

UNIFIED TREATMENT SCENARIO FOR ADDRESSING MENTAL HEALTH CONDITIONS AMONG YOUTH IN DC
Revised, October 17, 2022

ICD-10 codes for anxiety, PTSD, depression, gender dysphoria, ADHD, autism, and conduct disorders

CONDITION	ICD-10 CODE	CODE DESCRIPTION
Anxiety	F40.10	Social Phobia
	F41.0	Panic Disorder [Episodic Paroxysmal Anxiety]
	F41.1	Generalized Anxiety Disorder
	F41.8	Other Specified Anxiety Disorders
	F41.9	Anxiety Disorder, Unspecified
	F42.9	Obsessive-compulsive Disorder
	F43.20	Adjustment Disorder, Unspecified
	F43.21	Adjustment Disorder with Depressed Mood
	F43.22	Adjustment Disorder with Anxiety
	F43.23	Adjustment Disorder with Mixed Anxiety and Depressed Mood
	F43.25	Adjustment Disorder with Mixed Disturbance of Emotions and Conduct
	F43.9	Reaction to Severe Stress
	F93.0	Separation Anxiety Disorder of Childhood
	F94.0	Selective Mutism
PTSD	F43.10	Post-traumatic Stress Disorder
Gender Dysphoria	F64.0	Gender Dysphoria in Adolescence or Adulthood
	F64.2	Gender Dysphoria in Childhood
	F64.8	Other Gender Identity Disorders
	F64.9	Gender Identity Disorder, Unspecified
ADHD	F90.0	Attention-Deficit Hyperactivity Disorder, Predominantly Inattentive Type
	F90.1	Attention-Deficit Hyperactivity Disorder, Predominantly Hyperactive Type
	F90.2	Attention-Deficit Hyperactivity Disorder, Combined Type
	F90.9	Attention-Deficit Hyperactivity Disorder, Unspecified Type
Conduct Disorders	F91.3	Oppositional Defiant Disorder
	F91.8	Other Conduct Disorders
	F91.9	Conduct Disorder, Unspecified
Depression	F32.0	Major Depressive Disorder, Single Episode, Mild
	F32.1	Major Depressive Disorder, Single Episode, Moderate
	F32.2	Major Depressive Disorder, Single Episode, Severe Without Psychotic Features
	F32.9	Major Depressive Disorder, Single Episode, Unspecified
	F33.1	Major Depressive Disorder, Recurrent, Moderate
	F33.2	Major Depressive Disorder, Recurrent, Severe Without Psychotic Features
Autism	F84.0	Autistic Disorder

For encounters with ICD-10 codes for anxiety, PTSD, depression, gender dysphoria, ADHD, Autism, and conduct disorders among patients 18 years of age and under:

VISIT TYPES	CPT CODES	SERVICE TYPES	SPECIALTY	DESCRIPTION OF INCLUDED SERVICES
Up to 26 visits per year with zero cost sharing				
New, Follow up	11981 90835 90836 90837 90838 90839 90840 90846 90847 90853 96127 99202 99203 99204 99205 99211 99212 99213 99214 99215 99244 99245 99354 99355 99442 99443 99484 99492 99493 99494	Primary Care, Mental Health Care	Behavioral Health/Psychiatry; Internal Medicine/Infectious Disease/Family Medicine/Gynecology/Endocrinology	New medical visit; New patient, screening/assessment; Evaluation and management; Psychotherapy crisis; Individual therapy; Family/Group therapy

Related services for gender dysphoria only:

RELATED SERVICES TO BE COVERED WITH ZERO COST SHARING		CPT CODE	FREQUENCY (PER YEAR)
Laboratory Tests	Testosterone (free and total)	84402, 84403	Quarterly
	Estradiol	82670, 30289	Quarterly
	Hemoglobin and hematocrit (or complete blood count)	85014, 85018, 85025	Semi-annual
	Comprehensive metabolic panel	80053	Semi-annual
	25 OH-D Vitamin D	82306	Annual
	Lipid panel	80061	Annual
	Luteinizing hormone and follicle-stimulating hormone	83001, 83002	Annual
	Prolactin	84146	Annual
Imaging	DEXA scan	77080	Annual
	Bone age x-ray	77072	Annual
Procedures	Hormone therapy injection	96372	PRN

Medications for the treatment of anxiety, PTSD, depression, gender dysphoria, ADHD, Autism, and conduct disorders among patients 18 years of age and under:

MEDICATION CLASS/GROUP	SPECIFIC MEDICATIONS TO BE COVERED WITH ZERO COST SHARING
SSRIs	All
SNRIs	All
Atypical antidepressants	All (e.g., SARIs, mirtazapine, trazodone)
Anti-histamines	Hydroxyzine HCl
Anti-hypertensives	Prazosin
Anxiolytics	All (e.g., benzodiazepines)
Atypical anxiolytics	All (e.g., buspirone)
Alpha agonists	Clonidine, Guanfacine, Guanfacine ER
Beta blockers	Propranolol, Metoprolol
Anti-convulsants	Gabapentin, Divalproex, Lamotrigine, Carbamazepine, Oxcarbazepine
Anti-manic agents	All (e.g., lithium)
Stimulants	All (e.g., amphetamine, methylphenidate)
Anti-psychotics	Quetiapine, Aripiprazole, Brexpiprazole, Lurasidone
GnRH analogs	All (e.g., Lupron, Triptorelin, Histrelin)
Sex hormones	All (e.g., oral/transdermal/injectable estradiol, injectable/transdermal testosterone, progesterone)
Nonsteroidal anti-androgens	All (e.g., bicalutamide, spironolactone)
5-alpha reductase inhibitors	All (e.g., finasteride, dutasteride)

Typical Indications
Note: these typical indications are not exhaustive; for instance, many anti-depressants are used for the treatment of other mental health conditions as well

- Depression
- Anxiety, PTSD
- ADHD
- Gender dysphoria