

Developmental Individual-difference Relationship-based (DIR) UM Guideline

Subject: Developmental Individual-difference Relationship-based (DIR) UM Guideline

Current Effective Date: 07/01/2020

Status: New

Last Review Date: 06/17/2020

Description

Autism treatment focuses on the analysis, design, implementation, and evaluation of social and other environmental modifications to produce meaningful changes in human behavior. DIR provides a foundation for understanding human development and the critical role of social-emotional development. DIR treatment can help to increase communication skills and improve attention, focus, social skills, and memory. Along with other autism treatment it can improve academics and decrease problem behavior.

Program Requirements

The need for DIR services must be determined by a Qualified Healthcare Professional (QHP) capable of making a diagnosis of autism. ***QHPs are licensed health care professionals, who are qualified by education, training, or licensure/regulation (when applicable) to perform a professional service within his/her scope of practice.*** Once a child has a diagnosis of autism, a QHP must assess the child to determine the need for DIR therapy. To develop a DIR treatment plan, QHPs must have specialized training and endorsements, including, but not limited to:

- DIRFloortime® Advanced Practitioner
- NJAIMH – Level II and IV Infant Mental Health Endorsed – Alliance for IMH
- Clinical, Developmental Models of Autism Intervention- DMAI
- Certificate of the Center for Autism and Early Childhood Mental Health,
- Early Start Denver Model (ESDM),
- Relationship Development Intervention (RDI)
- Licensed Independent Practitioner-LCSW, LPC, LMFT

*Use of DIRFloortime should be included in Treatment Plan with the documentation to support the coding.

<https://providers.amerigroup.com>

Coding

2020 Health Behavior Intervention Services	Description
96156EP	Health behavior assessment or re-assessment
96158EP (30 mins) 96159EP (additional 15 mins)	Health behavior intervention, initial 30 mins Health behavior intervention, each additional 15 mins
96164EP (30 mins) 96165EP (additional 15 mins)	Health behavior intervention, initial 30 mins Health behavior intervention, each additional 15 mins
96167EP (30 mins) 96168EP (additional 15 mins)	Health behavior intervention, family, initial 30 mins Health behavior intervention, family, each additional 15 mins
96170EP (30 mins) 96171EP (additional 15 mins)	Health behavior intervention, initial 30 mins Health behavior intervention, each additional 15 mins

Where indicated, DIR services may be provided with an initial 30 minute code followed by an add-on code for each additional 15 minutes required. EPSDT services are provided to meet individual medical necessity and do not allow for the denial of services based on preset limitations. The following limits are for guidance purposes only and must be overridden when medically necessary based on individual need.

Code	Unit Description	Suggested Daily Limits
96156EP	untimed	1 unit
96158EP	30 minutes	1 unit
96159EP	15 minutes	30 units
Code	Unit Description	Suggested Daily Limits
96164EP	30 minutes	1 unit
96165EP	15 minutes	22 units
96167EP	30 minutes	1 unit
96168EP	15 minutes	14 units
96170EP	30 minutes	1 unit
96171EP	15 minutes	14 units

Discussion/General Information

Eligible Provider Information:

Once an individual is diagnosed with ASD, the MCO shall authorize a QHP to assess the child for the development of a proposed treatment plan. Qualified individuals must be a NJFC Medicaid provider or work for a NJFC Medicaid provider. Providers must be licensed by New Jersey, certified by a nationally accredited credentialing body or by a recognized provider of continuing education. Licensed/credentialed disciplines may include a:

- Licensed Clinical Social Worker (LCSW)
- Licensed Professional Counselor (LPC)
- Psychologist
- Licensed Marriage and Family Therapist (LMFT)
- Licensed Associate Counselor (LAC)
- Licensed Occupational Therapist (OT)
- Licensed Social Worker (LSW)
- Licensed Clinical Professional Counselor (LCPC)
- Masters Level or a Baccalaureate degree under the supervision of a licensed independent practitioner.

DIR specialties, qualifications and credentialing requirements are listed in the table below.

Provider Specialty	Qualifications	Credentialing Requirements
DIRFloortime® Advanced Certificate	<ul style="list-style-type: none"> ▪ DIR 203: Coaching Caregivers, Teachers or Other Care Providers 	Interdisciplinary Council on Development and Learning (ICDL)
DIRFloortime® Expert Certificate	<ul style="list-style-type: none"> ▪ DIR 204B Becoming an Expert DIRFloortime® Provider 	Interdisciplinary Council on Development and Learning (ICDL)
Developmental Models in Autism Intervention (DMAI) <i>Certificate</i>	<ul style="list-style-type: none"> ▪ 15 Graduate Credits through the College of Education and Human Services, Department of Early Childhood, Elementary and Literacy Education 	Center for Autism and Early Childhood Mental Health

Certified Autism Specialist	<ul style="list-style-type: none"> ▪ Master’s degree ▪ Two years of experience ▪ 14 CE hours ▪ Autism Competency Exam 	International Board of Credentialing and Continuing Education Standards (<u>IBCCES</u>)
Early Start Denver Model	<p>May be the following:</p> <ul style="list-style-type: none"> • Psychologist • Behavior specialist (BCBA) • Occupational therapist • Speech and language pathologist • Early intervention specialist • Developmental pediatrician <p>And requires</p> <ul style="list-style-type: none"> ▪ Attend a training workshop ▪ Submit video showing them using ESDM techniques in therapy sessions ▪ Demonstrate they can use these techniques correctly and reliably 	ESDM Certified
Level III Infant Mental Health Specialist Level IV Clinical Mentor	Multiple levels of degrees and certified individuals with training requirements and testing. Multiple years of experience required	NJ AIMH Endorsement

Service provision:

- **Code 96156EP** is to be used for billing for development of the initial assessment and development of a treatment plan as well as reassessment and progress reporting by the QHP. Allowable activities include face-to-face time with the patient and/or caregivers to conduct assessments as well as non-face-to-face time for reviewing records, scoring and interpreting assessments, and writing the treatment plan or progress report.
- **Codes 96158EP-96159EP** are provided individually, by or under the direction of, a QHP.
- **Codes 96164EP-96165EP** are billed for QHP group-led sessions for a minimum of 2 individual patients to a maximum of 8 individual patients. Billing is made for each child in the group session.
- **Codes 96167EP–96168EP** are billed by the QHP for treatment guidance services provided to a family with an autistic child with the child present. Family members/caretakers are taught to apply the same treatment protocols and interventions to reduce unwanted behaviors and reinforce appropriate behavior. **The**

provider may bill for each set of parents/caregivers once. In the event of two autistic children with the same parents/caregivers, you would only allow billing for the parents or caregivers once.

- **Codes 96170EP–96171EP are billed by the QHP for treatment guidance services provided to a family with an autistic child without the child present. Family members/caretakers are taught to apply the same treatment protocols and interventions to reduce unwanted behaviors and reinforce appropriate behavior. The provider may bill for each set of parents/caregivers. In the event of two autistic children with the same parents/caregivers, you would only allow billing for the parents or caregivers once.**

Location of services: DIR services may be provided in the therapist’s office, a community setting or a child’s home.

Definitions

D.I.R.-The Developmental, Individual-differences, & Relationship-based model developed to provide a foundational framework for understanding human development. It explains the critical role of social-emotional development starting at birth and continuing throughout the lifespan. It also provides a framework for understanding how each person individually perceives and interacts with the world differently.” Taken from <https://www.icdl.com/dir>.

Acronyms

CPT: Current Procedural Terminology
DIR: Developmental Individual-difference Relationship-based
DMAI: Developmental Models of Autism Intervention
DSM: Diagnostic and Statistical Manual of Mental Disorder
EPSDT: Early and Periodic Screening, Diagnostic and Treatment
IMH: Infant Mental Health
NJAIMH: New Jersey Association for Infant Mental Health
NJFC: New Jersey Family Care
QHP: Qualified Healthcare Professional

References

Government Agency, Medical Society, and Other Authoritative Publications:

Websites for Additional Information

1. State of New Jersey, Department of Human Services, [Division of Medical Assistance and Health Services](#)
2. New Jersey Association for Infant Mental [Health](#)

History

Status	Date	Action
New	06/17/2020	Developed and reviewed by Health Plan
Approved	06/25/2020	Approved - MOC
