

# PROVIDER BULLETIN

## PROVIDER INFORMATION



June 9, 2015

### **Mental Health Services Requirement for Minnesota Health Care Programs (MHCP) Subscribers**

Blue Cross and Blue Shield of Minnesota and Blue Plus (Blue Cross) is implementing a new requirement from the Department of Human Services (DHS) that became effective January 1, 2015. The requirement is for mental health providers to screen all MHCP adolescent and adult subscribers upon initial access of mental health services for the presence of co-occurring substance abuse and mental illness. Effective immediately, mental health providers must complete this assessment and include complete details in the subscriber's medical record.

#### **Why is screening for co-occurring disorders important?**

Subscribers who have a mental illness are more likely to have a substance use disorder than individuals who do not have a mental illness.

Similarly, subscribers with substance use disorders are more likely to have a mental illness than individuals without substance use disorders. It is important to screen for both substance use disorders in mental health settings and for mental illness in substance use treatment settings because they are very likely to be found in these settings.

#### **What screening tool is approved?**

The recommended Integrated Dual Disorders Treatment (IDDT) screening tools can be accessed via the DHS website at the following link:

[http://www.dhs.state.mn.us/main/dhs16\\_164264](http://www.dhs.state.mn.us/main/dhs16_164264)

#### **IDDT - Mental health and addiction treatment**

IDDT is a specific set of counseling techniques for persons with mental illness and substance use. IDDT can be provided by counselors, clinicians or multidisciplinary teams. Trained professionals in IDDT use specific listening and counseling skills to guide individuals' awareness of how mental and substance use disorders interact and to foster hopefulness and motivation for recovery. They use cognitive behavioral techniques to assist persons who are working to reduce or eliminate substance use or who want to prevent relapse and maintain recovery from both disorders. IDDT has been shown to improve a person's ability to meet his or her personal goals.

#### **Questions?**

If you have questions, please contact provider services at **(651) 662-5200** or **1-800-262-0820**.