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.
<table>
<thead>
<tr>
<th>Service</th>
<th>Limits, Restrictions and Other Special Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outpatient Services</strong> (In an emergency, call 911 or go to the nearest emergency room)</td>
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<tr>
<td>Psychotherapy</td>
<td>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).</td>
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<tr>
<td>Individual</td>
<td>Sessions covered up to 60 minutes; crisis sessions may extend to 120 minutes.</td>
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<tr>
<td>Family</td>
<td>Therapy designed to include and treat an entire family. Sessions covered up to 90 minutes; crisis sessions may extend to 180 minutes.</td>
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<tr>
<td>Group</td>
<td>Multiple patients are treated together as a group in sessions up to 90 minutes.</td>
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<tr>
<td>Collateral Visits</td>
<td>Not therapy sessions, but to gather information and identify treatment goals. Count as individual psychotherapy sessions, and can last up to 60 minutes.</td>
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<tr>
<td>Psychoanalysis</td>
<td>Not psychotherapy. Requires prior authorization, and treatment by approved providers.</td>
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<tr>
<td>Psychological Testing and Assessment</td>
<td>Covered only when provided in conjunction with psychotherapy. Limited to 6 hours per FY. Additional testing requires a medical necessity review.</td>
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<tr>
<td>Medication Management</td>
<td>Patients must be under the care of a physician authorized to prescribe medication for their mental health condition.</td>
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<tr>
<td>Telemental Health Program</td>
<td>Available only in the U.S. at Telemental Health-participating TRICARE facilities. Go to <a href="http://www.tricare.mil/mentalhealth">www.tricare.mil/mentalhealth</a> for information about costs, limits, and referral and authorization requirements.</td>
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<tr>
<td><strong>Inpatient Services</strong> (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)</td>
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<tr>
<td>Acute Inpatient Psychiatric Care</td>
<td>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.</td>
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<tr>
<td>Psychiatric Partial Hospitalization Program (PHP)</td>
<td>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.</td>
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<tr>
<td>Residential Treatment Center (RTC) Care</td>
<td>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.</td>
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<tr>
<td><strong>Substance Use Disorders</strong></td>
<td></td>
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<tr>
<td>Substance Use Disorders</td>
<td>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.</td>
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<tr>
<td>Inpatient Detoxification</td>
<td>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.</td>
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<tr>
<td>Rehabilitation</td>
<td>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.</td>
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<tr>
<td>Outpatient Care</td>
<td>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.</td>
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</tbody>
</table>

**TRICARE Information and Assistance**

- Hampton Roads Appointment Center (Prime appointments at Tidewater MTFs) - 1-866-645-4584
- TRICARE - for complete TRICARE program and benefit information, visit: [www.tricare.mil](http://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
- TRICARE North Region - [www.tricare.mil/tronorth](http://www.tricare.mil/tronorth)
- Health Net Federal Services - 1-877-874-2273; [www.hnfs.com](http://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

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