



*We heal and inspire the human spirit.*

**To:** IEHP Medi-Cal PCPs & BH Providers  
**From:** IEHP – Provider Relations  
**Date:** June 2, 2025  
**Subject:** **APL 24-019: Minor Consent to Outpatient Mental Health Treatment or Counseling**

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**[DHCS All Plan Letter \(APL\) 24-019<sup>1</sup>](#) states minors 12 years of age or older may consent to non-specialty outpatient Medi-Cal mental health treatment or counseling without consent from their parent or legal guardian if, in the opinion of the attending professional person, the minor is mature enough to participate intelligently in the outpatient services.**

The professional person must use their clinical judgment and expertise to make a determination regarding the minor's maturity to participate intelligently in these services.

AB 665 defines a “**professional person**” to include registered psychologists, registered psychosocial assistants, and psychology trainees (while working under the supervision of a licensed professional); associate clinical social workers; social work interns; clinical counselor trainees (while working under the supervision of a licensed professional); and board-certified or board eligible psychiatrists.

#### Parent/Guardian Involvement and Notification

State law requires that the parent or guardian of a minor receiving outpatient mental health treatment or counseling be involved in the treatment unless, after consulting with the minor, the professional person determines that the involvement of the minor's parent or guardian would be inappropriate.

The professional person must note such determination in the Member record, stating either:

- (1) whether and when the person attempted to contact the minor's parent or guardian, and whether the attempt to contact was successful; or
- (2) the reason why, in the professional person's opinion, it would be inappropriate to contact the minor's parent or guardian.

For more information on Member consent, please review MC\_7C “Informed Consent,” which is accessible to you through the Provider website: [www.providerservices.iehp.org](http://www.providerservices.iehp.org) > Resources > Manuals & Training > Manuals & Regulatory Training

If you have any questions, please contact the IEHP Provider Call Center at (909) 890-2054, (866) 223-4347 or email [ProviderServices@iehp.org](mailto:ProviderServices@iehp.org).

All IEHP communications can be found at: [www.providerservices.iehp.org](http://www.providerservices.iehp.org) > News and Updates > Notices

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<sup>1</sup> <https://www.dhcs.ca.gov> > Forms and Publications > Letters, information Notices and Bulletins > Medi-Cal Managed Care all Plan and Policy Letters > All Plan Letters