

## **SCOPE OF WORK**

### **Child-Parent Interaction Therapy**

Parent-Child Interaction Therapy (PCIT) is a structured, manualized treatment for young children with emotional and behavioral disorders that aims to improve the quality of the parent-child relationship and change interaction patterns. The approach focuses on changing the behavior of both parent and child. An important goal is to help caregivers to increase nurturance and learn the skills necessary to provide firm, limits for their child.

#### **Entrance Criteria**

In order to qualify for PCIT a child must be within 3-7 years old. PCIT is appropriate only for those clients who have access to their caregiver at a minimum of 5 days a week in order to complete fidelity standards of home practice. Caregivers must attend weekly in office sessions. PCIT has proved successful with children who have disruptive, impulsive child behaviors, difficulty with attention and poor attachment with their caregiver. PCIT has also been found effective for children who have experienced trauma as it is a trauma informed treatment

- A. Score above 132 on the Eyberg Child Behavioral Inventory (ECBI) rated to intensity and score of 11 related to problem.  
OR
- B. Lower score on the ECBI with significant conduct related issues, poor parental attachment and/or parenting skills, concern about parental under reporting on the ECBI.  
OR
- C. Lower score on the ECBI and DSS involvement and history of abuse or neglect.

Prior to implementing PCIT children should be assessed by completing applicable assessments and inventories as outlined by the NC Child Treatment Program Measures for PCIT and meet criteria for full or partial PTSD diagnosis as well as change in functioning post traumatic event. In order to complete PCIT clients should be deemed to be in a 'safe enough' environment in order to benefit from this treatment modality.

#### **Provider Requirements:**

All Providers that utilize the enhanced billing codes for PCIT and TFCBT are required to be rostered by the NC Child Treatment Program

<http://www.childtreatmentprogram.org/NCCounties/Index.rails> All providers are also expected to adhere to DMA Clinical Policy 8C.

#### **Billing:**

The enhanced codes and rates are:

**Service:** Parent Child Interaction Therapy

**Code:** 90837 22 Z2

**Rate:** \$126.00 per session for each model

**Service:** Trauma Assessments

**Code:** 90791 22 Z1

**Rate:** \$168.00

### **Service Exclusions and Limitations**

PCIT provided under enhanced Outpatient rates may not be provided in conjunction with any Medicaid, State or County funded enhanced service. PCIT provided to children without an identified caregiver who can participate in each session are not reimbursable at the enhanced rate..

### **Eligibility and Entrance Process**

Member must between 3 and 7 years of age to be eligible for Medicaid funded PCIT. Services order requirements shall be in place in accordance with Clinical Coverage Policy 8C – Outpatient Behavioral Health Services provided by Direct-Enrolled Providers. Prior authorization requirements are referenced in the Medicaid Benefit plans. Services shall be directly related to the beneficiary’s diagnostic and clinical needs. In order to provide PCIT at the enhanced rate, the treating clinician must be rostered by The NC Child Treatment Program.

Expected Outcomes:

- Reduction in oppositional and disruptive behavior (Child behavior within ½ SD of normative mean on the ECBI or a score of 114 at discharge.
- Decrease in conduct problems such as stealing and fighting
- Evidence of parent mastery of child-directed interactions and parent directed interactions (i.e. use of age appropriate discipline, limit setting, nonverbal communication of affect, etc.)
- Observed improvement in child compliance
- Enhanced parent/caregiver self-confidence in parenting
- Evidence of improved parent-child interactions
- Improved compliance with classroom rules and teacher instruction in school or daycare settings.