

# EL PASO HEALTH

| Mental Health Clinical Practice Guidelines  |   |                  |                 |             |  |
|---|---|------------------|-----------------|-------------|--|
| Follow up After Hospitalization for Mental Illness  |   |                  |                 |             |  |
| The following guideline provides recommendations for members 6 years of age and older who were hospitalized for treatment of mental illness or intentional self-harm and who had a follow up visit with a mental health practitioner.   |   |                  |                 |             |  |
| <b>A follow up visit with a mental health practitioner within 7 or 30 days after discharge, not to include visits on date of discharge. Any of the following is recommended:</b>  | •Outpatient visit with mental health practitioner                         |                  |                 |             |  |
|   | •A community mental health center visit with a mental health practitioner |                  |                 |             |  |
|   | •A telehealth visit with a mental health practitioner                     |                  |                 |             |  |
|   | •An observation visit with a mental health practitioner                   |                  |                 |             |  |
|   | •Transitional care management services with a mental health practitioner  |                  |                 |             |  |
| Follow up care for Children Prescribed ADHD Medication  |   |                  |                 |             |  |
| The following guideline provides recommendations for members 6 to 12 years of age that have been newly prescribed attention deficit and/or hyperactivity disorder medications.<br>(This guideline applies if member did not have any ADHD medications dispensed [new or refill prescriptions] 120 days prior to new prescription start date.) |   |                  |                 |             |  |
| <b>A follow up visit with a practitioner with prescribing authority within 30 days after the dispensing date for the ADHD medication. Any of the following is recommended:</b>  | • Outpatient visit  |                  |                 |             |  |
|   | • Observation visit   |                  |                 |             |  |
|   | • Health and behavior assessment/intervention                             |                  |                 |             |  |
|   | •Community mental health center visit                                     |                  |                 |             |  |
| <b>At least two follow up visits with any practitioner from 31 to 300 days after the dispensing date for the ADHD medication. Any of the following is recommended:</b>  | • Outpatient visit  |                  |                 |             |  |
|   | • Observation visit   |                  |                 |             |  |
|   | • Health and behavior assessment/intervention                             |                  |                 |             |  |
|   | •Community mental health center visit                                     |                  |                 |             |  |
|   | • Telehealth visit  |                  |                 |             |  |
| • Telephone visit   |   |                  |                 |             |  |
| ADHD Medications  | Dexamethylphenidate   | Lisdexamfetamine | Methamphetamine | Guanfacine  |  |
|   | Dextroamphetamine   | Methylphenidate  | Clonidine       | Atomoxetine |  |
| These guidelines are based on the HEDIS 2020 Performance Measures. Individual patient considerations and advances in medical science may supersede or modify these recommendations.   |   |                  |                 |             |  |
| Rev: 07/10/2020   |   |                  |                 |             |  |