

Targeted Case Management and Mental Health Rehabilitative Services – Notice to Managed Care Organizations and Their Providers

Managed care organizations (MCOs) and their credentialed providers are required to follow the current Texas Resiliency and Recovery Utilization Management Guidelines (TRRUMG) for the delivery of mental health targeted case management and mental health rehabilitative services. This notification indicates which services are Medicaid-payable benefits. The following mental health services referenced in the TRRUMG are Medicaid benefits:

- Case Management
 - Routine Case Management
 - Intensive Case Management
- Mental Health Rehabilitation
 - Skills Training and Development
 - Medication Training and Support Services – Individual and Group
 - Psychosocial Rehabilitation Services – Individual and Group
 - Day Program for Acute Needs
 - Crisis Intervention Services¹
- Psychiatric Diagnostic Evaluation
- Pharmacological management
- Psychotherapy² – Individual, Group, and Family
- Screening, Brief Intervention, and Referral to Treatment

Consult the [TRRUMG](#) for specific information regarding available services in each level of care. Consult the Texas Medicaid Provider Procedure Manual, [Volume 2: Behavioral Health and Case Management Services Handbook](#), for the medical benefit criteria associated with each Medicaid benefit.

¹ Crisis Intervention Services, as a benefit within mental health rehabilitation, include: (1) an assessment of dangerousness of the individual to self or others; (2) the coordination of emergency care services; (3) behavior skills training to assist the individual in reducing distress and managing symptoms; (4) problem-solving; (5) reality orientation to help the individual identify and manage his or her symptoms of serious mental illness or serious emotional disturbance; and (6) providing instruction, structure, and emotional support to the individual in adapting to and coping with immediate stressors. It does not refer to a behavioral health crisis hotline or a mobile crisis team that operates 24 hours per day and seven days per week.

² Psychotherapy can include cognitive processing therapy and other evidence-based modalities.