Practice Guidelines Overview

Practice guidelines are intended to assist providers and members in clinical decision-making and to improve care. They also document evidence available to determine appropriate care. Guidelines are not meant to dictate clinical practice but are evidenced based and a good place to go for guidance in the care of mental disorders. Providers need to keep in mind that each member is an individual and that each provider has their own approach to delivery of care. Therefore, all treatment must be individualized to the individual. Good clinical judgment should be used in all situations and at times will supersede practice guidelines.

Cardinal Innovations will use practice guidelines and clinical standards to evaluate effectiveness and appropriateness of care. The utilization management unit performs this function. Care that is deemed outside the norm will be evaluated by these guidelines. Providers may also use these guidelines as a road map for effective evidence based care. We also intend members to use these guidelines to help them make decisions about treatment.

Good examples of the use of guidelines are the following:

- A provider is treating an individual who suffers from schizophrenia who is still psychotic after a trial of three antipsychotics. The guidelines clearly show that the next step is for the individual to be placed on Clozaril. The provider should make arrangements for the individual to receive Clozaril. If the case were reviewed by UR, we would require that the individual be placed on Clozaril if there were no contraindications and the individual was willing.

- An individual with depression is being treated with Cognitive Behavioral Therapy (CBT). The individual is not sure if this is a valid treatment for this illness. The guidelines do recommend CBT for the treatment of depression. They would also notice that medication is recommended for depression. This would allow for the individual to make an informed decision about their care.

Many of these guidelines have been adopted from the American Psychiatric Association. Cardinal Innovations staff and consultants who are considered experts in their fields have developed several of these guidelines where national guidelines were not available. All of the guidelines have been reviewed and accepted by our Clinical Advisory Council that consists of staff, practitioners and members.

Please use these guidelines as a road map and an educational tool. They are best used when individuals are not achieving improvement goals.

Cardinal Innovations will continue to monitor, revise, and add to this list of guidelines.
# Practice Guidelines and Articles

## Adult Mental Health

### Anxiety Disorder Guidelines

"Trauma-Informed Behavioral Interventions: What Works and What Doesn't"

*Author: Karyn Harvey*
*Format: Paperback, 2012*
*ISBN: 978-1-937604-04-2*
*http://aaid.org*

American Psychiatric Association - Practice Guideline for the Treatment of Patients with Panic Disorder
*Reviewed: October 2016*

VA/DOD Guidelines for PTSD (for adults only)
*Reviewed: October 2016*

### Bipolar Disorders Guidelines

Bipolar Guideline
*Reviewed: January 2017*

### Borderline PD Guidelines

APA Borderline Personality Disorder, 2010
*Reviewed: April 2016*

NICE Borderline Personality Disorder
*Reviewed: April 2016*

### Suicide Guidelines

*Reviewed: October 2016*

Supplement Document Emergency Nurses Association (ENA) Clinical Practice Guidelines: Suicide Risk Assessment
*Reviewed: January 2017*

### Eating Disorders Guidelines

American Psychiatric Association Practice Guideline for the Treatment of Patients with Eating Disorders
*Reviewed: October 2016*

*Reviewed: October 2016*

### Schizophrenia Guidelines

American Psychiatric Association Practice Guideline for the Treatment of Patients with Schizophrenia
*Reviewed: October 2016*

Supplement Document Guideline Watch (September 2009): Practice Guideline for the Treatment of Patients with Schizophrenia
*Reviewed: October 2016*

Reference Table
Introduction to Magellan's Adopted Clinical Practice guidelines for the Treatment of Schizophrenia
*Reviewed: January 2017*

### ADHD Guidelines

Screening, Referral and Treatment for Attention Deficit and Hyperactivity Disorder (ADHD) – Adult – Ambulatory
*Reviewed: October 2017*

Clinical Practice Guideline for Patients with Attention Deficit/Hyperactivity Disorder
*Reviewed: October 2017*
Depression Guidelines
American Psychiatric Association Practice Guideline for the Treatment of Patients with Major Depressive Disorder
Reviewed: October 2016
Supplement Document
Diagnosis and Treatment of Depression in Adults:
2012 Clinical Practice Guideline by Kaiser Permanente

Electroconvulsive Therapy (ECT)
APA Committee on Electroconvulsive Therapy - The Practice of Electroconvulsive Therapy: Recommendations for Treatment, Training, and Privileging
Reviewed: December 2018
Clinical Manual of Electroconvulsive Therapy
Reviewed: December 2018

Child Mental Health
Reactive Attachment Disorder Guidelines
Reviewed: January 2017
ADHD American Academy of Pediatrics
Reviewed: October 2017
Updated Clinical Guidelines for Diagnosing Fetal Alcohol Spectrum Disorders
Reviewed: January 2017

Children in Residential Settings
Principles of care for Treatment of Children and Adolescents with Mental Illness in Residential Settings
Reviewed: October 2016
Reference Document Perspectives on Residential and Community-Based Treatment for Youth and Families
Reviewed: October 2016
Practice Parameter for the Assessment and Treatment of Children and Adolescents With Post traumatic Stress Disorder
Reviewed: October 2017
National Child Traumatic Stress Network Empirically Supported Treatments and Promising Practices
Reviewed: October 2017
Practice Parameter for the Assessment and Treatment of Children and Adolescents with Schizophrenia
Reviewed: January 2017
Child Autism

Intellectual and Developmental Disabilities
Natural Supports
Reviewed: January 2018
ABA Guidelines
Reviewed: January 2016
Autism Spectrum Disorders
Reviewed: January 2017
Down Syndrome
Reviewed: January 2017
Williams Syndrome
January 2017
Introduction to Intellectual/Developmental Disabilities Practice Guidelines
Reviewed July 2015
Cerebral Palsy
Date Posted: October 2013
Reviewed: January 2016
Prader-Willi Syndrome
Reviewed: January 2016
Psychological Testing Guidelines
Reviewed: September 2016
How Trauma Affects People with Intellectual Disabilities
Reviewed: December 2014
Facts on Traumatic Stress and Children with Developmental Disabilities
Reviewed:
<table>
<thead>
<tr>
<th>Habilitation Guidelines</th>
<th>Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Community Integration, Habilitation and Support</td>
<td>ASAM: National Practice Guideline for the Use of Medications in the Treatment of Addiction Involving Opioid Use</td>
</tr>
<tr>
<td></td>
<td>Practice Guideline for the Treatment of Patients with Substance Use Disorders Second Edition 2010 APA</td>
</tr>
<tr>
<td></td>
<td>Substance Use Disorder Guideline Supplement</td>
</tr>
<tr>
<td></td>
<td>Federal Guidelines for Opioid Treatment Programs</td>
</tr>
<tr>
<td></td>
<td>The American Psychiatric Association (APA) Practice Guideline for the Pharmacologic Treatment of Patients with Alcohol Use Disorder</td>
</tr>
<tr>
<td></td>
<td>VA/DoD Clinical Practice Guideline for Management Of Substance Use Disorders (SUD)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Disorders of Substance Use</th>
<th>Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Controlled Substance Prescribing Standards</td>
</tr>
<tr>
<td></td>
<td>Controlled Substance Prescribing Guidelines</td>
</tr>
<tr>
<td></td>
<td>Benzodiazepine Use</td>
</tr>
<tr>
<td></td>
<td>CDC Guideline for Prescribing Opioids for Chronic Pain</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Recovery Guidelines</th>
<th>Guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>International Standards for Clubhouse Programs</td>
</tr>
<tr>
<td></td>
<td>Peer Support Guidelines</td>
</tr>
<tr>
<td></td>
<td>Medication Management</td>
</tr>
<tr>
<td></td>
<td>Supported Employment</td>
</tr>
<tr>
<td></td>
<td>Permanent Supportive Housing</td>
</tr>
<tr>
<td></td>
<td>Definition of Recovery</td>
</tr>
<tr>
<td></td>
<td>SAMHSA’s Working Definition of Recovery</td>
</tr>
</tbody>
</table>

| Epilepsy Information and Resources                          | Reviewed: October 2017                                                                               |
|                                                            | Disordered Substance Use Guidelines                                                                  |
|                                                            | ASAM: National Practice Guideline for the Use of Medications in the Treatment of Addiction Involving Opioid Use |
|                                                            | Practice Guideline for the Treatment of Patients with Substance Use Disorders Second Edition 2010 APA |
|                                                            | Substance Use Disorder Guideline Supplement                                                          |
|                                                            | Federal Guidelines for Opioid Treatment Programs                                                      |
|                                                            | The American Psychiatric Association (APA) Practice Guideline for the Pharmacologic Treatment of Patients with Alcohol Use Disorder |
|                                                            | VA/DoD Clinical Practice Guideline for Management Of Substance Use Disorders (SUD)                    |

| Controlled Substance Prescribing Standards                  | Reviewed: December 2018                                                                              |
|                                                            | CDC Guideline for Prescribing Opioids for Chronic Pain                                                |

| Recovery Guidelines                                         | Reviewed: January 2018                                                                               |
|                                                            | Definition of Recovery                                                                               |
|                                                            | SAMHSA’s Working Definition of Recovery                                                              |
LGBTQ

Child/Adolescent Guidelines
Clinical Guidelines for the Management of Disorders of Sex Development in Childhood
Reviewed: April 2017

Practice Parameter on Gay, Lesbian, or Bisexual Sexual Orientation Gender Nonconformity, and Gender Discordance in Children and Adolescents
Reviewed: April 2017

Adult Guidelines
Guidelines for Psychological Practice With Lesbian, Gay and Bisexual Clients
Reviewed: April 2017

Guidelines for Psychological Practice With Transgender and Gender Nonconforming People
Reviewed: April 2017