Inpatient Mental Health Care Coverage

All plans include coverage for the following severe mental health diagnoses, plus the Serious Emotional Disturbances (SED) of children, and will be covered in accordance with California Health and Safety Code section 1374.72 (AB 88, Mental Health Parity):

- Schizophrenia
- Schizoaffective disorder
- Bipolar disorder (manic-depressive illness)
- Major depressive disorders
- Panic disorder
- Obsessive-compulsive disorder
- Pervasive developmental disorder or autism
- Anorexia nervosa
- Bulimia nervosa

We cover mental health care as specified below, except that the visit and day limits do not apply to the parity diagnoses (listed above) and SED for children. For all other mental health conditions, we cover evaluation, crisis intervention, and treatment only when a Plan physician or other Plan mental health professional believes the condition will significantly improve with relatively short-term therapy.

All plans include coverage for psychiatric hospitalization in Plan Hospitals, including medical services and supplies of Plan physicians and mental health professionals. In addition, hospital alternative services are covered in a structured multidisciplinary rehabilitation program.

**Inpatient Psychiatric Care:** If a member with a non-parity diagnosis is hospitalized in an inpatient psychiatric hospital, each day in that facility counts as one day toward the member's mental health inpatient benefit limit. **Mental Health inpatient benefit limits do not apply to parity diagnoses.**

23-Hour Holds: All plans include coverage for 23-hour holds. **Mental Health inpatient benefit limits do not apply to 23-hour holds.**

**Hospital Alternative Mental Health Services:** All plans include coverage for hospital alternative mental health services. If a member with a non-parity diagnosis receives hospital alternative services, each treatment period of hospital alternative services will reduce the number of covered days of inpatient psychiatric hospitalization as follows:

- one day for each two days of partial hospitalization
- one day for each three days of treatment in an intensive outpatient psychiatric treatment program
- inpatient psychiatric hospitalization is reduced by one day for each hospital alternative treatment period of 24 hours.
**Mental Health Care-Outpatient Services**

**Coverage:**

All plans include coverage for the following severe mental health diagnoses, plus the Serious Emotional Disturbances (SED) of children, and will be covered in accordance with California Health and Safety Code section 1374.72 (AB88 Mental Health Parity):

- Schizophrenia
- Schizoaffective disorder
- Bipolar disorder (manic-depressive illness)
- Major depressive disorders
- Panic disorder
- Obsessive-compulsive disorder
- Pervasive developmental disorder or autism
- Anorexia nervosa
- Bulimia nervosa

Mental health care visit and day limits do not apply to the parity diagnoses (listed above) and SED for children. For all other mental health conditions, Health Plan covers evaluation, crisis intervention, and treatment when a Plan physician or other Plan mental health professional determines the condition will significantly improve with relatively short-term therapy.

All plans include coverage for:

- Individual and group therapy visits for diagnostic evaluation and psychiatric treatment
- Psychological testing
- Visits for the purpose of monitoring drug therapy

*Note: Some plans may include a combined visit limit for non parity mental health visits and outpatient chemical dependency visits.

**Criteria-Specific Additional Group Therapy Visits**

(This criteria does not apply to Members with a Mental Health Parity Diagnosis. Mental Health Parity Diagnosis is not subject to visit limits)

**Coverage:**

Members who have exhausted their outpatient mental health benefit limit for visits related to a non-parity diagnosis and who meet specific clinical criteria may be eligible for additional group therapy visits. The goal of this expanded coverage is to manage outpatient care in the most clinically appropriate and effective setting for patients with certain clinical conditions. This will facilitate a decrease in unnecessary inpatient, emergency, and other medical office visits.
Process:

Approval forms are available in each Mental Health Department. The form includes a total of six clinical criteria. The member must meet at least three of the six criteria to be eligible for additional group visits. The approval form must be completed by a Health Plan provider and sent to the Chief of Psychiatry or his/her designee for formal approval. The provider must include a brief description of the treatment goals, along with a request for a specific number of additional visits. The Chief may approve additional visits in increments of five visits, to a maximum of 20 additional group therapy visits annually.

Outpatient Chemical Dependency Services

Coverage:

Outpatient alcohol and drug dependency treatment is covered under all plans. The following services and supplies are included in coverage:

- Day treatment programs
- Intensive outpatient programs
- Counseling (both individual and group visits) for alcohol and drug dependency
- Medical treatment for withdrawal symptoms
- Methadone maintenance treatment for pregnant members during pregnancy and for two months after delivery at a licensed treatment center approved by the Medical Group. We do not cover methadone maintenance treatment in any other circumstance

* Note: Some plans may include a combined visit limit for outpatient chemical dependency and non-parity mental health visits.

Inpatient Chemical Dependency Detoxification

Coverage:

All plans include coverage for inpatient detoxification. This includes inpatient hospitalization only for the medical management of withdrawal symptoms, including dependency recovery services, supplies, education, and counseling.

Transitional Residential Recovery Services (TRRS)

Coverage:

All plans include coverage for Transitional Residential Recovery Services (TRRS). TRRS is a non-medical residential setting that provides counseling and support services in a structured environment.