

MVP Health Care Behavioral Health Clinical Practice Guidelines

MVP Health Care, as part of its continuing Quality Improvement Program, adopts clinical practice guidelines to assist providers in screening, assessing, and treating common disorders. MVP Health Care has adopted clinical practice guidelines published by the American Psychiatric Association (APA) and the American Academy of Child and Adolescent Psychiatry (AACAP) and other professional organizations. These organizations have articulated principles that form the foundation for acceptable standards of care.

MVP Health Care has reviewed and adopted the following guidelines that meet those standards and serve as a resource for behavioral health care providers:

- 1. Bipolar disorder**
American Psychiatric Association (APA)
[Practice Guideline for the Treatment of Patients With Bipolar Disorder, Second Edition](#)
- 2. Major depressive disorder**
American Psychiatric Association (APA)
[Treatment of Patients With Major Depressive Disorder, Third Edition](#)
- 3. Depressive disorders; children and adolescents**
American Academy of Child and Adolescent Psychiatry (AACAP)
[Practice Parameter for the Assessment and Treatment of Children and Adolescents With Depressive Disorders](#)
- 4. Schizophrenia in Adults**
American Psychiatric Association (APA)
[Treatment of Patients with Schizophrenia, Third Edition](#)
- 5. Illness Management and Recovery**
Substance Abuse and Mental Health Services Administration (SAMHSA)
[Illness Management and Recovery Evidence Based Practices \(EBP\) Kit](#)
- 6. Integrated Dual Disorder Treatment for Co-occurring Disorders**
Substance Abuse and Mental Health Services Administration (SAMHSA)
[Integrated Treatment for Co-Occurring Disorders](#)
- 7. Supported Employment (Individual Placement and Support)**
Substance Abuse and Mental Health Services Administration (SAMHSA)
[Supported Employment Evidence-Based Practices \(EBP\) KIT](#)
- 8. Family Psychoeducation**
Substance Abuse and Mental Health Services Administration (SAMHSA)
[Family Psychoeducation Evidence-Based Practices \(EBP\) KIT](#)
- 9. Tobacco cessation**
Department of Health and Human Services (HHS)
[Treating Tobacco Use and Dependence: 2008 Update - Clinical Practice Guideline](#)

10. New York State Office of Mental Health (OMH) First Episode Psychosis (FEP) practice guidelines

NYS Office of Mental Health

[Information to assist managed care plans to meet requirements for persons with first episode psychosis](#)

[Evidence-Based Treatments for First Episode Psychosis: Components of Coordinated Specialty Care](#)

11. Seeking Safety (SS)

[Seeking Safety: An Evidence-Based Collaborative Harm Reduction Intervention for PTSD and Substance Abuse](#)

12. Motivational Enhancement Therapy

National Institute on Drug Abuse

[Motivational Enhancement Therapy \(Alcohol, Marijuana, Nicotine\)](#)

13. Twelve- Step Facilitation

National Institute on Drug Abuse

[12-Step Facilitation Therapy \(Alcohol, Stimulants, Opiates\)](#)

14. Substance use disorders in adults:

The American Psychiatric Association (APA)

Including Cognitive-Behavioral Therapy (CBT) for Substance Use Disorder (SUD)

[Treatment of Patients with Substance Use Disorders](#)

15. Medication Assisted Treatment (MAT) for Substance Use Disorder (SUD)

The American Psychiatric Association (APA)

[Practice Guideline for the Pharmacological Treatment of Patients With Alcohol Use Disorder](#)

16. Substance use disorders in children and adolescents

American Academy of Child and Adolescent Psychiatry (AACAP)

[Practice Parameter for the Assessment and Treatment of Children and Adolescents with Substance Use Disorder](#)

17. Substance use disorders in pregnant women

Substance Abuse and Mental Health Services Administration (SAMHSA)

[A Collaborative Approach to the Treatment of Pregnant Women with Opioid Use Disorders](#)

18. Assertive Community Treatment (ACT)

Substance Abuse and Mental Health Services Administration (SAMHSA's)

[Assertive Community Treatment \(ACT\) Evidence-Based Practices \(EBP\) KIT](#)

Additional Guidelines:

19. Major Depression in Adults in Primary Care Guideline

Institute for Clinical Systems Improvement (ICSI)

[Depression in Primary Care](#)

Note: MVP Health Care publishes medical guidelines from a number of well-respected national sources. These guidelines may have some differences in recommendations. Information contained in the guidelines is not a substitute for a health care professional's clinical judgment and is not always applicable to an individual. Therefore, the health care professional and patient should work in partnership in the decision-making process regarding the patient's treatment. Furthermore, using this information will not guarantee a specific outcome for each patient. None of the information in the guidelines is intended to interfere with or prohibit clinical decisions made by a treating health care professional regarding medically available treatment options of patients. Since publication of these guidelines is not a promise of coverage, individuals should review their coverage to determine benefits.

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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**.