

# Evidence-Based Practices for Children and Youth Mental Health Services Provider FAQs (Medicaid)



## What are Evidenced-Based Practices (EBPs)?

Evidence-Based Practices (EBPs) are research- or evidence-based mental health services provided by licensed mental health clinicians. In Washington, EBPs provided to children and youth under 18 are closely monitored and reported on claims and encounters using a specific set of EBP codes. EBPs provided to children or youth might include programs such as cognitive behavioral therapy (CBT) and the Positive Parenting Program (Triple P).

## Who can provide and bill for EBPs?

An EBP can be provided by a licensed mental health clinician ***who has received training on that specific EBP/treatment modality from an approved EBP training entity***. A complete list of approved EBPs and EBP training entities can be found in the Appendix (Page 52) of the [EBP Reporting Guide](#).

## What documentation is required for a clinician to bill an EBP?

When a clinician reports the use of an EBP with a client, **they must report in two places:**

- 1) The client's treatment plan/individualized service plan AND
- 2) In the progress note for each session where that EBP is administered

When documenting the use of an EBP, the provider should note the intended use of the treatment family and at least **one essential clinical element** in the treatment plan/Individualized Service Plan. In every session where an EBP is provided, a clinician should note the use of at least **one allowable clinical element** in the progress notes for the session. In general, allowable elements should last approximately 20 minutes in order to be adequately addressed in session. Documentation should include the name of the element, (e.g., praise, psychoeducation), or include a description of the activity that closely follows the definition provided in these guides.

More information about the essential and allowable clinical elements for each approved EBP can be found in the "*Evidence Based Practice Treatment Families*" section of the [EBP Reporting Guide](#).

## What CPTs codes can be billed when an EBP is provided to a Medicaid enrolled youth under 18 years old?

These are the EBP-eligible service encounter codes:

Description	Encounter Code
Psychotherapy, 30 minutes with patient and/or family member	90832
Psychotherapy, 45 minutes with patient and/or family member	90834
Psychotherapy, 60 minutes with patient and/or family member	90837
Family psychotherapy without patient present	90846
Family psychotherapy (conjoint psychotherapy) with patient present	90847
Multiple-family group psychotherapy	90849
Group psychotherapy (other than of a multiple-family group)	90853
Psychotherapy, 30 minutes with patient and/or family member when performed with an evaluation and management service	90833
Psychotherapy, 45 minutes with patient and/or family member when performed with an evaluation and management service	90836
Psychotherapy, 60 minutes with patient and/or family member when performed with an evaluation and management service	90838

## How else does an EBP need to be indicated on a MEDICAID claim/encounter?

To report an EBP on a Medicaid claim, a distinct 9-digit EBP code should be reported in the REF02 field of the 837 electronic claim form, or in box 23 ("prior authorization number," loop 2300) of the paper 1500 form. EBPs must be billed in conjunction with one of the EBP-eligible service encounter codes (see list above). **Only one R/EBP code (type of EBP encounter) can be reported per eligible psychotherapy session.**

**EBP Reporting in a Community Behavioral Health Organization:** The EBP number must be reported as a nine-digit number beginning with '860.' The next three digits must represent the appropriate EBP code (found in this guide). The last three digits must be reported as '000.'

Example: CBT for Anxiety in a community behavioral health agency: 860151000 with 151 representing the three-digit EBP code.

## Where can I find more information about EBPs?

Please reference the [EBP Reporting Guide](#). The UW Co-Lab's Evidence-Based Practice Institute also offers an abundance of resources: <https://uwcolab.org/ebpi/>. Additionally, Audrey Silliman, Program Manager, Behavioral Health for Molina Healthcare of Washington, can provide your organization technical assistance for Molina members. Please contact Audrey at [audrey.silliman@molinahealthcare.com](mailto:audrey.silliman@molinahealthcare.com).