



Therapeutic Day Treatment Overview  
**(Memorandum of Understanding (MoU) Assistance)**

**DBHDS Therapeutic Day Treatment Definition**  
**Scope of Work:**

"Therapeutic day treatment for children and adolescents" means a treatment program that serves (i) children and adolescents from birth through age 17 and under certain circumstances up to 21 with serious emotional disturbances, substance use, or co-occurring disorders or (ii) children from birth through age seven who are at risk of serious emotional disturbance, in order to combine psychotherapeutic interventions with education and mental health or substance abuse treatment. Services include: evaluation; medication education and management; opportunities to learn and use daily living skills and to enhance social and interpersonal skills; and individual, group, and family counseling.

**Services must be therapeutic in nature and align with each member's Individualized Service Plans.**

**Individualized Service Plans/Treatment Plans shall include:**

1. Relevant and attainable goals, measurable objectives, and specific strategies for addressing each need;
2. Services and supports and frequency of services required to accomplish the goals including relevant psychological, mental health, substance abuse, behavioral, medical, rehabilitation, training, and nursing needs and supports;
3. The role of the individual and others in implementing the service plan;
4. A communication plan for individuals with communication barriers, including language barriers;
5. A behavioral support or treatment plan, if applicable;
6. A safety plan that addresses identified risks to the individual or to others, including a fall risk plan;
7. A crisis or relapse plan, if applicable;
8. Target dates for accomplishment of goals and objectives;
9. Identification of employees or contractors responsible for coordination and integration of services, including employees of other agencies; and
10. Recovery plans, if applicable

**Note:**

1. Before contracting with any provider, DBHDS encourages that the school to confirm their licensed status as well as the most recent inspection and/or investigation outcome.
2. Providers are required to conduct background checks and verify credentials, which they should have on file.
3. Services shall be provided by an LMHP, LMHP-supervisee, LMHP-resident, LMHP-RP, QMHP-C, or QMHP-E ( Ref. page 4)



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4. TDT providers are not encouraged to practice outside of their scope or provide services, which are not aligned with their license. For example, monitoring the cafeteria or addressing other students not within their care is not recommended.

**To verify a provider's license you can contact the Office of Licensing at:**

**Central Office Contact Information**

[LicensingAdminSupport@dbhds.virginia.gov](mailto:LicensingAdminSupport@dbhds.virginia.gov)

P.O. Box 1797  
Richmond, VA 23218  
Office (804) 786-1747  
Fax (804) 692-0066

Alternatively, via the website at: <http://lpss.dbhds.virginia.gov/LPSS/LPSS.aspx>

To pull a provider's inspection or investigation: <http://lpss.dbhds.virginia.gov/>

DBHDS Provider Regulations are located at: <http://www.dbhds.virginia.gov/library/licensing/ol-12vac35-105dec2011.pdf>

**For Medicaid Reimbursement:**

Therapeutic Day Treatment for Children and Adolescents is a community-based behavioral health service offered through the Department of Medical Assistance Services. This service is defined as a combination of psychotherapeutic interventions combined with:

- evaluation,
- medication education and management,
- opportunities to learn and use daily skills
- enhance social and interpersonal skills such as problem solving, anger management, community responsibility, increased impulse control, and appropriate peer relations, and
- individual, group, and family counseling.

Services must not duplicate those services provided by the school.

Individuals qualifying to receive this service must meet all of the diagnostic, at risk and level of care criteria as outlined in the Medicaid Community Mental Health Rehabilitation Services Provider Manual located at

<https://www.virginiamedicaid.dmas.virginia.gov/wps/portal/ProviderManual> , in Chapter IV, pages 31-33.



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### **Required Activities:**

- Prior to services starting, a licensed mental health professional conducts a provider intake or clinical assessment identifying the individual's treatment needs.
- Individual Service Plans (ISPs) are required during the entire duration of services, meeting all requirements as defined by DMAS and must be maintained with complete and updated information during the course of the service.
- Should an individual be determined to be at risk for physical injury, the provider must manage the risk by working with other involved parties to establish a safety plan and continue to assess the risk as outlined in the DMAS provider manual.

### **Covered Services:**

- Consultation with teachers and others involved in the individual's treatment and observation in the classroom;
- Planning and implementation of individualized pro-social skills curriculums, behavior modification programs and recommended interventions; and
- Monitoring of progress being made in the development of new skills. Monitoring involves collaboration with school personnel, family, and others involved in the individual's treatment. Ongoing feedback to the individual regarding their progress in acquiring identified new skills is expected.
- Provision of on-site crisis response during the school day as well as behavior management interventions throughout the school day. All crisis incidents are to be followed by a debriefing of the incident to identify triggers and alternative coping skills.
- Provision of individual, group, and family counseling based on specific TDT objectives identified in the ISP;
- Collaboration with all other health practitioners in the community providing services to the individual, including scheduling appointments and meetings; and
- Education regarding medication management if applicable.



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### **Limitations:**

- TDT programs must operate a minimum of two hours per day and may offer flexible program hours; and
- All service activities must be defined in the ISP;
- Therapeutic group activities, such as counseling, psychotherapy, and psycho-education are limited to no more than 10 individuals; and
- A minimum of two or more therapeutic activities shall occur per day. This may include individual or group counseling/therapy and psycho-educational activities.

### **Staff Qualifications:**

DMAS does not license or certify providers. TDT providers are responsible for ensuring that employed or contracted staff meets the staff requirements to render TDT services. Also, all provider locations, including schools, must be credentialed by Magellan, licensed and in compliance with all requirements as defined in DMAS regulations and the Magellan provider contract.

All TDT services must be provided by licensed (LMHP) and qualified mental health professionals (QMHP) as recognized by DMAS. Definitions provided in Chapter II of the DMAS Provider Manual noted above include:

#### **"Licensed mental health professional" or "LMHP" means:**

- a licensed physician,
- licensed clinical psychologist,
- licensed professional counselor,
- licensed clinical social worker,
- licensed substance abuse treatment practitioner,
- licensed marriage and family therapist, or
- certified psychiatric clinical nurse specialist.

DMAS also recognized practitioners working toward licensure as designated and approved by the appropriate Licensing Board.

**"Qualified mental health professional-child" or "QMHP-C"** means a person in the human services field who is trained and experienced in providing psychiatric or mental health services



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to children who have a mental illness. To qualify as a QMHP-C, the individual must have the designated clinical experience and must either:

- be a doctor of medicine or osteopathy licensed in Virginia;
- have a master's degree in psychology from an accredited college or university with at least one year of clinical experience with children and adolescents;
- have a social work bachelor's or master's degree from an accredited college or university with at least one year of documented clinical experience with children or adolescents;
- be a registered nurse with at least one year of clinical experience with children and adolescents; (v) have at least a bachelor's degree in a human services field or in special education from an accredited college with at least one year of clinical experience with children and adolescents, or
- be a licensed mental health professional.

**"Qualified mental health professional-eligible" or "QMHP-E"** means a person who has:

- at least a bachelor's degree in a human service field or special education from an accredited college without one year of clinical experience or
- at least a bachelor's degree in a nonrelated field and is enrolled in a master's or doctoral clinical program, taking the equivalent of at least three credit hours per semester and is employed by a provider that has appropriate licensure through DBHDS and a supervision training program approved by DBHDS.

### **Magellan Resources**

- General questions or concerns about TDT, please call: Toll-free:1-800-424-4046
- To verify a provider location is contracted with Magellan, please call: Toll-free:1-800-424-4046
- To report a quality of care concern, please call: Toll-free: 1-800-424-4046
- To report any suspected fraud, waste or abuse, please contact:  
Fraud and Abuse - 1-800-755-0850  
Special Investigations Unit Email: SIU@magellanhealth.com.

**TDT Manual and regulation updates are currently underway at DMAS. A notice will be sent to providers when the updated manuals are to be posted.**

*\*This information is being provided as a tool for schools and TDT providers creating agreements to work together. Additional items not described in this document, can be included in the written agreements.*