

SUMMER 2025



MENTAL HEALTH BRIEF

NEWS FOR YOU

Our Mental Health Brief helps you stay up to date on Blue Cross Blue Shield of Massachusetts news that affects your practice.

New providers enhance access to autism and perinatal care



Coastal ABA expands access to autism care Coastal ABA offers telehealth for children and adults with autism, focusing on improving daily living skills and social connections. They create personalized plans using evidence-based ABA techniques to support growth in executive functioning, self-regulation, and communication skills.

FamilyWell Health provides comprehensive virtual mental health services designed specifically for integration into OB/Gyn and Family Medicine practices. Their clinical team delivers evidence-based coaching, therapy, care coordination, and psychiatric services with specialized expertise in perinatal mental health and perimenopause/menopause. FamilyWell Health provides:

- **Seamless patient access:** Your patients can access FamilyWell's mental health services within 24 hours.

"When patients are pregnant or caring for newborns, they can't afford to wait months for help," says Dr. Melissa Sherman of Essex OB/GYN Associates. "FamilyWell has been a game changer for our practice,

- **Clinical integration benefits:** Partnering with FamilyWell enables you to bill for collaborative [care management services](#). This approach keeps mental health treatment within your existing patient relationship rather than requiring external referrals.

Expanding access to out-of-state members

Two existing mental health groups now provide in-network services to Blue Cross Blue Shield of Massachusetts members living out of state. This expansion ensures that members have access to essential mental health services, regardless of their location.

- [Sondermind](#) Offers virtual and in-person therapy for members living in Massachusetts and virtual services for BCBSMA members nationally. Services include individual, family, couples, group therapy and medication management. Patients can also schedule therapy, track their mood, and access self-care content via their app.
- [Talkiatry](#) Provides virtual psychiatric care nationally for a range of mental health services, such as ADHD, anxiety, depression, and other care requiring medication management ensuring comprehensive support for members.

Nasal naloxone coverage expands July 1

In accordance with a Massachusetts law that took effect July 1, 2025, members can now receive a two-dose nasal naloxone pack using their **medical benefits**. You may dispense these two-dose packs to our members at the time of discharge or during a visit. [Read more.](#)

Collaborating with you across the mental health continuum of care

We've updated our utilization management process to support our members receiving mental health services and those with intensive treatment needs—including those transitioning from hospitals or subacute settings. We've also created a Behavioral Health Continuum of Care medical policy for partial hospitalization and intensive outpatient programs effective July 1, 2025. [Read more.](#)

Home health care agencies expand mental health support

Providing mental health support at home can prevent the need for psychiatric facility services, offering comfort, convenience, and familiarity to patients. This is why our network of home health care providers is equipped to support patients' mental health care needs directly in their homes

[Read this article](#) to learn about who qualifies for home health care and what's required for coverage.

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