



Alliance Healthss 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.

Use of Telehealth

Researchers have found benefits to providing TFCBT via telehealth to include ease for some families to access telehealth as opposed to coming into the office. Of course, there can also be limitations such as families who have trouble with internet connection and other technology issues, such as not having a laptop/iPad/pc for sessions.

For TF-CBT it has been found difficult for young kids to focus during tele-health sessions and it is therefore **recommended that in person treatment occur for preschoolers**. If tele-health is being used for a child session, the caregiver must also be present in the home while the child is having their sessions.

All providers who use 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).

The 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

The 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:

- Measurable 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:

- 90832 22 Z1: TF-CBT Individual therapy, 30 minutes per event
 - Telehealth Session Code: 90832 22 Z1 GT
- 90834 22 Z1: TF-CBT Individual therapy, 45 minutes per event
 - Telehealth Session Code: 90834 22 Z1 GT
- 90837 22 Z1: TF-CBT Individual therapy, 60 minutes
 - Telehealth Session Code: 90837 22 Z1 GT
- 90791 22 Z1: Trauma Focused Assessment
 - Telehealth Session Code: 90791 22 Z1 GT
- 90846 22 Z1: Family Therapy w/o Patient, Specialty Child Service
 - Telehealth Session Code: 90846 22 Z1 GT
- 90847 22 Z1: Family Therapy w/ Patient, Specialty Child Service
 - Telehealth Session Code: 90847 22 Z1 GT

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