



DEPARTMENT OF MENTAL HEALTH AND ADDICTION SERVICES

Behavioral Health Homes

Practice Guideline #7

BHH Practice Guideline:

Billing for Health Promotion Using the Psycho-Education Billable Code

Guideline Authors:

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Purpose:

Provide guidance on how to provide, and bill for, a Health Promotion BHH Service

Effective Date:

01/01/2021

Target Group:

BHH Directors
BHH Specialists
BHH Nurse Care Manager
BHH Peer Specialists

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Practice Summary:

This practice guideline provides in-depth directions around providing a Health Promotion service that satisfies the requirements outlined in the BHH State Planned Amendment, meets BHH standards, and aligns with the definition of the psycho-education billable code.

Definitions:

Psycho-education – The educational process for mental health, addictive disorders, wellness and medical conditions to provide insight and promote lifestyle changes.

Manner of contact is face to face with client.

Health Promotion – One of the six BHH Core Services. Health promotion services encourage and support healthy living concepts to motivate individuals to adopt healthy behaviors and promote self-management of health and wellness.

Eight Dimensions of Wellness – The Substance Abuse and Mental Health Services Administration (SAMHSA) defines the eight dimensions of wellness as: emotional, spiritual, intellectual, physical, environmental, financial, occupational, and social wellness. These eight dimension should be nurtured in order to enhance a client’s health and social wellbeing.

Expected Steps for Provider Implementation:

1. Prior to the encounter:
 - a. Staff member should review client(s) goals and objectives.
 - b. Staff member should select: 1) a behavioral or medical health condition the client is struggling to manage; 2) a condition the client is at-risk of developing; or 3) one of the eight dimensions of wellness that would improve the client’s ability to focus on their health.
 - c. Once a topic is selected, the staff member will reference the resource/training material that has been chosen by their agency’s BHH leadership team as the most appropriate evidence-based approach for empowering the client to make better health/wellness-related decisions.
 - d. If there are multiple clients facing the same challenges or at-risk for the same condition, the staff member may choose to provide the education in a group setting.
2. During the encounter:
 - a. Staff member will use the evidence-based material as a guide to provide person-centered education to the client(s). Staff member should discuss with the client(s) barriers that exist that are preventing the client(s) from taking control of their wellness and/or health.
 - b. Staff member should use a collaborative approach, such as [Shared Decision Making](#), to ensure the client(s) is actively participating in the conversation.

- c. Staff member should ensure the client(s) understand the information by using the [Teach-Back Method](#) or a similar approach.
- d. Staff member will discuss with the client(s) next steps that will move them in a direction in which they are able to manage their health and/or wellness.
- e. Staff member should provide client(s) with take home pamphlets and brochures, as appropriate.

3. Post encounter

- a. Staff member will create their encounter note and include the BHH Core Service **Health Promotion**.
- b. Staff member will bill for the encounter using one of the **following Psycho-Education** codes:

DDaP	WITS	Service
H2027	H2027	Psycho-Education, Individual, Face-to-Face
H2027B	H2027B	Psycho-Education, Individual, By Telephone
H227A	H2027A	Psycho-Education Group
H227V	H2027V	Psycho-Education, Individual, Audio and Visual
H227G	H2027G	Psycho-Education, Group, Audio and Visual

- c. Staff member will follow-up with client and adjust next steps, objectives, etc. as necessary.

Available Tools/Resources:

Identifying health promotion topics:

- Tableau Population Health Dashboard
- Tableau Gaps in Care Report

Evidence-based curriculums and presentations:

- [BHH Health Promotion Resource Guide](#)

Health Promotion Service Examples

Services billable under psycho-education, individual:

- ✓ Case manager **educates** the client on the differences among financial control financial stability, and financial security. Case manager then works with the client to identify barrier to achieving financial control (spending money on alcohol) and what motivates their spending (manic episodes). At the end of the encounter, the case manager gives the client templates to help track spending.

Services billable under psycho-education, group:

- ✓ During the group session, the nurse reviews prevention techniques, risk factors, and causes of Type 2 Diabetes. The nurse then gives each client a minute or two to reflect on the information and think of ways it relates to their lifestyle. At the end of the meeting, the nurse asks everyone to identify a change they can make in their life to avoid a Diabetes diagnosis. This information will be reviewed during a follow-up individual health promotion session.

Services NOT billable under psycho-education:

- ✗ Case manager **helps** the client create a budget for the next two weeks. At the end of the encounter, the case manager gives the client templates to help track spending. *(CASE MANAGEMENT. BILL AS CASE MANAGEMENT)*
- ✗ Case manager **trains** the client on how to save money. The case manager provides the client with basic skills to use when deciding how much money they will be able to save each month, including reviewing previous month's spending. At the end of the encounter, the case manager gives the client templates to help track spending. *(SKILL-BUILDING. BILL AS CASE MANAGEMENT)*