

Aetna Better Health® of Louisiana

Dialectical Behavior Therapy

Dialectical Behavioral Therapy (DBT) is covered by Medicaid as a unique, billable service noted on the Specialized Behavioral Health Service (SBHS) fee schedule effective 03/01/25.

Per Louisiana Department of Health (LDH), DBT is a research-based therapy that utilizes individual therapy, group skills training, telephone coaching, and provider participation in weekly “Consultation Team” meetings. DBT is designed to treat adults, adolescents, and children with “severe mental disorders and uncontrolled cognitive, emotional and behavior patterns.”

Delivery of the comprehensive DBT model requires a team, preferably with 4-6 clinicians trained and qualified to provide DBT individual therapy. DBT teams may be comprised of LMHP clinicians licensed for independent practice or may be comprised of a mix of LMHP clinicians alongside other licensed practitioners, which may include staff licensed as a Provisionally Licensed Professional Counselor (PLPC), Provisionally Licensed Marriage and Family Therapist (PLMFT), or Licensed Master Social Worker (LMSW). For DBT teams comprised of a mix of LMHPs and other licensed practitioners, there must be a minimum of two (2) LMHPs on the DBT team.

Providers must be a qualified practitioner of DBT services. To be considered properly qualified, providers must demonstrate one of the following, per LDH:

- Certification from the DBT-Linehan Board of Certification (DBT-LBC);
- OBH-approved DBT qualification; or
- Engaged consistently and in good standing (as documented in writing by the OBH-sponsored training organization) in an OBH-sponsored DBT training program that will lead to an OBH-approved DBT qualification following the agency and practitioner’s completion of the initial didactic training sessions, while under consultation with an OBH-approved DBT trainer.

Available training and qualification options to provide DBT under Louisiana Medicaid currently include:

- DBT-Linehan Board of Certification
 - Once a provider has completed DBT-LBC training, they will be listed in the DBT-LBC provider database: <https://dbt-lbc.org/index.php?page=101144>
- OBH-approved DBT qualification
 - Providers completing OBH-approved qualification will receive documentation upon completion

Additional qualifications may apply. Please see the [LDH Behavioral Health Services Provider Manual](#) for details.

In addition to documentation of qualification, providers must appropriately bill DBT services to receive payment. Please see the LDH Specialized Behavioral Health Fee Schedule for codes and rates. The current codes, rates, and approved provider types as of 09/01/25 are as follows:

Code	Description	Medical Psychologist	APRN/CNS	Medical Psychologist	Psychologist	LCSW	LPC	LMFT	LAC	LMSW	PLPC/PLMFT
Modifier >		AF	SA	HP	AH	AJ	HO	HO	HF	U4	UA
H2021	DBT, INDIVIDUAL (Per Visit)	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00	\$200.00
H2021 HQ	DBT, GROUP (Per Visit) -	\$177.68	\$177.68	\$177.68	\$177.68	\$177.68	\$177.68	\$177.68	\$177.68	\$177.68	\$177.68

Aetna Better Health of Louisiana does not require prior authorization for DBT services.

If you have any questions, please contact your Provider Experience Representative at 1-855-242-0802.