



# WNY EXPERIENCE

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# Disclosures

I do not have any relevant financial relationship with a commercial interest to disclose.





Discuss current payment models in WNY.  
Discuss appropriate use of psychotherapy codes for BH visits.  
BH providers as part of your team.





# Current Payment Models in WNY

- Hybrid model of FFS payments for well visits and CAPITATED payments for sick visits.
- Capitation is a fixed per person payment over a period of time that is expected to cover the health care services provided ( a payment per month based on members) .
- Capitation payments are risk adjusted for the patient needs.
- Capitation shifts the role of managing the cost of care to the provider.



# Capitation and BH visits

- Methodology of capitated payments.
- BH visits are a significant driver of increases in cost of care; experience under the capitated model did not adequately fund providers for this service.





# Capitation Payment

- Local Payers ( WNY ) response to BH visit payments :
  1. Allowing and paying primary code providers when psychotherapy codes are submitted for billing ( 2017).
  2. Credentialling LMHCs which allows submission of claims for their visits.

***Some restrictions apply and documentation must support these codes. Not all insurances pay these.***





# Psychotherapy Codes

- 90791 Psychiatric Diagnostic Evaluation – initial visit
- 90792 Psychiatric Diagnostic Evaluation with medical services
- Documentation is important!
- Common diagnosis are anxiety, depression, OCD and ADHD.







# Psychotherapy Codes

- CPT 90791- The diagnostic assessment note includes
- Reason for assessment
- History of present issue
- PHM- psychiatric
- FH and SH
- ROS if pertinent
- Identify plan with goals , objectives and follow up. MDM .



# Psychotherapy Codes

- CPT 90792 – Diagnostic assessment note includes
- Reason for assessment
- History of present issue
- FH / SH
- ROS pertinent
- Exam – at minimum a mental status exam
- Identified plan with goals and objectives, **medication** discussion.





# Exam Elements 90792

## Psychiatric : Mental Status

- Speech
- Thought process
- Judgment and insight
- Orientation
- Attention and concentration
- Mood and affect



# Psychotherapy Codes

- CPT code 90832 - 90838
- Use often for follow up visits.
- Time based codes.
- Can be used for billing for telehealth and video visits.





# Time Ranges for CPT codes

Code ( stand alone)	Code ( E/M) +	“Exact Time”	Time Range
90832	90833	30 minutes	16-37 minutes
90834	90836	45 minutes	38-52 minutes
90837	90838	60 minutes	53+ minutes



# Use of Psychotherapy Codes

- Use templates designed for BH visits.
- Use time; MDM in documentation.
- Consider employing an embedded BH specialists.
- Know your payer mix and fee schedules .
- Expect denials.
- Continue to advocate for fair payment !
- *“Carve-out” for WNY Practices who treat BH conditions.*





# Clinical case

Harry B; 16 yo male presents with mom for depression and medication consultation.

HPI obtained. Focus on presence or absence of sx of depression.

FH obtained.

Alcohol/ drug use reviewed.

Suicidal ideation ?

Screening tool PHQ9 scored and reviewed.

PE with Psych/ mental status exam .

Diagnosis discussed; release obtained for communication with his therapist.

Medication risk/ benefit discussed; SSRI consent reviewed. Goals of therapy documented.

Follow up appt made for 3 weeks.

CPT 90792 submitted .

















