

December 31, 2019

Prior authorization updates for mental health rehabilitation: psychosocial rehabilitation services and community psychiatric supportive treatment

Background: Effective January 31, 2020, Healthy Blue is updating requirements for authorization requests for psychosocial rehabilitation (PSR) services and community psychiatric supportive treatment (CPST) provided by mental health rehabilitation (MHR) providers. The purpose of this update is to enhance treatment planning and clinical quality for PSR and CPST services, and reduce the administrative burden currently involved in the submission of prior authorization (PA) requests.

Summary of PA updates

- PA requests for PSR services that are more than **160** units will be submitted for the medical director's review. CPST authorization requests above **120** units will also be submitted for the medical director's review.
- Healthy Blue will use the above referenced protocol for the issuance of initial authorizations for these services.

Why is this change necessary?

Healthy Blue is initiating this change to improve the delivery of PSR services and CPST in Louisiana and maximize the clinical opportunities for providers to develop effective treatment plans. This updated approach to PA for PSR services and CPST is an important component of our overall strategy regarding utilization management of MHR services.

What is the impact of this change?

This change reduces the administrative burden of recurring requests for PAs that are not tied to clinical accountability.

What if I need assistance?

If you have questions about this communication or need assistance with any other item, contact your local Provider Relations representative or call Provider Services at **1-844-521-6942**.

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