



INFORMATIONAL LETTER NO. 245I-MC-FFS

DATE: May 1, 2023

TO: Iowa Medicaid Behavioral Health Services Providers

APPLIES TO: Managed Care (MC), Fee-for-Service (FFS)

FROM: Iowa Department of Health and Human Services (HHS), Iowa Medicaid

RE: Multi-Systemic Therapy (MST) and Functional Family Therapy (FFT)

EFFECTIVE: March 1, 2023

A state plan amendment has been submitted to establish coverage for MST and FFT.

MST is an evidence-based intensive treatment process that focuses on diagnosed behavioral health disorders and environmental systems (family, school, peer groups, culture, neighborhood, and community) that contribute to or influence youth involvement, or potential involvement, in the juvenile justice system. The therapeutic modality reinforces positive behaviors, reduces negative behaviors, uses family strengths to promote positive coping activities, and helps the family increase accountability and improve problem solving. This service typically lasts three to six months with some exceptions. Services include assessment and treatment by approved providers who are nationally accredited and/or trained.

FFT is an evidence-based family therapy that provides clinical assessment and treatment for youths and their families to improve communication, problem solving, and conflict management to reduce problematic behavior. It is a short-term treatment strategy that is built on a foundation of respect of individuals, families, and cultures. This service typically lasts three to six months with some exceptions. Services include assessment and treatment by approved providers who are nationally accredited and/or trained.

Provider Qualifications

Providers must be enrolled as provider type 62 – behavioral health service provider; type 21 – community mental health centers; and type 29 – psychologist, to bill for these services.

Providers must maintain active certification of MST and FFT teams via one of the following recognized national certification entities:

- [FFT Partners](https://functionalfamilytherapy.com/)¹
- [FFT, LLC](https://www.fftllc.com/)²
- [MST Services](https://www.mstservices.com/)³

Providers are responsible for training, credentialing, and participation in regular fidelity reviews. Verification of team certification at the time of service will occur as part of the prior authorization review.

Billing Guidance

To bill this service, providers must be enrolled with Iowa Medicaid. When billing for services provided to members enrolled with a managed care organization (MCO), providers must also be contracted with the MCO. A prior authorization will be required for this service. Claims should be billed per youth(s) receiving services.

Service	Service Code	Unit	Modifier	Description	Rate Effective 03/01/23
MST	H2033	15 minutes	N/A	N/A	\$46.37
FFT	90846 – family therapy without youth present	hourly	HK	HP, HO, AF, SA	\$164.98
FFT	90847 – family therapy with youth present	hourly	HK	HP, HO, AF, SA	\$164.98

¹ <https://functionalfamilytherapy.com/>

² <https://www.fftllc.com/>

³ <https://www.mstservices.com/>

Modifier	Modifier Description
HP	doctoral level (board-certified behavior analyst)
HO	master's degree level (board-certified behavior analyst)
AF	specialty physician
SA	advanced registered nurse practitioner (ARNP)

If you have questions, please contact Iowa Medicaid Provider Services or the appropriate MCO:

Iowa Medicaid Provider Services for FFS members:

- Provider services: 1-800-338-7909
- Provider email: imeproviderservices@dhs.state.ia.us

Amerigroup Iowa, Inc.:

- Provider services: 1-800-454-3730
- Provider email: iowamedicaid@amerigroup.com
- Website: <https://providers.amerigroup.com/ia>

Iowa Total Care:

- Provider services: 1-833-404-1061
- Provider email: Providers may send email using their account on the ITC website.
- Website: <https://www.iowatotalcare.com>