



Behavioral Health Care

Tidewater Military Health System - Fiscal Year 2016



TRICARE Behavioral and Mental Health Care Services

TRICARE offers service members and their families several resources, including a wide range of outpatient and inpatient options, for mental and psychological health issues.

About one in five Americans experience a mental health problem during their lives, often along with, or as a result of, a physical illness or traumatic injury. Increased awareness of mental illness, recognition of the warning signs, early intervention and receiving appropriate treatment all help contribute to a successful outcome.

Covered Outpatient Services

- * Some services require a referral and authorization; limits and restrictions may apply.
 - * Active duty service members (ADSMs) should always seek non-emergency care at a military treatment facility. Others generally do not need a referral or authorization for the first 8 outpatient mental health visits per fiscal year.
- * Psychotherapy
 - * Individual, family or group sessions.
 - * Collateral visits, to gather information and implement treatment goals.
- * Psychoanalysis
 - * Requires prior authorization, and treatment must be received from approved providers.
- * Psychological Testing and Assessment
 - * When provided in conjunction with psychotherapy.
 - * Testing limited to 6 hours per fiscal year; additional testing requires a review for medical necessity.
- * Medication Management
 - * Must be under the care of a provider authorized to prescribe the medications.
- * Telemental Health Program
 - * Available to beneficiaries in the U.S.

Covered Inpatient Services

- * Prior authorization is required for all non-emergency inpatient services (except for ADSMs in a military treatment facility).
 - * Authorization is required for continued stay following an emergency inpatient admission.
- * Acute Inpatient Psychiatric Care
 - * Medical and psychiatric care needed 24 hours/day for patient safety and stabilization.
- * Psychiatric Partial Hospitalization Program
 - * Provides medical therapeutic services at least 3 hours/day, 5 days/week.
- * Residential Treatment Center Care
 - * Extended care for children and adolescents (to age 21) who require treatment in a therapeutic environment 24/7.

Substance Use Disorders

- * For patients who abuse or are dependent on drugs or alcohol.
- * Inpatient detoxification for substance use withdrawal.
- * Rehabilitation in an inpatient (residential) or partial hospitalization setting.
- * Outpatient substance use care provided in an individual, group or family setting.

Exclusions

- * Services NOT covered by TRICARE include:
 - * Aversion therapy
 - * Weight reduction or obesity therapy
 - * Biofeedback
 - * Counseling services that are not medically necessary
 - * Custodial nursing care
 - * Education programs
 - * Experimental procedures
 - * Marathon therapy
 - * Megavitamin or orthomolecular therapy
 - * Psychological testing and assessment for academic placement
 - * Psychosurgery
 - * Services or supplies that are not medically or psychologically necessary
 - * Sexual dysfunction therapy
 - * "Stop smoking" supplies
 - * Therapy for developmental or learning disorders.

McDonald Army Health Center
Joint Base Langley-Eustis
Information: (757) 314-7500

Naval Medical Center Portsmouth
Naval Support Activity
Information: (757) 953-5000

USAF Hospital Langley
Joint Base Langley-Eustis
Information: (757) 225-7630



Service	Limits, Restrictions and Other Special Requirements
Outpatient Services <i>(In an emergency, call 911 or go to the nearest emergency room)</i>	
Psychotherapy	<ul style="list-style-type: none"> * Up to 2 sessions/week, provided 2 therapy sessions of the same type are not on the same day. * Only covered when the primary diagnosis is a substance use disorder, and when provided by an authorized substance use disorder rehabilitation facility (SUDRF).
Individual	* Sessions covered up to 60 minutes; crisis sessions may extend to 120 minutes.
Family	<ul style="list-style-type: none"> * Therapy designed to include and treat an entire family. * Sessions covered up to 90 minutes; crisis sessions may extend to 180 minutes.
Group	* Multiple patients are treated together as a group in sessions up to 90 minutes.
Collateral Visits	<ul style="list-style-type: none"> * Not therapy sessions, but to gather information and identify treatment goals. * Count as individual psychotherapy sessions, and can last up to 60 minutes.
Psychoanalysis	* Not psychotherapy. Requires prior authorization, and treatment by approved providers.
Psychological Testing and Assessment	<ul style="list-style-type: none"> * Covered only when provided in conjunction with psychotherapy. * Limited to 6 hours per FY. Additional testing requires a medical necessity review.
Medication Management	* Patients must be under the care of a physician authorized to prescribe medication for their mental health condition.
Telemental Health Program	<ul style="list-style-type: none"> * Available only in the U.S. at Telemental Health-participating TRICARE facilities. * Go to www.tricare.mil/mentalhealth for information about costs, limits, and referral and authorization requirements.
Inpatient Services <i>(Patients admitted for emergency care should contact their primary care manager, medical department, or regional contractor within 24-72 hours to coordinate treatment and follow-up care)</i>	
Acute Inpatient Psychiatric Care	<ul style="list-style-type: none"> * Patients 19 and older limited to 30 days per FY or in any single admission. * Patients 18 and younger limited to 45 days per FY or in any single admission. * Limits may be waived if determined to be medically or psychologically necessary.
Psychiatric Partial Hospitalization Program (PHP)	<ul style="list-style-type: none"> * Up to 60 days of coverage per FY (full- or half-day program). * Not counted towards the 30- or 45-day limit for acute inpatient psychiatric care. * See below for PHP limits for patients with a substance use disorder.
Residential Treatment Center (RTC) Care	<ul style="list-style-type: none"> * Covered for children and adolescents up to age 21 for up to 150 days per fiscal year; additional days may be authorized if medically or psychologically necessary. * Not for emergencies, and admission primarily for a substance use disorder is not authorized. * Not counted towards the 30- or 45-day limit for acute inpatient psychiatric care.
Substance Use Disorders	
Substance Use Disorders	<ul style="list-style-type: none"> * One rehabilitation treatment is covered in a benefit period (benefit period begins with the first day of covered treatment, and ends 365 days later). * Maximum of 3 covered treatments in a lifetime.
Inpatient Detoxification	<ul style="list-style-type: none"> * Up to 7 days of coverage per episode. * Counts toward the 30- or 45-day limit for acute inpatient psychiatric care, but not toward the 21-day rehabilitation limit.
Rehabilitation	<ul style="list-style-type: none"> * Up to 21 days of coverage per benefit period in an inpatient or PHP setting. * Counts toward the 30- or 45-day limit for acute inpatient psychiatric care.
Outpatient Care	<ul style="list-style-type: none"> * Individual, group or family setting in an approved SUDRF. * Individual or group therapy covered up to 60 visits, and family therapy covered up to 15 visits per benefit period. * Limits may be waived if determined to be medically or psychologically necessary.

TRICARE Information and Assistance

- * Hampton Roads Appointment Center (Prime appointments at Tidewater MTFs) - 1-866-645-4584
- * Medicare and Social Security: 1-800-772-1213; www.medicare.gov or www.ssa.gov
- * TRICARE - for complete TRICARE program and benefit information, visit: www.tricare.mil
- * TRICARE Nurse Advice Line - 24 hours a day, 7 days a week - 1-800-874-2273 (1-800-TRICARE)
- * TRICARE Pharmacy - Express Scripts - Retail Network and Home Delivery
 - * 1-877-363-1303; TDD/TTY 1-877-540-6261; www.express-scripts.com/TRICARE
- * TRICARE North Region - www.tricare.mil/tronorth
 - * Health Net Federal Services - 1-877-874-2273; www.hnfs.com

Tidewater Behavioral Health

Points-of-Contact

Naval Medical Center
Portsmouth

Outpatient Psychiatry
(757) 953-5269

Psychology
(757) 953-7641

McDonald Army Health
Center

Behavioral Health Care and
Community Mental Health
(757) 314-7558/7557/4088

USAF Hospital Langley

Mental Health Clinic and Behavioral
Health Optimization Program
(757) 764-9504/6840

Health Net Federal Services
1-877-874-2273



Tidewater Health Benefit Advisors

Naval Medical Center Portsmouth
(757) 953-2610/2611

Branch Health Clinic (BHC) Dam Neck
953-9322

BHC Norfolk (Sewell's Point)
953-8708

BHC Little Creek (Boone)
953-8182

BHC NAS Oceana
953-3933 (option 7)

BHC NWS Yorktown
953-8441

TRICARE Prime Clinic (TPC) Chesapeake
953-6382

TPC Virginia Beach
953-6710/6711

McDonald Army Health Center
(757) 314-7748/7766/7777

USAF Hospital Langley
225-5111

USCG Training Center Yorktown
(757) 856-2230/2345