

Clinical Practice Guidelines

Clinical practice guidelines are recommendations intended to help optimize patient care. They are informed by a systematic review of evidence and an assessment of the benefits and harms of alternative care options. Since beginning Medicaid managed care operations in 2012, Vaya Health (Vaya) has selected and approved clinical practice guidelines to help network providers deliver whole-person, clinically integrated care to achieve optimal outcomes for the individuals we serve. Good clinical care also requires person-centered treatment planning, which includes member choice and community standards of care. Shared decision-making tools can assist with person-centered treatment planning and a collaborative approach to care.

The production of clinical practice guidelines has accelerated significantly since the Institute of Medicine, now the National Academy of Medicine, issued its initial report, “Clinical Practice Guidelines: Directions for a New Program,” in 1990. Some of the challenges in developing and selecting clinical practice guidelines include the rapid advances in clinical treatment strategies, multiple national organizations developing guidelines, and recognition of the significance of co-occurring disorders. Many of the initial clinical practice guidelines Vaya originally shared are no longer endorsed by the peer academy that originally promulgated them (e.g., the American Psychiatric Association has moved several clinical practice guidelines to legacy status). The following list of updated guidelines from multiple subject matter experts focuses not only on behavioral healthcare, but also on aspects of physical health and prevention. Research suggests the risk of premature death for individuals with serious mental illness is often related to smoking, obesity, diabetes, and hypertension. With the launch of the Behavioral Health and Intellectual/Developmental Disabilities (I/DD) Tailored Plan, Vaya continues to emphasize integrated, whole-person care for members, and our clinical practice guidelines reflect an increased physical health presence.

Vaya uses current clinical practice guidelines, standardized leveling tools (for behavioral health conditions), and North Carolina Department of Health and Human Services (NCDHHS) medical necessity criteria in our effort to authorize the right services at the right level of care. Both members and providers may use these guidelines to help identify the most appropriate and effective treatment for a specific diagnosis. For individuals with treatment-resistant conditions, expert clinical consultation may be of value when progress is not meeting target goals.

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ADULT MENTAL HEALTH

American Psychiatric Association

- [Practice Guideline for the Treatment of Patients with Borderline Personality Disorder, Second Edition \(2024\)](#)
- [Practice Guideline for the Treatment of Patients with Eating Disorders, Fourth Edition \(2023\)](#)
- [Practice Guideline for the Treatment of Patients with Schizophrenia, Third Edition \(2020\)](#)
- [Practice Guideline on the Use of Antipsychotics to Treat Agitation or Psychosis in Patients With Dementia \(2016\)](#)
- [Practice Guidelines for the Psychiatric Evaluation of Adults, Third Edition \(2015\)](#)

U.S. Department of Veterans Affairs/Department of Defense

- [Clinical Practice Guideline for the Management of Major Depressive Disorder, Version 4.0 \(2022\)](#)
- [Clinical Practice Guideline for Management of Posttraumatic Stress Disorder and Acute Stress Disorder, Version 4.0 \(2023\)](#)
- [Clinical Practice Guideline for the Assessment and Management of Patients at Risk for Suicide, Version 3.0 \(2024\)](#)

CHILD AND ADOLESCENT MENTAL HEALTH

American Academy of Child and Adolescent Psychiatry

- [Clinical Practice Guideline for the Assessment and Treatment of Children and Adolescents With Major and Persistent Depressive Disorders \(2023\)](#)
- [Clinical Practice Guideline for the Assessment and Treatment of Children and Adolescents With Anxiety Disorders \(2020\)](#)

SUBSTANCE USE DISORDERS

American Psychiatric Association

[Practice Guideline for the Pharmacological Treatment of Patients with Alcohol Use Disorder \(January 2018\)](#)

U.S. Department of Veterans Affairs/Department of Defense

[Clinical Practice Guideline for the Management of Substance Use Disorders, Version 4.0 \(2021\)](#)

Canadian Task Force on Preventive Health Care

[Recommendations on behavioural interventions for the prevention and treatment of cigarette smoking among school-aged children and youth \(February 2017\)](#)

INTELLECTUAL/DEVELOPMENTAL DISABILITIES (I/DD)

In its review of the literature, Vaya's Clinical Advisory Committee found few national practice guidelines for individuals with I/DD that are applicable to NC Innovations Waiver services. Many services appropriate for individuals with I/DD are support services, rather than typical clinical interventions, and are typically provided for an extended time, often for the life of the individual with I/DD. Support needs may vary over time with changes in individuals' lives and situations.

Vaya supports the development of practice guidelines for individuals with I/DD and believes that, with time, national consensus on guidelines for I/DD services will be achieved. Until such time, the following resources provide guidance on the provision of I/DD services Vaya reimburses:

- NC Medicaid Clinical Coverage Policy 8E, Intermediate Care Facilities for Individuals with Intellectual Disabilities: [Program Specific Clinical Coverage Policies](#)
- NC Medicaid Clinical Coverage Policy 8P, North Carolina Innovations, which includes guidelines for Innovations services generally with specific service definitions for each Innovations Waiver service: [Program Specific Clinical Coverage Policies](#)
- American Psychological Association: [Guidelines for Assessment and Intervention with Persons with Disabilities \(February 2022\)](#)

PREVENTIVE HEALTH EDUCATION/INTERVENTIONS

U.S. Preventive Services Task Force

[Weight Loss to Prevent Obesity-Related Morbidity and Mortality in Adults: Behavioral Interventions \(September 2018\)](#)

American Academy of Pediatrics

[Clinical Practice Guideline for the Evaluation and Treatment of Children and Adolescents With Obesity \(January 2023\)](#)

United States Preventive Services Taskforce

[Hepatitis C Virus Infection in Adolescents and Adults: Screening \(March 2020\)](#)