

# MEDICATION COVERAGE POLICY

## PHARMACY AND THERAPEUTICS ADVISORY COMMITTEE

<b>POLICY</b>	Mental Health Disorders	<b>LAST REVIEW</b>	5/9/2017
<b>THERAPEUTIC CLASS</b>	Psychiatric	<b>REVIEW HISTORY</b>	5/16, 2013, 2011
<b>LOB AFFECTED</b>	Medi-Cal	(MONTH/YEAR)	

*This policy has been developed through review of medical literature, consideration of medical necessity, generally accepted medical practice standards, and approved by the HPSJ Pharmacy and Therapeutic Advisory Committee.*

## ☒ **OVERVIEW**

Health Plan of San Joaquin (HPSJ) covers outpatient mental health services for mild to moderate mental health conditions and services for severe mental health conditions are available through County Mental Health.

HPSJ provides these outpatient mental health benefits through its subcontractor, Beacon Health Strategies. These services provided by Beacon Health Strategies are covered by HPSJ. The services provided by County Mental Health are covered by Medi-Cal Fee-For-Service.

Mental health services may include treatment for anxiety, behavioral health problems or depression. Your primary care provider (PCP) will treat you for some mental health conditions that are within his or her scope of practice. Call your PCP for more information about mental health services through your PCP.

You can also call Beacon Health Strategies at 1-888-581-PLAN (7526). Or ask your PCP for the name of a participating mental health provider for mental health services your PCP cannot provide. Services for the treatment of mild to moderate mental health conditions (as defined by the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-V) include:

- Individual and group mental health testing and treatment (psychotherapy)
- Psychological testing to evaluate a mental health condition
- Outpatient services that include lab work, drugs, and supplies
- Outpatient services to monitor drug therapy
- Psychiatric consultation

You can still get specialty mental health services from county mental health plans.

### **Your Medi-Cal Benefits Not Covered by HPSJ**

#### **WE DO NOT COVER:**

- Mental health services for relational problems. This includes counseling for couples or families for conditions listed as relational problems (as defined by the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition, Text Revision (DSM-V) For more information about outpatient mental health services, please call Beacon Health Strategies at: 1-888-581-PLAN (7526) Monday through Friday 8:00 a.m. to 7:00 p.m.
- Medications for treating mood disorders or psychosis. These agents are specifically carved out from Medi-Cal Managed Care Plans and should be billed directly to Medi-

Cal Fee-for-Service. Please refer to the “**Managed Medi-Cal Prescription Drug Carve-Outs**” document that can be found at [www.hpsj.com/medication-coverage-policies/](http://www.hpsj.com/medication-coverage-policies/) or [www.hpsj.com/pharmacy](http://www.hpsj.com/pharmacy).

## **REFERENCES**

- American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders: **DSM-5**. Washington, D.C: American Psychiatric Association.

## **REVIEW & EDIT HISTORY**

<b>Document Changes</b>	<b>Reference</b>	<b>Date</b>	<b>P&amp;T Chairman</b>
Creation of Policy	Medi-Cal EOC 2011.pdf	2011	Allen Shek, PharmD, BCPS
Update to Policy	2013 Medi_Cal EOC.pdf	2013	Allen Shek, PharmD, BCPS
Update to Policy	Hpsj_EOC_2016.pdf	2016	Johnathan Yeh, PharmD
Review of Policy	HPSJ Coverage Policy – Psychiatric – Mental Health Disorders 2017-05.docx	5/2017	Johnathan Yeh, PharmD

*Note: All changes are approved by the HPSJ P&T Committee before incorporation into the utilization policy*