



# The Complexities of Mental Health Insurance

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# Mental Health Overview

- Managed Care
- Medicare
- Programs



# Managed Care - 3 Major Types

## ■ Fee for Service

- Can use any provider
- You submit bill to insurance company

## ■ Open System

- Can use out-of-network providers
- you submit bill to insurance company

## ■ Closed System

- Can only use providers from their provider list
- You pay co-payment only



# Mental Health Fee for Service

## ■ Advantages

- Flexibility
- Confidentiality
- Authorization significantly easier
- Can use any licensed clinician



# Fee for Service - Continued

## ■ Disadvantages

- May have to do your own billing
- Monthly fees may be higher than managed care
- Insurance may not cover full fee but generally reimburse more than open system managed care insurance



# Mental Health - Open System

## ■ Advantages

- Those of managed care as well as fee for service
- Can use any licensed clinician

## ■ Disadvantages

- Limited portion of the therapist's fee is covered
- Limited number of sessions per year



# Mental Health - Closed System

## ■ Advantages

- You pay an agreed upon co-payment - \$10-50
- The insurance company pays the provider
- All providers are screened

## ■ Disadvantages

- Must choose from their provider list
- Lack of confidentiality
- Difficulty getting treatment authorized
- Must be diagnosed with a mental illness
- Limited number of sessions per year



# Exactly What Will My Mental Health Insurance Cover?

- Fee for Service
  - Generally 80% of therapists fee
  - Some apply the usual and customary rule
- Open System Managed Care
  - Will cover a certain % (usually 50%) of what they consider usual and customary
- Closed System Managed Care
  - Your co-payment only \$10-50 per session
  - Cover up to 20-unlimited sessions per year depending on your policy



# Mental Health - Medicare

## ■ Managed Care

- Co-payment generally only \$20.00
- Limited number of sessions per year, generally 20

## ■ Fee for service

- Cover 50% of therapist fees if they are a Medicare provider - about \$40.00 per session
- Sessions are not limited



# Possible Options

- Do “fee for service” to receive best mental health benefits with the ability of choosing the therapist you want
- Do “managed care” knowing there will be a limited number of sessions covered, you will have a mental health diagnosis and confidentiality may be an issue
- Do “managed care” and **pay cash** for mental health services ensuring that confidentiality is maintained and you can choose the therapist you want



# Programs Offered by Penny Blazej

- Having trouble caring for an aging loved one?
  - Development of safe care plans
  - Provide individual and family therapy to help with making health, living arrangements and/or grieving transitions
  - Selection of assisted living and skill nursing facilities
  - Developing health care proxies like *Living Wills*



# Programs - continued

- Having trouble controlling pain?
  - Mind/Body therapy to teach relaxation skills
  - Hypnosis
  - Education on the pain cycle
- Having trouble in your marriage?
  - Couple counseling to enhance relationship
    - Teach specific skills to increase positive communication
    - Increase awareness of where conflicts occur and development of skills to make needed changes



# Programs - continued

- Having trouble stopping an addictive behavior?
  - Provide individual therapy
    - Discover the core of why the addiction has occurred
    - Develop healthier coping skills
  - Referrals to key community support groups
- Having trouble with your teenager?
  - Individual therapy
  - Groups for young ladies 14-18 years old
    - “***Becoming the Woman You Want to Be***”