TRICARE® Mental Health and Substance Use Disorder Services

An Overview of TRICARE Mental Health and Substance Use Disorder Services and Resources

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Today's AGENDA

• Mental Health Overview
• Covered Services
• Getting Care
• For Information and Assistance
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What Is Mental Health?

“A state of well-being in which a person realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

– World Health Organization
What Are Mental Health Disorders?

“What Are Mental Health Disorders?

“Health conditions that are characterized by alterations in thinking, mood, or behavior (or some combination of those) associated with distress and/or impaired functioning.”

– U.S. Department of Health and Human Services
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Covered Mental Health and Substance Use Disorder Services

TRICARE covers mental health and substance use disorder (SUD) services that are medically or psychologically necessary.

• TRICARE covers both:
  – Outpatient services (including via telemedicine)
  – Inpatient services (emergency and nonemergency)

• How you get care may depend on your beneficiary category and your health plan.

• Check with your regional contractor to see if you need a referral and/or pre-authorization.

Note: Not all services are available in all service areas.
Covered Outpatient Services

- Psychotherapy
  - Individual, family, and group
- Psychological Testing and Assessment
- Medication Assisted Treatment
  - Opioid Treatment Program
  - Office-Based Opioid Treatment
- Intensive Outpatient Program (IOP)
  - SUD or Psychiatric (Mental Health) Disorder
- Partial Hospitalization Program (PHP)
  - SUD or Psychiatric (Mental Health) Disorder
- Medication Management
Covered Inpatient Services

- Acute Inpatient Psychiatric Care
- Psychiatric Residential Treatment Center (RTC) Care for Children and Adolescents
- Inpatient and Residential Substance Use Disorder Rehabilitation Facility (SUDRF) Care
  - Inpatient Management of Withdrawal Symptoms (Detoxification)
  - Residential Substance Use Disorder Rehabilitation
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Active Duty Service Members

- **Outpatient Care**
  - Visit a military hospital or clinic. Find the nearest one at [www.tricare.mil/mtf](http://www.tricare.mil/mtf).

- **Emergency Care**
  - Call 911 or go to the nearest emergency room.
  - No referrals or pre-authorizations are required.
  - Obtain a continued-stay authorization if admitted.

- **Nonemergency Inpatient Care**
  - Get pre-authorization.
All Other Beneficiaries

• Outpatient Care
  – In most situations, referral and pre-authorization isn’t required for outpatient mental health or SUD visits for TRICARE Prime beneficiaries.
  – Some outpatient services require a referral.
  – Psychoanalysis always requires pre-authorization.
  – Referral and supervision is always required to see pastoral counselors and may be required to see certain mental health counselors.
All Other Beneficiaries (continued)

• Emergency Care
  – Call 911 or go to the nearest emergency room.
  – No referrals or pre-authorization are required.
  – Notify your primary care manager, regional contractor, or TRICARE Overseas Program Regional Call Center if admitted.

• Nonemergency Inpatient Care
  – Get pre-authorization.

• RTC and Residential SUDRF Care
  – Get pre-authorization.
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Finding a Provider

- TRICARE contractors have established provider networks in each region, including mental health providers.
- Go to your regional contractor’s network provider directory to find a TRICARE-authorized mental health network provider in your area: www.tricare.mil/finddoctor/allproviderdirectories.
Telemedicine Services

- To find a provider who offers telemedicine services, use TRICARE’s Find a Doctor tool at [www.tricare.mil/finddoctor](http://www.tricare.mil/finddoctor), or reach out to your TRICARE contractor.
- East Region: Humana Military
  - Call: [1-800-444-5445](tel:+18004445445)
- West Region: Health Net Federal Services, LLC
  - Call: [1-844-866-9378](tel:+18448669378)
- Overseas Region: International SOS Government Services, Inc.
  - Call: Find country-specific numbers at [www.tricare-overseas.com/contact-us](http://www.tricare-overseas.com/contact-us)
- For more information about telemedicine services, visit [www.tricare.mil/coveredservices](http://www.tricare.mil/coveredservices).
Mental Health and SUD Resources

• Military Health System Nurse Advice Line
  – Call 1-800-874-2273, option 1
  – Visit www.mhsnurseadviceline.com

• Military OneSource
  – Call 1-800-342-9647
  – Visit www.militaryonesource.mil

• Veterans Crisis Line
  – Call 988, option 1
  – Text 838255
  – Visit www.veteranscrisisline.net

• Visit www.tricare.mil/mentalhealth for more resources.
Looking for **More Information?**

**Stateside Regional Contractors**
- TRICARE East Region
  Humana Military
  1-800-444-5445
  HumanaMilitary.com
  www.tricare-east.com

- TRICARE West Region
  Health Net Federal Services, LLC
  1-844-866-WEST (1-844-866-9378)
  www.tricare-west.com

**Overseas Regional Contractor**
- TRICARE Overseas Program
  International SOS Government Services, Inc.
  www.tricare-overseas.com/contact-us

**More Resources**
- TRICARE Website
  www.tricare.mil

- Publications
  www.tricare.mil/publications

- milConnect
  https://milconnect.dmdc.osd.mil