

**To:** All Providers

**From:** Dr. Paul Garcia, Vice President of Utilization Management and Benefits

**Date:** August 26, 2025

**Subject:** Changes in authorization requirements for Research-Based Behavioral Health Treatment (RB-BHT)

### CHANGES IN AUTHORIZATION REQUIREMENTS FOR RB-BHT

Effective October 1, 2025, prior authorization for all Initial and Reauthorization requests will be required for all service codes under the benefit of Research Based Behavioral Health Treatment or RB-BHT.

Treatment Authorization Requests (TARs) with a start date of 10/1/25 along with all clinical documents needed to support medical necessity as defined in Clinical Coverage Policy 8F must be submitted. Providers may begin submitting requests September 1, 2025, but no later than September 15, 2025, to allow for processing timeframes and to ensure an authorization request has been reviewed for medical necessity prior to October 1, 2025.

Claims will deny beginning October 1, 2025, for all RB-BHT services without authorization.

Thank you for your attention to this communication. All questions related to this Clinical Communication Bulletin can be sent to [UM@TrilliumNC.org](mailto:UM@TrilliumNC.org). Questions will be answered as quickly as possible