of Services**

**Per the Trauma-Focused Cognitive Behavioral Therapy National Therapist Certificate Program (<https://www.tfcbt.org/>):**

- Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based treatment for children and adolescents impacted by trauma and their parents or caregivers. Research shows that TF-CBT successfully resolves a broad array of emotional and behavioral difficulties associated with single, multiple and complex trauma experiences.
- TF-CBT is a structured, short-term treatment model that effectively improves a range of trauma-related outcomes in 8-25 sessions with the child/adolescent and caregiver. Although TF-CBT is highly effective at improving youth posttraumatic stress disorder (PTSD) symptoms and diagnosis, a PTSD diagnosis is not required in order to receive this treatment. TF-CBT also effectively addresses many other trauma impacts, including affective (e.g., depressive, anxiety), cognitive and behavioral problems, as well as improving the participating parent's or caregiver's personal distress about the child's traumatic experience, effective parenting skills, and supportive interactions with the child.

### **Required Elements of the Program/Service**

TF-CBT is comprised of 11 modules that require a combination of individual sessions, caregiver/support person sessions, and conjoint sessions to meet fidelity markers. Prior to implementing TF-CBT, children should be assessed by completing applicable assessments and inventories as outlined by the NC Child Treatment Program Measures or the Trauma Focused – CBT National Therapist Certification Program for TFCBT and meet criteria for a full or partial PTSD diagnosis, as well as exhibit a change in functioning post traumatic event. In order to complete TF-CBT, children and adolescents should be deemed to be in a 'safe enough' environment in order to benefit from this treatment modality.



***All Providers that utilize the enhanced billing codes for TF-CBT are required to be rostered or be in the rostering process by the NC Child Treatment Program (<https://www.ncchildtreatmentprogram.org/>).***

***Or have National Certification that is verified on Trauma Focused –CBT National Therapist Certification Program ([www.tfcbt.org](http://www.tfcbt.org)).***

Provider is required to maintain documentation of required certification.

All providers are also expected to adhere to DHB Clinical Coverage Policy 8C.

### **Target Population and Eligibility Criteria**

Entrance Criteria: In order to qualify for TF-CBT, a child must be within 3-18 years old with a clear memory of their trauma as well as access to an engaged support person. Parental/caregiver interventions are focused on non-abusers. TF-CBT has proved successful with children and adolescents who have significant emotional and/or behavioral problems (e.g., symptoms of posttraumatic stress disorder, fear, anxiety, or depression) related to traumatic life events. Children or adolescents experiencing traumatic grief can also benefit from this treatment.

A. Diagnosis of PTSD or partial diagnosis OR

B. Elevated levels of depression, anxiety, shame or other dysfunctional trauma related thoughts, feeling or developing beliefs. OR

C. Reactive behavior patterns to an identified trauma, including age inappropriate sexual behavior. OR

D. Exposure to single or multiple childhood traumas with emerging symptoms of anxiety, depression or PTSD Service

### **Exclusionary Criteria**

TF-CBT provided under enhanced Outpatient rates may not be provided in conjunction with any Medicaid, State or County funded enhanced service. Children and adolescents whose primary problems include serious conduct problems or other significant behavior problems that existed prior to the trauma may require interventions focused on stabilization prior to receiving TF-CBT. TF-CBT is generally contraindicated for children or adolescents who are actively suicidal or misusing substances, although with proper support and additional interventions, TF-CBT may be appropriate for youth who are misusing substances.



### **Documentation Requirements**

Provider is to follow all requirements as laid out in the APSM 45-2 Records Management and Documentation Manual.

A treatment plan identifying the need for this service.

### **Expected Outcomes:**

- Measureable reduction in symptoms related to PTSD, anxiety and depression as evidenced by the use of standardized relevant assessment tools.
- Decrease of intrusive thoughts and avoidance behavior
- Improved personal safety skills
- Improved ability to cope with reminders and associated emotions
- Increased parental/caregiver support

### **Finance**

Session code: 90837 22 Z1 Rate: \$126.00

Trauma Assessments Code: 90791 22 Z1 Rate: \$168.00

Eligibility and Entrance Process: Member must be under 18 years of age to be eligible for state funded TF-CBT