

## Network Provider Update

To: Medi-Cal network participants

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From: Melinda Kjer  
Director, Provider Relations and Contracting

**Subject: All Plan Letter 24-019: Minor Consent to Outpatient Mental Health Treatment or Counseling**

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The Department of Health Care Services (DHCS) recently issued [All Plan Letter \(APL\) 24-019](#), "Minor Consent to Outpatient Mental Health Treatment or Counseling." We are sharing a summary of this APL with you to ensure you are aware of the information, and you can apply the information to your practice or facility operations, where appropriate.

Effective July 1, 2024, without consent from a parent or legal guardian, minors 12 years of age or older may consent to non-specialty outpatient Medi-Cal mental health treatment or counseling if, in the opinion of the attending professional person, the minor is mature enough to participate intelligently in the outpatient services.

### APL summary

- APL 24-019 aligns with [Assembly Bill 665](#) (AB 665), which removes the prior condition that minors could only receive these mental health services without parental consent if the minor would present a danger of serious physical or mental harm to self or others without the mental health treatment or counseling or if the minor was the alleged victim of incest or child abuse.
- Minors already eligible for full scope Medi-Cal can consent to outpatient mental health services without applying to enroll in limited scope Medi-Cal for Minor Consent Services.
- AB 665 defines a "professional person" as a registered psychologist, a psychosocial assistant, a psychology trainee, an associate clinical social worker, a social work intern, a clinical counselor trainee, and a board-certified or board eligible psychiatrist.
- While state law normally requires parents and legal guardians to be involved in a minor's mental health treatment, a professional person may determine if that involvement would be inappropriate. In that case, managed care plans, providers, and subcontractors are advised to suppress all communications that would violate the minor's confidentiality.
- Following consultation with the minor, the professional person will note in the Member record:
  1. If and when they attempted to contact the parent or guardian and if the attempt was successful, OR
  2. The reason why they believe it would be inappropriate to contact the parent or guardian.

This summary is only meant as a brief description of the APL. Please see the APL itself for additional background and the complete requirements. The full text of APL 24-019 may be found at this URL: <https://www.dhcs.ca.gov/formsandpubs/Documents/MMCDAPLsandPolicyLetters/APL%202024/APL24-019.pdf> (Links to the DHCS.ca.gov website will take you off of the Blue Shield Promise website.) If you have questions about applying a benefit to our members, please contact Blue Shield Promise Provider Services via Live Chat after logging in at [blueshieldca.com/provider](https://blueshieldca.com/provider) or call **(800) 468-9935** from 6 a.m. to 6:30 p.m., Monday through Friday.