

Provider Notice

To: Capital Area MH OP Clinic Providers
From: Jessica Yasher, MBA, MSN, RN, Director of Operations
Date: April 23, 2026
Subject: MH 26 102: Dialectical Behavioral Therapy (DBT)

PerformCare has a modifier to use when providing Dialectical Behavioral Therapy (DBT) and would like to remind providers of when the modifier for this treatment modality should be utilized.

Providers must have the 08/110 provider type/specialty AND bill for services listed in the table below (Attachment 1). Prior to utilizing the modifier, providers must have therapists complete the DBT certification and send the certification to assigned Account Executive. Therapists then must continue to maintain the national certification to continue billing with the modifier. Please note that this is different than previous direction given, and PerformCare is dropping the requirement for maintaining the consultation service to bill at the higher rate.

Once criteria are met, providers should use the appropriate CPT code/modifier on the table below (attachment 1) for DBT dates of service provided. Providers should note that billing with the modifier will pay the claims at an enhanced rate.

We appreciate your continued commitment to providing quality services as part of the PerformCare network. Please feel free to contact your Account Executive with any questions.

cc: Lisa Hanzel, PerformCare
Scott Suhring, Capital Area Behavioral Health Collaborative
PerformCare Account Executives

Attachment 1: PerformCare DBT CPT/Modifier Schedule

Service Description	Procedure Code	Modifier Code 1	Modifier Code 2
Psychotherapy, 30 min, DBT	90832HK		
Psychotherapy, 30 min, DBT	90832HK	FQ	
Psychotherapy, 45 min, DBT	90834HK		
Psychotherapy, 45 min, DBT	90834HK	FQ	
Psychotherapy, 60 min, DBT	90837HK		
Psychotherapy, 60 min, DBT	90837HK	FQ	
Group Psychotherapy, DBT	90853HK		
Group Psychotherapy, DBT, Adolescent	90853HK	HA	
Group Psychotherapy, DBT	90853HK	FQ	
Group Psychotherapy, DBT, Adolescent	90853HK	HA	FQ