

## **SCOPE OF WORK**

### **Trauma Focused Cognitive Behavioral Therapy**

Trauma Focused Cognitive Behavioral Therapy (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. 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 meet criteria for full or partial PTSD diagnosis as well as change in functioning post traumatic event. In order to complete TF-CBT clients should be deemed to be in a ‘safe enough’ environment in order to benefit from this treatment modality.

### **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 Exclusions and Limitations**

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 abusing substances, although with proper support and additional interventions TF-CBT with substance abusing youth may be appropriate.

### **Provider Requirements:**

All Providers that utilize the enhanced billing codes for PCIT and TFCBT are required to be rostered or be in the rostering process by the NC Child Treatment Program <http://www.childtreatmentprogram.org/NCCounties/Index.rails>. Provider is required to maintain documentation of certification. 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 DMA Clinical Policy 8C.

**Billing:**

The enhanced codes and rates are:

**Service:** Trauma Focused CBT (TFCBT)

**Code:** 90837 22 Z1

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

**Service:** 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 and 18 and under to be eligible for Medicaid funded TF-CBT. Additionally, an assessment that includes an assessment for trauma must be completed by a clinician rostered through the NC Child Treatment Program or Trauma Focused –CBT National Therapist Certification Program. 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 TFCBT at the enhanced rate, the treating clinician must be rostered or in the rostering process by The NC Child Treatment Program or the Trauma Focused –CBT National Therapist Certification Program. Providers would be required to have documentation regarding their status.  
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