

Georgia Families 360°SM

Understanding Psychological Testing Services

Division of Family and Children Services (DFCS) Training



Poll Question

What is the purpose for psychological testing?

- A. To start behavioral health services for a child when he or she comes into care
- B. To determine a placement for a child
- C. To get a child admitted to into a nonmedical program
- D. In highly complex clinical situations, to help confirm a diagnosis or psychological issue for treatment purposes

Psychological Testing

Psychological testing:

- An objective and standard way of measuring an individual's mental or behavioral characteristics
- A comprehensive battery of tests to assess self-concept, cognitive skills or personality traits
 - Definitions from Amerigroup Medical Necessity Criteria

Common Scales

Rorschach Test	Sentence Completion	Anxiety Scale
Conner's continuous performance test	Bender Gestalt	MMPI
Personality inventory for children	Wechsler Scales	Depression Scale
Personality Assessment Inventory	WRAT-4	Millon Inventories

Review of Provider Blast

- Let's review the notification that was distributed to providers.

Requirements for Psych Testing

Must meet all points of medical necessity:

- Must be for the purpose of helping to establish the diagnosis of and to develop a treatment plan for a mental disorder, when this information is not adequately available from one or more comprehensive medical or behavioral health evaluations with the member and appropriate ancillary sources (e.g., family members, health care providers, school records); **AND**
- It should not be for the primary purpose of assessing learning disorders, vocational testing or educational planning. Custody evaluation, court referral for evaluation (unless medically necessary) and testing for research purposes, are not covered; **AND**
- There is evidence to suggest that the testing results will have a timely and direct impact on the member's treatment plan

When Psych Testing is Not Medically Necessary

- Educational/Vocational Services Assessment
- Placement Determination
- Annual/Regular Checkup
- Admission to nonmedical programs
- Nonmedically indicated court-ordered tests

Applicable Uses of Psych Testing

Examples:

- When a youth has been treated for a condition, but has not made improvements and there is a need for additional diagnostic clarification
- For purposes of differentiating between organic versus psychogenic conditions
- When a provider has completed a thorough clinical assessment, obtained data from other sources (family, collateral contacts, medical records) and administered questionnaires/rating scales and the diagnosis is still unclear

Example

Child with primary diagnosis of ADHD mixed with disturbances in mood and behavior:

- Learning disorders have been ruled out by testing at school
- Behavior rating scales have mixed or unclear findings (done by provider)
- Child has been treated with various medications and behavioral treatment without improvement
- Provider requests testing to aid in clarifying diagnosis and to shape treatment planning

Commonly Used Behavioral Health Assessment Types

Standardized Bio-Psycho-Social type assessments used to determine need for therapeutic services:

- Psycho-Educational Testing – administered by a school (typically) to determine educational needs/capacity.
- Trauma Assessment – a component of the CCFA that is completed by an Amerigroup BH provider that is equipped to assess trauma-related issues. The Trauma Assessment should include service/treatment recommendations.

How to Request Psych Testing

- Contact an Amerigroup network provider who is able to provide the testing
 - A prior authorization (PA) is required before this service can be provided. Please do not take the child to the provider until there is an approved PA.
- Discuss the clinical indication for testing with the provider. **The provider will determine if testing is needed and complete a prior authorization form – this will likely require providing information in order to complete the form.**
- Commonly needed additional information:
 - History of prior testing and treatment. What outcome(s) have been found and how does this relate to the request for testing?
 - Information regarding any psychiatric hospitalizations
 - Information regarding at-risk behaviors (e.g., self-harm, suicidal ideation, homicidal ideation)
 - Information regarding developmental history
 - Information regarding any pertinent medical history (TBI, exposure to drugs/toxins, conditions that may impact cognitive functioning)

Requesting Psych Testing

Child Enters Care



Ensure required Medicaid paperwork and e-form is complete



- 1) Find an AGP provider to do the testing
- 2) Discuss the need for testing with provider
- 3) Provide the necessary paperwork for provider to request psych test

Child Currently In Care



- 1) Find an AGP provider to do the testing
- 2) Discuss the need for testing with provider
- 3) Provide the necessary paperwork for provider to request psych test

After provider receives PA, schedule appt.
Do not take youth to provider until the PA is received.



Additional Resources

- Your Care Coordinator can assist you by:
 - You can discuss with them the need for psych testing
 - They can help you locate an Amerigroup provider
 - They can assist you and the provider in gathering needed items for clinical documentation (i.e., dates of last PRTF admit)
 - Liaison between you, provider, and the Amerigroup Utilization Management department
- You can also discuss the need for psych testing with your DFCS Well-being Specialist

Contact Information

For further information regarding the program, please contact Amerigroup:

- **Intake Number**
 - 1-855-661-2021 (phone)
 - 1-888-375-5064 (fax)
 - gf360@amerigroup.com *for member documents only* (email)
- **Training Team**
 - ga360trng@amerigroup.com
- **Ombudsman**
 - 1-855-558-1436 (phone)
 - helpOMB@amerigroup.com (email)
 - 1-888-375-5067 (fax)
- **Website**
 - www.myamerigroup.com/GA
 - www.myamerigroup.com/GF360

Questions



Medical Necessity Criteria:

www.anthem.com/medicalpolicies/guidelines/gl_pw_c164433.htm