

Approved Best Practice Guidelines



Disorder	Reviewed by Clinical Advisory Committee	Guideline/link	Promulgated	Comments or additional links	Best practice treatment interventions
ADULT MENTAL HEALTH					
Bipolar Disorder in adults	07.12.2011	Management of Bipolar Adults (BP)	Veterans Administration/U.S. Department of Defense		Pharmacotherapy, psychoeducation (CBT, IPSRT), family therapy, Chronic Care Model
Borderline Personality Disorder	04.19.2013	Borderline Personality Disorder: Treatment and Management	BPD NICE Guidelines		Person-centered care, short-term and long-term strategies: management of self-harm and suicide; coping skills training related to empathy, intimacy, affect and disinhibition; transition planning, individual therapy (CBT, DBT), crisis management, employment Caution against using brief therapies and pharmacotherapy
Eating Disorders	07.12.2011	Practice Guideline for Patients with Eating Disorders, 3rd Ed	American Psychiatric Association		CBT: interpersonal, DBT, psychotherapy, pharmacotherapy
Major Depressive Disorder	05.08.2012	Management of Major Depressive Disorder (MDD)	Veterans Administration/U.S. Department of Defense	CBT, Interpersonal Therapy, Problem-Solving Therapy	Pharmacotherapy with psychotherapy, psychoeducation, inpatient and residential for severe cases.
Panic Disorder	07.12.2011	Practice Guideline for Patients with Panic Disorder	American Psychiatric Association	CBT, Exposure Therapy	Pharmacotherapy, psychoeducation, psychotherapy, support
Posttraumatic Stress Disorder in adults	07.12.2011	Practice Guideline for the Treatment of Patients with Acute Stress Disorder and Post Traumatic Stress Disorder	American Psychiatric Association	Treating Patients with Acute Stress Disorder and Posttraumatic Stress Disorder	Stress Inoculation, Prolonged Exposure, Imagery Rehearsal
Schizophrenia	03.13.2012	Practice Guideline for the Treatment of Patients with Schizophrenia, Second Edition	American Psychiatric Association	Supplemental Guidelines: The Schizophrenia patient Outcomes Research Team (PORT); Updated 2009	
Single-incident trauma resulting in PTSD or Acute Stress Disorder	10.09.2012	Practice Guideline for the Treatment of Patients With Acute Stress Disorder and Post Traumatic Stress Disorder	American Psychiatric Association		Pharmacotherapy, psychotherapy, psychoeducation, support, case management
Suicide risk evaluation	07.12.2011	Suicide Assessment	Substance Abuse and Mental Health Services Administration (SAMHSA)	Practice Guidelines for Suicidal Behaviors	

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ADULT SUICIDE PREVENTION					
Suicide prevention	03.08.2016	Detection and Treatment of Suicide Ideation	The Joint Commission	SAFE-T Columbia-Suicide Severity Rating Scale (CSSRS)	Screening, assessment, treatment, education
CHILD AND ADOLESCENT MENTAL HEALTH					
Reactive Attachment Disorder	08.09.2011 03.16.2009	Reactive Attachment Disorder (RAD): Appropriate and Inappropriate Application of the Reactive Attachment Disorder Diagnosis	Center for Child and Family Health	Practice Parameter for the Assessment and Treatment of Children and Adolescents With Reactive Attachment Disorder of Infancy and Early Childhood	Psychoeducation, behavioral management, environmental controls, pharmacotherapy
Posttraumatic Stress Disorder in children and adolescents	04.01.2010	Practice Parameter for the Assessment and Treatment of Children and Adolescents	American Academy of Child and Adolescent Psychiatry	TFCBT, CBITS (group therapy); Seeking Safety (individual or group therapy)	Psychoeducation, pharmacotherapy, psychotherapy, group therapy
Major Depressive Disorder – child and adolescents	05.12.2015	Practice Parameters for the assessment and treatment of children and adolescents with depressive disorder	American Academy of Child and Adolescent Psychiatry	Interpersonal psychotherapy	Screening, assessment, psychoeducation, supportive management, family and school involvement, psychotherapy, medication management
Fetal Alcohol Syndrome	07.12.2011	Fetal Alcohol Syndrome: Guidelines for Diagnosis and Referral	National Center on Birth Defects and Developmental Disabilities	Curriculum Resource Guide	Assessment, psychoeducation, coordination of care, skill development
Autism	08.12.2014	Autism Spectrum Disorder	National Professional Development Center on Autism Spectrum Disorder	Antecedent-based intervention; Cognitive Behavioral Intervention; Differential Reinforcement of Alternative, Incompatible or other Behavior; Discrete Trial Teaching; Exercise; Extinction; Functional Behavior Assessment; Functional Communication; Training; Modeling; Naturalistic Intervention; Parent-Implemented Therapy; Peer-mediated Instruction and Intervention; Picture Exchange Communication System; Pivotal Response Training; Prompting, Reinforcement; Response Interruption Redirection; Scripting; Self-management; Social Narratives; Social Skills Training; Structured Play Group; Task Analysis; Technology-aided Instruction and Intervention; Time Delay; Video Modeling; Visual Support	
Attention Deficit Hyperactivity Disorder in adolescents	08.09.2011	Practice Parameter for the Assessment and Treatment of Children and Adolescents - ADHD	Center for Child and Family Health	Behavior Therapy	Universal screening, multimodal method evaluation, consideration of comorbidity, comprehensive treatment plan, psychopharmacology, consideration of behavior therapy, consideration of psychosocial treatment, periodic reassessment, height and weight monitoring

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SUBSTANCE USE					
Opioid dependence	09.08.2015	Best Practice Treatment of Opioid Dependence	NIDA – Opioid	Drug Addiction Treatment , medication assistance, agonist medications, individual and group counseling, Contingency Management, Community Reinforcement, 12 Step-programs, DMA CCP 8A-3 ASAM Guidelines	
RECOVERY					
Guidelines for recovery-oriented services	01.10.2012	National Consensus Statement on Mental Health Recovery	Substance Abuse and Mental Health Services Administration (SAMHSA)	AACP Guidelines Fundamental Components	
INTELLECTUAL/DEVELOPMENTAL DISABILITIES					
Intellectual/developmental disabilities	11.08.2016	Guidelines for Assessment of and Intervention with Persons with Disabilities	American Psychological Association		Guidelines focus on awareness, testing and assessment and Interventions
OTHER					
SPMI Unemployment		Supported Employment	Substance Abuse and Mental Health Services Administration (SAMHSA)		
Metabolic monitoring	02.14.2012	Metabolic Monitoring for Persons on Antipsychotics	American Diabetes Association		
Dementia	07.12.2016	American Association Practice Guidelines on the Use of Antipsychotics to Treat Agitation or Psychosis in Patients with Dementia	American Psychiatric Association		
Medication management for children and adolescents in foster care	09.08.2015	Best Practice Guidelines – Medications & Foster Care	Community Care of North Carolina (CCNC)		