

# CLINICAL PRACTICE GUIDELINES

## **Definition and Prescribed Use Design:**

PENN Behavioral Health has adopted a number of clinical practice guidelines to assist providers in the assessment and treatment of disorders commonly occurring among Covered Persons. Prior to the adoption of each guideline, the relevant scientific literature is reviewed by a multi-disciplinary panel that includes Board-certified psychiatrists, with input from providers in PENN Behavioral Health's provider network and from consumers and community agencies. PENN Behavioral Health reviews adopted guidelines at least every two (2) years and provide updates as necessary. Providers are encouraged to visit PENN Behavioral Health's web site [www.pennbehavioralhealth.org](http://www.pennbehavioralhealth.org) and click on the Service Provider section for learn about updates. As with clinical guidelines in general, PENN Behavioral Health's adopted guidelines are intended to augment, not replace, sound clinical judgment.

## **Criteria for Short Term Treatment of Acute Psychiatric Illness:**

### **Depression**

PENN Behavioral Health has adopted the **American Psychiatric Association's (APA) Practice Guideline for the Treatment of Patients with Major Depression**, Second Edition (April 2000) to serve as an evidence-based framework for providers' clinical decision making with adult Covered Persons who have major depression. The guideline covers the psychiatric management of patients with this disorder, with content ranging from clinical features and epidemiology to all recognized aspects of treatment approach and planning.

Please Note: The APA guideline is for the treatment of adult patients only and therefore is not applicable to children and adolescents.

### **Suicidal Behaviors**

PENN Behavioral Health has adopted the American Psychiatric Association (APA) **Practice Guideline for the Treatment of Patients with Suicidal Behaviors** (November 2003) to serve as an evidence-based framework for providers' clinical decision making with Covered Persons who exhibit suicidal risk. The guideline covers the psychiatric management of patients with this disorder, with content ranging from clinical features and epidemiology to all recognized aspects of treatment approach and planning.

### **Substance Use Disorders**

PENN Behavioral Health has adopted the American Psychiatric Association (APA) **Practice Guideline for the Treatment of Patients with Substance Use Disorders, Alcohol, Cocaine, and Opioids** (November 1995) to serve as an evidence-based framework for providers' clinical decision making with Covered Persons who have substance abuse disorders. The guideline covers the psychiatric management of patients with this disorder, with content ranging from clinical features and epidemiology to all recognized aspects of treatment approach and planning.

### **Schizophrenia**

PENN Behavioral Health has adopted the American Psychiatric Association (APA) **Practice Guideline for the Treatment of Patients with Schizophrenia** (Second Edition,

February 2004) to serve as an evidence-based framework for providers' clinical decision making with Covered Persons who have schizophrenia. The guideline covers the psychiatric management of patients with this disorder, with content ranging from clinical features and epidemiology to all recognized aspects of treatment approach and planning.

### **Bipolar Disorder**

PENN Behavioral Health has adopted the American Psychiatric Association (APA Practice Guideline for the Treatment of Patients with Bipolar Disorder (April 2002) to serve as an evidence-based framework for providers' clinical decision making with Covered Persons who have been diagnosed with Bipolar Disorder. The guideline covers the psychiatric management of patients with this disorder, with content ranging from clinical features and epidemiology to all recognized aspects of treatment approach and planning.

### **Panic Disorder**

PENN Behavioral Health has adopted the American Psychiatric Association (APA Practice Guideline for the Treatment of Patients with Panic Disorder (May 1998) to serve as an evidence-based framework for providers' clinical decision making with Covered Persons who have been diagnosed with Panic Disorder. The guideline covers the psychiatric management of patients with this disorder, with content ranging from clinical features and epidemiology to all recognized aspects of treatment approach and planning.

### **Eating Disorders**

PENN Behavioral Health has adopted the American Psychiatric Association (APA Practice Guideline for the Treatment of Patients with Eating Disorders (Second Edition, January 2000) to serve as an evidence-based framework for providers' clinical decision making with Covered Persons who have been diagnosed with an Eating Disorder. The guideline covers the psychiatric management of patients with this disorder, with content ranging from clinical features and epidemiology to all recognized aspects of treatment approach and planning.

### **Borderline Personality Disorder**

PENN Behavioral Health has adopted the American Psychiatric Association (APA Practice Guideline for the Treatment of Patients with Borderline Personality Disorder (October 2001) to serve as an evidence-based framework for providers' clinical decision making with Covered Persons who have been diagnosed with Borderline Personality Disorder. The guideline covers the psychiatric management of patients with this disorder, with content ranging from clinical features and epidemiology to all recognized aspects of treatment approach and planning.

### **Contact Information**

APA:

American Psychiatric Association  
1000 Wilson Boulevard, Suite 1825  
Arlington, VA 22209-3901  
(800) 368-5777  
[http://www.psych.org/psych\\_pract/treatg/pg/prac\\_guide.cfm](http://www.psych.org/psych_pract/treatg/pg/prac_guide.cfm)

**Description of Criteria for Adults and Adolescents:**

PENN Behavioral Health has adopted a number of substance abuse placement criteria to assist providers in the assessment and placement of patients with alcohol and other drug problems for treatment of substance use disorders commonly occurring among Covered Persons. Prior to the adoption of each guideline, the relevant scientific literature is reviewed by a multi-disciplinary panel that includes Board-certified psychiatrists, with input from providers in PENN Behavioral Health’s provider network and from consumers and community agencies. PENN Behavioral Health reviews adopted criteria at least every two (2) years and provide updates as necessary. Providers are encouraged to visit PENN Behavioral Health’s web site at [www.pennbehavioralhealth.org](http://www.pennbehavioralhealth.org) and click on the Service Provider section for learn about updates. As with placement criteria in general, PENN Behavioral Health’s adopted guidelines are intended to augment, not replace, sound clinical judgment.

The criteria used by PENN Behavioral Health are published by The American Society of Addiction Medicine (ASAM). It is called, The ASAM Patient Placement Criteria for the Treatment of Substance-Related Disorders, (Second Edition – Revised) (ASAM PPC-2R) and was released in April, 2001. It contains two sets of guidelines, one for adults and one for adolescents, and five broad levels of care for each group.

**Levels of Care Placement for the Treatment of Substance-Related Disorders:**

- Level 0.5 EARLY INTERVENTION
- Level I OUTPATIENT TREATMENT
- Level II INTENSIVE OUTPATIENT/PARTIAL HOSPITALIZATION
- Level III RESIDENTIAL INPATIENT TREATMENT
- Level IV MEDICALLY-MANAGED INTENSIVE INPATIENT TREATMENT

For each level of care, a brief overview of the services available for particular severities of addiction and related problems is presented; as is a structured description of the settings, staff and services, and admission criteria for the following six dimensions: acute intoxication/withdrawal potential; biomedical conditions and complications; emotional, behavioral or cognitive conditions and complications; readiness to change; relapse, continued use or continued problem potential; and recovery environment.

**Contact Information**

ASAM:

**American Society of Addiction Medicine  
4601 N. park Avenue  
Upper Arcade #101  
Chevy Chase, MD 20815  
Phone: 301-656-3920  
Fax: 301-656-3815  
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