

***Using the V and Z Codes to Identify Gaps
And Support Future Care***



THE THERAPY
FORWARD COMMUNITY
Casey M Smith, LCSW

Why was this Guide Created?

Many issues in life require treatment, but they don't neatly fall within the parameters of what constitutes a mental illness. Because of this, most insurance companies will not cover the cost of treating these conditions, or if they will, there will be strict restrictions on the quantity of counseling you may receive for them. As providers, we live in a society where sometimes it can be challenging, if not impossible, to understand everything going on with the client, let alone ensure that others understand what's happening with them. Sometimes, you can't diagnose a client, and sometimes, doing so may damage rapport or may not be in the best therapeutic interest of the client. When these situations arise, use these codes as a guide to have some of the conversations, put them in assessment, and have a significantly more transformative and holistic view of the client.



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V Codes

V codes play a crucial role in healthcare by providing a comprehensive picture of a patient's situation. They go beyond diagnoses to capture factors influencing health, like social stressors, family problems, or preventative care encounters. This additional information is vital for several reasons.

Three of the main goals of V codes are:

1. It enhances communication between healthcare providers, ensuring everyone involved completely understands the patient's context.
2. They can influence treatment plans by highlighting areas requiring additional support or intervention.
3. They offer a nuanced perspective on patient care, foster better communication, inform treatment decisions, and contribute to the broader healthcare landscape.



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<u>Relational Problems</u>	<u>Current</u>	<u>Ranking</u>	<u>How long</u>
V61.20 (Z62.820) Parent-Child Relational Problem			
V61.8 (Z62.891) Sibling Relational Problem			
V61.8 (Z62.29) Upbringing Away from Parents			
V61.29 (Z62.898) Child Affected by Parental Relationship Distress			
V61.10 (Z63.0) Relationship Distress with Spouse or Intimate Partner			
V61.03 (Z63.5) Disruption of Family by Separation or Divorce			
V61.8 (Z63.8) High Expressed Emotion Level Within Family			
V62.82 (Z63.4) Uncomplicated Bereavement			
<i>Educational and Occupational Problems</i>			
V62.3 (Z55.9) Academic or Educational Problem			
V62.21 (Z56.82) Problem Related to Current Military Deployment Status			
V62.29 (Z56.9) Other Problem Related to Employment			
<i>Housing and Economic Problems</i>			
V60.0 (Z59.0) Homelessness			
V60.1 (Z59.1) Inadequate Housing			
V60.89 (Z59.2) Discord With Neighbor, Lodger, or Landlord			
V60.6 (Z59.3) Problem Related to Living in a Residential Institution			
V60.2 (Z59.4) Lack of Adequate Food or Safe Drinking Water			
V60.2 (Z59.5) Extreme Poverty			
V60.2 (Z59.6) Low Income			
V60.2 (Z59.7) Insufficient Social Insurance or Welfare Support			
V60.9 (Z59.9) Unspecified Housing or Economic Problem			

<u>Social Environment</u>	<u>Current</u>	<u>Ranking</u>	<u>How long</u>
<i>Other Problems Related to the Social Environment</i>			
V62.89 (Z60.0) Phase of Life Problem			
V60.3 (Z60.2) Problem Related to Living Alone			
V62.4 (Z60.3) Acculturation Difficulty			
V62.4 (Z60.4) Social Exclusion or Rejection			
V62.4 (Z60.5) Target of (Perceived) Adverse Discrimination or Persecution			
V62.9 (260.9) Unspecified Problem Related to Social Environment			
<u>Crime and Legal System</u>			
<i>Problems Related to Crime or Interaction with the Legal System</i>			
V62.89 (Z65.4) Victim of Crime			
V62.5 (Z65.0) Conviction in Civil or Criminal Proceedings Without Imprisonment			
V62.5 (Z65.1) Imprisonment or Other Incarceration			
V62.5 (Z65.2) Problems Related to Release From Prison			
V62.5 (Z65.3) Problems Related to Other Legal Circumstances			
<u>Other Health Service Encounters</u>			
<i>Other Health Service Encounters for Counseling and Medical Advice</i>			
V65.49 (Z70.9) Sex Counseling			
V65.40 (Z71.9) Other Counseling or Consultation			
<i>Other Psychosocial, Personal, and Environmental Circumstances</i>			
<u>Religious or Spiritual Problem</u>			
V61.7 (Z64.0)			
<u>Problems Related to Unwanted Pregnancy</u>			
V61.5 (Z64.1)			
<u>Problems Related to Multiparity</u>			
V62.89 Z64.4) (Discord with Social Service Provider, Including Probation Officer, Case Manager, or Social Services Worker V62.89 (Z65.4)			

	<u>Current</u>	<u>Ranking</u>	<u>How long</u>
<u>Victims of Terrorism or Torture</u>			
V62.22 (Z65.5) Exposure to Disaster, War, or Other Hostilities			
V62.89 (Z65.8) Other Problem Related to Psychosocial Circumstances			
V62.9 (Z65.9) Unspecified Problem Related to Unspecified Psychosocial Circumstances			
<u>Circumstances of Personal History</u>			
<u>Other Circumstances of Personal History</u>			
V15.49 (291.49) Other Personal History of Psychological Trauma			
V15.59 (291.5) Personal History of Self-Harm			
V62.22 (Z91.82) Personal History of Military Deployment			
V15.89 (Z91.89) Other Personal Risk Factors			
V69.9 (Z72.9) Problem Related to Lifestyle			
V71.01 (272.811) Adult Antisocial Behavior			
V71.02 (Z72.810) Child or Adolescent Antisocial Behavior			
V63.9 (275.3) Unavailability or Inaccessibility of Health Care Facilities			
V63.8 (275.4) Unavailability or Inaccessibility of Other Helping Agencies			
V15.81 (Z91.19) Nonadherence to Medical Treatment			
278.00 (E66.9) Overweight or Obesity			
V65.2 (Z76.5) Malingering			
V40.31 (291.83) Wandering Associated With a Mental Disorder			
V62.89 (R41.83) Borderline Intellectual Functioning			

	<u>Current</u>	<u>Ranking</u>	<u>How long</u>
<u>Abuse and Neglect</u>			
<i>Abuse and Neglect</i>			
995.54 (T74.12XA) Child Physical Abuse, Confirmed			
995.54 (T76.12XA) Child Physical Abuse, Suspected			
V61.21 (Z69.010) Encounter for mental health services for victim of child abuse by parent			
V61.21 (Z69.020) Encounter for mental health services for victim of nonparental child abuse			
V15.41 (Z62.810) Personal history (past history) of physical abuse in childhood			
V61.22 (Z69.011) Encounter for mental health services for the perpetrator of parental child abuse			
V62.83 (Z69.021) Encounter for mental health services for perpetrator of nonparental child abuse			
V61.21 (Z69.010) Encounter for mental health services for victim of child sexual abuse by a parent			
V61.21 (Z69.020) Encounter for mental health services for victim of nonparental child sexual abuse			
V15.41 (Z62.810) Personal history (past history) of sexual abuse in childhood			
V61.22 (Z69.011) Encounter for mental health services for the perpetrator of parental child sexual abuse			
V62.83 (Z69.021) Encounter for mental health services for perpetrator of nonparental child sexual abuse			
995.52 (T74.02XA) Child Neglect, Confirmed			
995.52 (T76.02XA) Child Neglect, Suspected			
V61.21 (Z69.010) Encounter for mental health services for victim of child neglect by a parent			
V61.21 (Z69.020) Encounter for mental health services for victim of nonparental child neglect			
V15.42 (Z62.812) Personal history (past history) of neglect in childhood			
V61.22 (Z69.011) Encounter for mental health services for perpetrator of parental child neglect			
V62.83 (Z69.021) Encounter for mental health services for perpetrator of nonparental child neglect			
995.51 (T74.32XA) Child Psychological Abuse, Confirmed			
995.51 (T76.32XA) Child Psychological Abuse, Suspected			
V61.21 (Z69.010) Encounter for mental health services for victim of child psychological abuse by a parent			

	<u>Current</u>	<u>Ranking</u>	<u>How long</u>
<u>Abuse and Neglect (Continued)</u>			
Abuse and Neglect			
V61.21 (Z69.020) Encounter for mental health services for victim of nonparental child psychological abuse			
V15.42 (Z62.811) Personal history (past history) of psychological abuse in childhood			
V61.22 (Z69.011) Encounter for mental health services for perpetrator of parental child psychological abuse			
V62.83 (Z69.021) Encounter for mental health services for perpetrator of nonparental child psychological abuse			
995.81 (T74.11XA) Spouse or Partner Violence, Physical, Confirmed			
995.81 (T76.11XA) Spouse or Partner Violence, Physical, Suspected			
V61.11 (Z69.11) Encounter for mental health services for victim of spouse or partner violence, physical			
V15.41 (Z91.410) Personal history (past history) of spouse or partner violence, physical			
V61.12 (Z69.12) Encounter for mental health services for the perpetrator of the spouse or partner violence, physical			
995.83 (T74.21XA) Spouse or Partner Violence, Sexual, Confirmed			
995.83 (T76.21XA) Spouse or Partner Violence, Sexual, Suspected			
V61.11 (Z69.81) Encounter for mental health services for victim of spouse or partner violence, sexual			
V15.41 (Z91.410) Personal history (past history) of spouse or partner violence, sexual			
V61.12 (Z69.12) Encounter for mental health services for perpetrators of spouse or partner violence, sexual.			
995.85 (T74.01XA) Spouse or Partner Neglect, Confirmed			
995.85 (T76.01XA) Spouse or Partner Neglect, Suspected			
V61.11 (Z69.11) Encounter for mental health services for victim of spouse or partner neglect			
V15.42 (Z91.412) Personal history (past history) of spouse or partner neglect			
V61.12 (Z69.12) Encounter for mental health services for the perpetrator of the spouse or partner neglect			
995.82 (T74.31XA) Spouse or Partner Abuse, Psychological, Confirmed			
995.82 (T76.31XA) Spouse or Partner Abuse, Psychological, Suspected			
V61.11 (Z69.11) Encounter for mental health services for victim of spouse or partner psychological abuse			
V15.42 (Z91.411) Personal history (past history) of spouse or partner psychological abuse			
V61.12 (Z69.12) Encounter for mental health services for perpetrator of spouse or partner psychological abuse			
995.81 (T74.11XA) Adult Physical Abuse by Non-spouse or Non-partner, Confirmed			
V65.49 (Z69.81) Encounter for mental health services for victim of non-spousal or non-partner adult abuse.			
V62.83 (Z69.82) Encounter for mental health services for perpetrator of non-spousal or non-partner adult abuse			

Z Codes (ICD-10)

Z codes are crucial in understanding the "bigger picture" of a patient's health. These codes, designated within the medical coding system, capture social determinants of health (SDOH), like access to education, housing, and food security. By documenting these factors, healthcare providers gain valuable insights beyond diagnoses and procedures. This information allows for:

1. **Improved patient care:** Tailoring treatment plans to address underlying social factors impacting health.
2. **Targeted interventions:** Identifying and addressing community-level social determinants of health issues to improve population health outcomes.
3. **Monitoring progress:** Tracking interventions' effectiveness to improve social determinants of health and reduce health disparities.

Overall, using Z codes empowers healthcare professionals to go beyond treating illnesses and work towards promoting overall well-being for individuals and communities.



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	<u>Current</u>	<u>Ranking</u>	<u>How long</u>
Factors influencing health status and contact with health services (Z00-Z99)			
Z00-Z13 Persons encountering health services for examination and investigation Z20-Z29 Persons with potential health hazards related to communicable diseases			
Z30-Z39 Persons encountering health services in the circumstances related to reproduction			
Z40-Z54 Persons encountering health services for specific procedures and health care			
Z55-Z65 Persons with potential health hazards related to socioeconomic and psychosocial circumstances			
Z70-Z76 Persons encountering health services in other circumstances			
Z80-Z99 Persons with potential health hazards related to family and personal history and certain conditions influencing health status			
<u>Education and Literacy</u>			
Problems Related to Education and Literacy (Z55)			
255.0 Illiteracy and low-level literacy			
Z55.1 Schooling unavailable and unattainable			
Z55.2 Failed examinations			
Z55.3 Underachievement in School			
Z55.4 Educational maladjustment and discord with teachers and classmates			
Z55.8 Other problems related to education and literacy			
Z55.9 Problem-related to education and literacy, unspecified			
<u>Employment and Unemployment</u>			
Problems Related to Employment and Unemployment (Z56)			
Z56.0 Unemployment, unspecified			
Z56.1 Change of job			
Z56.2 Threat of job loss			
Z56.3 Stressful work schedule			
Z56.4 Discord with boss and workmates			
Z56.5 Uncongenial work Difficult conditions at work			
Z56.6 Other physical and mental strain related to work			
Z56.7 Other and unspecified problems related to employment			

	<u>Current</u>	<u>Ranking</u>	<u>How long</u>
<u>Housing and Economic</u>			
<i>Problems Related to Housing and Economic Circumstances (Z59)</i>			
Z59.0 Homelessness Inadequate housing Lack of heating			
Z59.1 Restriction of space technical defects in home preventing adequate care Unsatisfactory surroundings			
Z59.2 Discord with neighbors, lodgers, and landlord			
Z59.3 Problems related to living in residential institution Boarding-school resident			
Z59.4 Lack of adequate food			
Z59.5 Extreme poverty			
Z59.6 Low Income			
Z59.7 Insufficient social insurance and welfare support			
<i>Other problems related to housing and economic circumstances</i>			
<i>Foreclosure on loan</i>			
Z59.8 Isolated dwelling Problems with creditors			
Z59.9 Problem-related to housing and economic circumstances, unspecified			
<u>Social Environment</u>			
<i>Problems Related to Social Environment (Z60)</i>			
Problems of adjustment to life-cycle transitions			
Z60.0 Adjustment to retirement [pension] Empty nest syndrome			
Atypical parenting situation			
Z60.1 Problems related to a parenting situation (rearing of children) with a single parent or other than that of two cohabiting biological parents.			
Z60.2 Living alone			
Acculturation difficulty			
Z60.3 Migration/ Social transplantation/ Social exclusion and rejection			
Z60.4 Exclusion and rejection based on personal characteristics, such as unusual physical appearance, illness, or behavior.			
The target of perceived adverse discrimination and persecution			
Z60.5 Persecution or discrimination, perceived or actual, on the basis of membership of some group (as defined by skin color, religion, ethnic origin, etc.) rather than personal characteristics			
Z60.8 Other problems related to social environment			
Z60.9 Problem-related to the social environment, unspecified			

	<u>Current</u>	<u>Ranking</u>	<u>How long</u>
<u>Adverse Life Events in Childhood</u>			
<i>Problems Related to Negative Life Events in Childhood (Z61)</i>			
Z61.0 Loss of love relationship in childhood			
Z61.1 Removal from home in childhood			
Z61.2 Altered pattern of family relationships in childhood			
Z61.3 Events resulting in loss of self-esteem in childhood			
Z61.4 Problems related to alleged sexual abuse of a child by person within primary support group			
Z61.5 Problems related to alleged sexual abuse of child by person outside primary support group			
Z61.6 Problems related to alleged physical abuse of child			
Z61.7 Personal frightening experience in childhood			
Z61.8 Other negative life events in childhood			
Z61.9 Negative life event in childhood, unspecified			
ACE Score:			

	<u>Current</u>	<u>Ranking</u>	<u>How long</u>
<i>Problems Related to Upbringing</i>			
<i>Other Problems Related to Upbringing (Z62)</i>			
Z62.0 Inadequate parental supervision and control			
Z62.1 Parental overprotection			
Z62.2 Institutional upbringing			
Z62.3 Hostility towards and scapegoating of child			
Z62.4 Emotional neglect of child			
Z62.5 Other problems related to neglect in upbringing			
Z62.6 Inappropriate parental pressure and other abnormal qualities of upbringing			
Z62.8 Other specified problems related to upbringing			
Z62.9 Problem related to upbringing, unspecified			
<i>Problems Related to Primary Support</i>			
Other Problems Related to Primary Support Group, including family circumstances (Z63)			
<i>Problems in relationship with spouse or partner</i>			
Z63.0 Discord between partners resulting in severe or prolonged loss of control, in generalization of hostile or critical feelings, or in a persisting atmosphere of severe interpersonal violence (hitting or striking).			
Z63.1 Problems in relationship with parents and in-laws			
Z63.2 Inadequate family support			
Z63.3 Absence of family member			
Z63.4 Disappearance and death of family member Assumed death of family member			
Z63.5 Disruption of family by separation and divorce Estrangement			
Z63.6 Dependent relative needing care at home			
Other stressful life events affecting family and household Anxiety (normal) about sick person in family			
Z63.7 Health problems within family Ill or disturbed family member Isolated family			
<i>Other specified problems related to primary support group Family discord NOS</i>			
Z63.8 High expressed emotional level within family Inadequate or distorted communication within the family.			
Z63.9 Problem-related to a primary support group, unspecified			

	<u>Current</u>	<u>Ranking</u>	<u>How long</u>
<u>Psychosocial Circumstances</u>			
<i>Problems related to certain psychosocial circumstances (Z64)</i>			
Z64.0 Problems related to unwanted pregnancy			
Z64.1 Problems related to multiparity			
Z64.2 Seeking and accepting physical, nutritional and chemical interventions known to be hazardous and harmful			
Z64.3 Seeking and accepting behavioral and psychological interventions known to be hazardous and harmful			
<u>Other Psychosocial Circumstances</u>			
<i>Problems Related to Other Psychosocial Circumstances (Z65)</i>			
Z65.0 Conviction in civil and criminal proceedings without imprisonment			
Z65.1 Imprisonment and other incarceration			
Z65.2 Problems related to release from prison			
Z65.2 Problems related to release from prison			
<i>Problems related to other legal circumstances Arrest</i>			
Z65.3 Child custody or support proceedings Litigation Prosecution			
<i>Victim of crime and terrorism</i>			
Z65.4 Victim of torture			
Z65.5 Exposure to disaster, war, and other hostilities			
Z65.8 Other specified problems related to psychosocial circumstances			
Z65.9 Problem related to unspecified psychosocial circumstances			

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