



# BEHAVIORAL HEALTH GUIDELINES

Reliable, evidence-based tools and criteria that address appropriateness of specific psychological, behavioral and pharmacologic therapies.



# BEHAVIORAL HEALTHCARE TOOLS

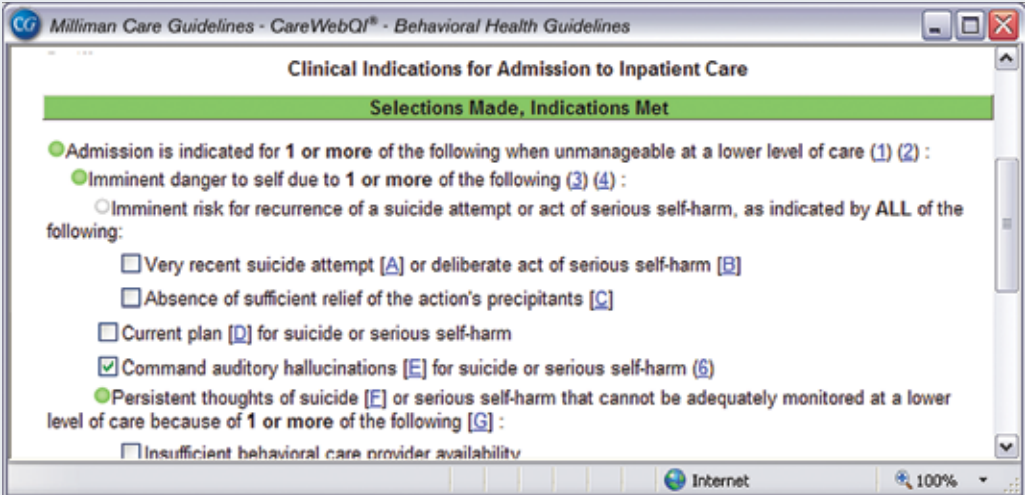
With the *Behavioral Health Guidelines*, payors and providers alike have evidence-based tools to address behavioral healthcare challenges efficiently and effectively.

This product provides a resource for more consistent, objective, diagnosis-based behavioral healthcare decisions by identifying appropriate levels of care. Diagnoses are presented in 15 guideline groups, addressing behaviors

ranging from anorexia and anxiety disorders to schizophrenia and substance abuse.

Each group covers five levels of care – inpatient, residential care, partial hospitalization, intensive outpatient program, and acute outpatient care – to define the optimal care level for effective behavioral health therapy. Each also includes Discharge Criteria and an Annotated Bibliography summarizing guideline evidence.

Health plans can use these guidelines to integrate behavioral health care with other UM and to better manage client treatment “in-house,” while clinical teams can use the guidelines to confidently provide behavioral health treatments based on graded evidence from published research and reports about these diagnoses.



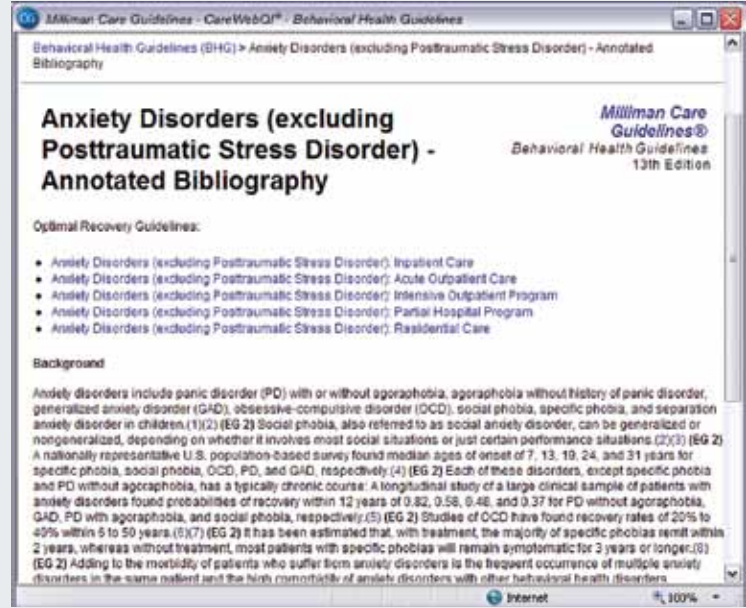
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► **Clinical Indications and Alternatives for Admission:** These sections outline clinical indications for admission to the most effective level of care. Why waste scarce inpatient resources on specific behavioral diagnoses when other available treatment levels more effectively address specific behavioral issues?



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► **Discharge Criteria:** Deciding when a patient is ready for discharge is a key in effective patient management, and can be especially challenging in behavioral health. These criteria identify specific care elements to consider in discharging a patient to an effective lower level of care.



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► **Annotated Bibliography:** Each guideline's Annotated Bibliography gives care managers a guide to source documents to determine how applicable findings are to a specific patient.

**Alternative Care Planning:** Patient variability can make selecting the most effective therapy challenging. The *Behavioral Health Guidelines* product outlines effective alternative therapies for the clinician to consider, based on patient specifics.

**Partial Hospital Care Planning:** The *Behavioral Health Guidelines* product provides detailed plans for moving patients to less intensive, but still effective levels, giving healthcare managers the tools to deliver the best care with even limited behavioral healthcare resources.

**Recovery Course:** To manage the longer care episodes common in these treatments, the *Behavioral Health Guidelines* presents Recovery Courses two ways – care days for inpatient treatments, or stages for non-inpatient treatments. These care pathways are familiar to users of other *Care Guidelines* products.

### 15 Diagnostic Groups

- Anorexia Nervosa
- Anxiety Disorders (excluding Posttraumatic Stress Disorder)
- Attention-Deficit and Disruptive Behavior Disorders
- Bipolar Disorders
- Bulimia Nervosa and Eating Disorder Not Otherwise Specified
- Delirium
- Dementia
- Dysthymia and Minor Depression
- Major Depressive Disorder
- Other Psychiatric Disorders
- Other Psychotic Disorders
- Pervasive Developmental Disorders
- Posttraumatic Stress Disorder
- Schizophrenia Spectrum Disorders
- Substance Abuse, Dependence, or Withdrawal

### 5 Levels of Care

- Inpatient Care
- Residential Care
- Partial Hospitalization Program
- Intensive Outpatient Program
- Acute Outpatient Care



## Software and Strategic Alliances

The current best evidence is optimal only when easily used by healthcare professionals to make decisions about the care of individual patients. From web-based applications, to interactive software producing real-time management reports, to handheld versions, *Care Guidelines* software and strategic alliances make the current best evidence readily available for use where it matters: at the point of care.

**CareWebQI®** – Web-based interactive software that captures and reports on real-time clinical data through consistent point-and-click application and easy-to-use variance selection. This enables users to identify inappropriate care, providing reports about variances from evidence-based best practice; physician, facility and resource delays; national quality measures; and more. Installable version also available.

**Web** – Provides access from any Internet-ready computer.

**PC** – Makes the *Care Guidelines* available through an application for Windows®.

**Handheld** – Use the *Care Guidelines* through a PDA.

**Intranet** – An HTML version that can be customized for intranet use.

**Interrater Reliability Tool** – Measures consistent and appropriate use of the *Care Guidelines*. Web-based software tests ability to find the right guideline, including relevant sections, and to apply it appropriately.

**Strategic Alliances** – The *Care Guidelines* are integrated with 30 care management programs from 25 Strategic Alliance Partners, providing clients with improved workflow. For more information regarding alliances, visit [www.careguidelines.com/sap](http://www.careguidelines.com/sap).

For more information on the *Care Guidelines*, licensing or training, please call us at 888 464.4746 or visit our website at [www.careguidelines.com](http://www.careguidelines.com).

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## **Additional Products:**

### ***Ambulatory Care***

The tool of choice for authorizing established and emerging technologies, outpatient procedures, diagnostic tests, imaging, rehabilitation services, DME, injectables and more.

### ***Inpatient and Surgical Care***

A key evidence-based resource for proactive inpatient care management, including criteria, goals, care pathways and other decision-support tools.

### ***General Recovery Guidelines***

Ideal when there isn't a guideline for the diagnosis, or when the clinical situation is so complex that a guideline is not easily applied.

### ***Recovery Facility Care***

A detailed and comprehensive means to develop effective plans for recovery facility admission, care and discharge.

### ***Home Care***

A comprehensive planning resource to smoothly move patients to home healthcare.

### ***Chronic Care Guidelines***

A tool to facilitate outpatient care for chronic or complex diagnoses.