

CAHC/SWP/E3/BHS Program Essential Elements: Treatment Groups

Content Relevant to: All models

THIS DOCUMENT IS TO BE USED AS A GUIDANCE TOOL FOR UNDERSTANDING AND COUNTING THERAPY/TREATMENT GROUPS

Purpose: This guidance contains information to assist in the process of reporting Therapy/Treatment groups as referenced in the Elements Definition and Site Review Tool for any model.

Definitions

- **Group therapy is a form of psychotherapy that aims to help people manage mental health conditions or cope with negative experiences and behaviors. Participants in the group will share a common issue or concern.**
- **Billable groups are structured group activities, led by a provider, that address the mental health diagnosis and treatment plan goals of the client.**

Required Procedures:

- Therapeutic/treatment groups must be led by the Mental Health Provider (role of the provider in the site location).
- Participants must be established users of the center:
 - a. Consent on file
 - b. Diagnostic Assessment (Intake/Brief Assessment)
 - c. Individual Treatment Planning reflecting group topic/diagnosis/focus
 - d. Documentation completed after each session
- Therapeutic/treatment groups can be determined if seen as a billable service.

Additional Best Practice Procedures:

- Signed agreement or contract to participate
- Understanding of confidentiality guidelines

Reporting Procedures:

- For CAHC and SWP sites: Therapeutic group visits are counted in the mental health visit number.
- For E3 and BHS sites: Therapeutic group visits are counted in mental health provider visit number as well as visit by type under “group.”
Visits by Type per quarter: If the client was seen in a therapeutic group, count as a group visit. If a client receives both individual and therapeutic group services, count both visit types. (Reporting Definitions)
- Each participant (established user) counts as their own individual visit (ex: 10 users in a group for 10 sessions = 100 total visits).

REFERENCES

Process of a Treatment Group/ Intervention Group according to the Site review Tool:

- Each treatment group has an established number of structured sessions with at least one documented topic, with defined goals/ outcomes for the treatment group.
- Each group participant has a mental health record that contains: a **signed consent** as necessary, a **signed agreement/contract to participate** and an **understanding of confidentiality guidelines, diagnostic assessment, and individual treatment plan reflecting the group topic**, current **documentation completed after each session**.

Resources:

<https://www.codingahead.com/90853-cpt-code-group-psychotherapy-description-billing-guidelines/>

<https://www.apadivisions.org/division-49/publications/newsletter/group-psychologist/2011/04/group-procedures>

<https://www.jotform.com/form-templates/group-therapy-informed-consent-form>

<http://www.arrowheadfamilysystems.com/uploads/7/1/4/8/71482731/informedconsentgroup.pdf>

http://rrpsychgroup.com/site/wp-content/uploads/2017/07/Group-Consent-Form-and-Intake-Packet_072017.pdf