

## Family Psychoeducation Clinical Guideline

MVP Health Care, as part of its continuing Quality Improvement Program, adopted the following resource: *Family Psychoeducation: Substance Abuse and Mental Health Services Administration (SAMHSA)*.

The main goal is to achieve the best possible outcome for a member who has been diagnosed with a mental health condition.

Members who participate in Psychoeducation interventions experience fewer relapses and spend less time in the hospital. It is also understood that families who participate in psychoeducation show greater knowledge of serious mental illnesses and report less stress, more support, and less isolation.

Detailed information is found at [Family Psychoeducation Evidence-Based Practices \(EBP\) KIT | SAMHSA Publications and Digital Products](#). This link is to a series of booklets created by the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.

### Summary of the Guidelines

Family Psychoeducation (FPE) is an evidence-based treatment modality that provides information to a member and their family. FPE is not family therapy (where the family is the object of treatment), rather it is the illness that is the central focus.

FPE promotes recovery by providing the member and their family information about mental illnesses, emotional support, and resources. There is a specific emphasis on enhancing problem-solving skills, improving communication among family members, improving social connections, and coping skills.

With the focus on strengths, understanding limitations, current concerns as well as the individual member's clinical needs and social needs, FPE can support personal recovery goals through a structured problem-solving approach that increases collaboration with providers and community supports.

Additional tools to assist providers with educating their patients on behavioral health conditions are included in the Provider Quality Improvement Manual under Behavioral Health.

### [Quality Programs and Initiatives | MVP Health Care](#)

For providers in New York State who care for children and adolescents with mild-to-moderate behavioral health needs, an additional resource, Project TEACH, is available. Project TEACH is funded by the New York State Office of Mental Health and aims to strengthen and support the ability of New York's pediatric primary care providers to deliver care to children and their families experiencing mild-to-moderate mental health concerns including anxiety, depression, and ADHD, in children, adolescents, and young adults up to age 22. Project

TEACH offers providers consultations, referrals, and training at no cost. Project TEACH may be accessed at <https://projectteachny.org/>

[Learn more about Project TEACH](#)

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In conjunction with these guidelines, MVP Health Care offers Case Management for members with behavioral health conditions. If you would like to refer your patients to the Case Management program, please call the MVP Case Management Department at **1-800-852-7826**.

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician. Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **(800) 777-4793 extension 1-2247**.