



First-Line Psychosocial Care For Children And Adolescents On Antipsychotics (APP)

Antipsychotic medications may be an effective treatment for a narrowly defined set of psychiatric disorders in children and adolescents. However, they are often prescribed for nonpsychotic conditions for which psychosocial interventions are considered first line treatment. Safer first-line psychosocial interventions may be underutilized. Children and adolescents may unnecessarily incur the risks associated with antipsychotic medications.¹

HEDIS® measure description

The percentage of children and adolescents age 1 to 17 with a new prescription for an antipsychotic medication that had documentation of psychosocial care as their first-line treatment.¹

Eligible population

Members dispensed their first antipsychotic medication applies to members age 1 to 17.²

Which members are excluded?

- Members on hospice.
- Members with at least two visits in an outpatient, intensive outpatient or partial hospitalization setting, on different dates of service, with a diagnosis of schizophrenia, schizoaffective disorder, bipolar disorder, other psychotic disorder, autism, or other developmental disorder during the measurement year
- Members with at least one inpatient encounter with a diagnosis of schizophrenia, schizoaffective disorder, bipolar, other psychotic disorder, autism, or other developmental disorder.
- Members with a correct diagnosis and corresponding visits using the codes below would be excluded from the measure. This is because antipsychotic medications are considered essential for this population to lead normal and productive lives



When does a member pass the measure?

When there is a claim of psychosocial care in the 121-day period from 90 days prior through 30 days after the medication is dispensed.² Psychosocial care is defined using the below CPT codes.

Description	CPT® code
Psychosocial care	90832, 90833, 90834, 90836, 90837, 90838, 90839, 90840, 90845, 90846, 90847, 90849, 90853, 90875, 90876, 90880

How can Healthy Blue help?

- Offering current *Clinical Practice Guidelines* on our provider self-service website, <https://provider.healthybluene.com>.
- Providing you with individual reports of your members overdue for services if needed. Please contact your Provider Experience representative for assistance with receiving these reports.
- Assisting with patient scheduling if needed. Please call **833-388-1406** for assistance with patient scheduling. Contact Healthy Blue at <https://provider.healthybluene.com>.
- Members are eligible for transportation assistance at no cost. Contact Member Services for arrangement at **833-388-1406** for assistance with transportation needs.

What can providers do to improve APP rates?

- When prescribed, antipsychotic medications should be part of a comprehensive, multimodal plan for coordinated treatment that includes psychosocial care.
- Psychosocial care, which includes behavioral interventions, psychological therapies, and skills training, among others, is the recommended first-line treatment option for children and adolescents diagnosed with nonpsychotic conditions such as attention-deficit disorder and disruptive behaviors.
- Periodically review the ongoing need for continued therapy with antipsychotic medications.
- Assess the need for Case Management and refer if necessary.
- Ensure progress notes are complete and accurate.

What is HEDIS®?

- HEDIS (Healthcare Effectiveness Data Information Set) is a widely used set of performance measures in the managed care industry, developed and maintained by NCQA.
- HEDIS measures results and drives improvement efforts surrounding best practices HEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).

HEDIS coding tips²

Please refer to the Nebraska State fee schedule to see which CPT codes listed above are payable please contact your local Provider Experience Representative for further instruction.

Description	CPT® code
Behavior health (BH) outpatient	98960-98962, 99078, 99201-99205, 99211-99215, 99241-99245, 99341-99345, 99347-99350, 99381-99387, 99391-99397, 99401-99404, 99411, 99412, 99483, 99492, 99493, 99494, 99510
BH standalone nonacute inpatient	99304, 99305, 99306, 99307, 99308, 99309, 99310, 99315, 99316, 99318, 99324, 99325, 99326, 99327, 99328, 99334, 99335, 99336, 99337
Visit setting unspecified	90791, 90792, 90832, 90833, 90834, 90836, 90837, 90838, 90839, 90840, 90845, 90847, 90849, 90853, 90875, 90876, 99221, 99222, 99223, 99231, 99232, 99233, 99238, 99239, 99251, 99252, 99253, 99254, 99255
Online assessments	98970, 98971, 98972, 99421, 99422, 99423, 99457
Telephone visits	98966, 98967, 98968, 99441, 99442, 99443

1. *Use of First line psychosocial care for children and adolescents on anti-psychotics.* (2020, December 28). NCQA. <https://www.ncqa.org/hedis/measures/use-of-first-line-psychosocial-care-for-children-and-adolescents-on-anti-psychotics/>
2. HEDIS Benchmarks and Coding Guidelines for Quality Care: <https://provider.healthybluene.com/nebraska-provider/resources/hedis>

HEDIS® is a registered trademark of the National Committee for Quality Assurance (NCQA).

Healthy Blue is the trade name of Community Care Health Plan of Nebraska, Inc., an independent licensee of the Blue Cross and Blue Shield Association.