



# Inpatient Mental Health Care

TEO FS-23

"Your Passport to Quality Health"

Fact Sheet

*If you think you may need mental health care, begin by speaking with your doctor. He or she can guide you to a mental health professional who will help you get the care that you need. Together, you can determine if inpatient hospitalization or outpatient therapy is the best choice of treatment for your condition. "Inpatient" means that you are required to stay at a hospital or mental health facility for more than one day. The following information applies to TRICARE inpatient mental health care & coverage.*

## TRICARE Prime Admissions

If you are a TRICARE Prime Beneficiary, you must get prior authorization from TRICARE Europe for non-emergency overseas admissions. Your Primary Care Manager, psychiatrist, or psychologist will coordinate with our TRICARE Europe nurse case managers for admissions and written authorizations if you are being evaluated for hospitalization.

When needed care is not available in Europe, you may be referred to a U.S. mental health facility for hospitalization. In this case, a TRICARE Europe nurse will be assigned to help arrange and manage your care.

If you require long-term care in the U.S., you may need to transfer your enrollment. As a TRICARE Prime beneficiary, you must transfer your enrollment to the stateside region where you are receiving care if you remain in that location for more than 60 days.

## TRICARE Standard Admissions

If you are a TRICARE Standard beneficiary, you do not require authorization for inpatient mental health admissions in the overseas theater.

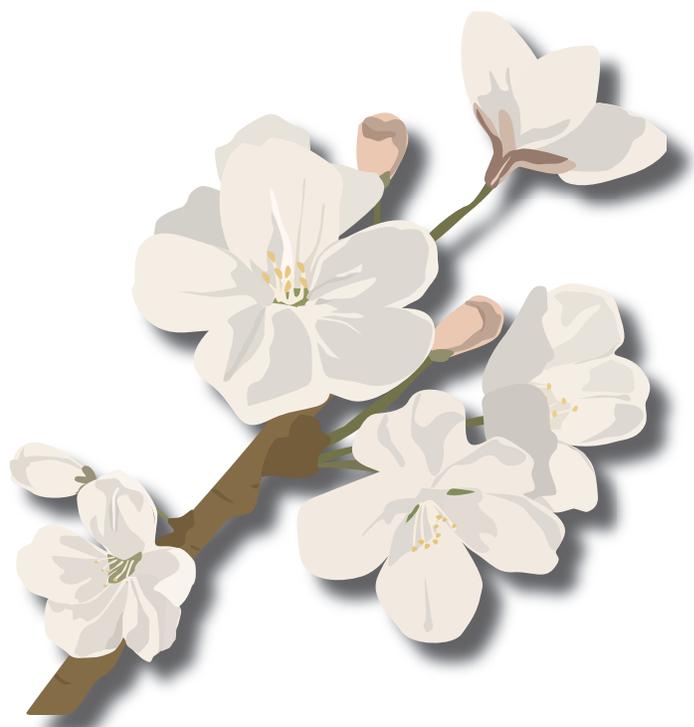
However, our nurse case managers are available to help you with the admission process and can provide written authorizations to ensure your TRICARE claim is processed smoothly.

If you require admission in a *stateside* inpatient mental health facility, you must obtain authorization from TRICARE in the region where you will be hospitalized. You will also file your claim in this region. Regional TRICARE numbers are available online at [www.tricare.osd.mil](http://www.tricare.osd.mil).

## Emergency Admissions

If you need emergency mental health care, you may be admitted without prior authorization. However, we ask that the doctor who admitted you to notify TRICARE Europe within 72 hours. See reverse side for details on how to contact us.

We define an "emergency" in two ways: if a patient "poses an immediate risk of harming themselves or others," or if a patient needs "immediate continuous skilled observations and treatment in the acute psychiatric care level." Your primary care doctor, psychiatrist, or psychologist will determine when there is a need for an emergency admission in most cases.



## How Long Can a Patient Stay?

There are limits to the number of days you can stay at a mental health facility based on your unique medical and mental health needs. Your admitting doctor must provide us with weekly updates of your treatment care plan and progress. This information will be used to authorized continued inpatient care. In general, the maximum number of days a patient can remain at a mental health facility is based on age and patient diagnosis:

### **Acute inpatient mental health**

- 30 days for patients 19 years of age and older
- 45 days are for patients 18 years of age and younger (age is based on time of admission)

### **Residential Treatment Centers (CONUS ONLY)**

- 150 days in a fiscal year or 150 days in an admission episode

### **Partial Day Hospitalization Program (CONUS ONLY)**

- 60 treatment days (whether full or partial day programs) in a fiscal year or in an admission episode

## How Are Payments Made?

Payment is a smooth process if you have preauthorization from TRICARE for care. In most cases, the facility where you were admitted will take care of submitting the bill for you. If you need stateside care, your TRICARE Service Center, Primary Care Manager, or a mental health professional will assist you in obtaining authorization.

## Who Pays the Travel Costs?

Each military Service manages medical travel costs differently. Travel is NOT part of the TRICARE Overseas benefit and is not reimbursed under the TRICARE overseas program. Your closest Military Treatment Facility can provide guidance on what will be covered under medical orders.

## Quick Tips

### **What types of Mental Health Facilities are covered by TRICARE?**

- Inpatient Acute Mental Health Facilities (Adult, Adolescent, or Child Units)
- Substance Use Disorder Rehabilitation Facilities
- TRICARE-certified Residential Treatment Centers (only located in U.S. — for adolescents only)
- TRICARE-certified Partial Hospitalization Programs (only located in U.S.)



### **What will this cost you?**

- Active Duty Families using Prime: \$0/day overseas or stateside
- Active Duty Families using Standard: \$20/day
- Retirees/Retiree Family Members under age 65 need to pay a cost share. Contact TRICARE for current rate.

### **More Information ...**

- [www.europe.tricare.osd.mil/main/mental\\_health](http://www.europe.tricare.osd.mil/main/mental_health) TRICARE Europe's website will provide you with mental health resources available in both OCONUS and CONUS areas.
- Call TRICARE Europe at DSN 496-6362; Overseas Commerical 00-49-(0)6302-47-6362. From CONUS, contact us by calling 1-888-777-8343.