

# Using behavioral health interventions

## Behavioral health interventions

L&I supports behavioral health interventions (BHI) to improve your patient's health and well-being and remove barriers to healing from a work injury.

### Who should receive BHI?

- Behavioral health interventions are appropriate if you have reason to believe that biopsychosocial factors may be affecting your patient's medical treatment or medical management of an injury.

### How is BHI different from other mental health treatment?

- Use BHI to identify and address psychological, behavioral, emotional, cognitive and social factors influencing the treatment or management of physical health problems.
- Bill these services, such as cognitive behavioral therapy (CBT), using the *physical* diagnosis accepted under the claim, not a mental health diagnosis.
- Focus on situational coping strategies and current issues rather than pre-existing or longstanding mental health issues.
- Pre-authorization is not required for a brief course of care.

### Who can treat workers using BHI?

- Attending providers and behavioral health practitioners currently enrolled to treat workers – use either E/M or Health and Assessment codes for each visit.

### Include vocational recovery

- Talk to the claim manager and ask them to consider a vocational recovery referral if a vocational provider is not already assigned to the case.

For more information, contact our Health Care Policy and Payment Methods team at [HPPM@Lni.wa.gov](mailto:HPPM@Lni.wa.gov).



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