



Parkland
Community Health Plan

Medical Policy and Prior Authorization Notice

Screening, Brief Intervention and Referral to Treatment (SBIRT)

PURPOSE:

The goal of this policy is to establish standards and medical necessity criteria to guide Parkland Community Health Plan (PCHP) authorization decisions for requests for Screening, Brief Intervention and Referral to Treatment (SBIRT), when prior authorization is required.

SCOPE:

This policy only applies to requests for SBIRT services that exceed the limitations outlined in the Texas Medicaid Provider Procedures Manual (TMPPM).

POLICY:

1. When utilization has exceeded the annual limitations outlined in the TMPPM, PCHP will consider the following criteria to establish Medical Necessity:
 - A. Evidence that the member's use patterns or risk have changed since the initial two screening -only sessions were conducted earlier in the rolling year, necessitating a subsequent screening.
 - B. Evidence that initial four sessions of screening followed by brief intervention performed earlier in the rolling year did not reduce risky use or that use is escalating; *OR*
 - C. Evidence of limited access to higher level of care that makes referral to substance use treatment impossible, unsafe or ineffective; *OR*
 - D. Evidence of lack of motivation requiring motivation enhancement over multiple visits to engage the patient in specialty substance use treatment.

REGULATORY REFERENCES:

- SAMHSA: *Screening, Brief Intervention and Referral to Treatment (SBIRT) in Behavioral Healthcare Implementation Guide* (2011)
- U.S. Preventive Services Task Force (USPSTF) Recommendation: *Unhealthy Alcohol Use in Adolescents and Adults: Screening and Behavioral Counseling Interventions* (2018, updated 2023)
- Attachment A – Medicaid and CHIP Managed Care Services RFP, Uniform Managed Care Contract Terms and Conditions
- Texas Medicaid Provider Procedures Manual, current edition