

Decision Support Based on Clinical Evidence

HCSpecialists created **Evidence-Based Behavioral Health Medical Necessity Criteria** in 2009 to ensure quality and manage costs related to the utilization and delivery of behavioral health services. Health plans are increasingly challenged in making determinations that affect patient satisfaction and treatment outcomes. The interdependence of physical and behavioral health is more frequently recognized, but healthcare organizations lack standardized decision support tools for managing the complexities of behavioral conditions.

Features

HCSpecialists' Evidence-Based Behavioral Health Medical Necessity Criteria are distinct:

- Comprehensive definitions and requirements, including preadmission, admission, exclusion, continued stay, and discharge, for all levels of care for mental health/substance abuse services.
- Criteria for outpatient services unique to behavioral health, such as psychotropic medication management, family therapy, ambulatory electroconvulsive therapy, methadone maintenance, and ambulatory detoxification programs.
- Effective, evidence-based treatments for specific DSM-IV behavioral health diagnoses, including disorders of mood, cognition, behavior, and personality.

Development

In developing our criteria, **HCSpecialists** recognized the following organizations for adopting sufficiently rigorous methods and requirements to deem a treatment “evidence-based”:

- The American Psychiatric Association
- The American Psychological Association
- The American Academy of Child and Adolescent Psychiatry
- The Cochrane Collaboration
- The British Medical Journal: Evidence-Based Mental Health

Since these are dynamic organizations and scientific evidence continues to evolve, we regularly update our criteria to reflect the most recent level of understanding and best practices within the industry.

Application

HCSpecialists offers specific, practical guidelines regarding the application of our proprietary **Evidence-Based Behavioral Health Medical Necessity Criteria** in making determinations, as well as how to handle cases without validated research regarding best treatment practices.

Our configuration allows clinicians to quickly access evidence to support decisions and cross-reference diagnoses. **HCSpecialists** will tailor our medical necessity criteria to meet clients' individual platform requirements.

For more information about **HCSpecialists** and licensing our **Evidence-Based Behavioral Health Medical Necessity Criteria**, please visit our website, www.hcspecialists.com, or email info@hcspecialists.com.