



## POLICY AND PROCEDURE MANUAL

SUBJECT Practice Guidelines	ACCOUNTABILITY NMRE and NMRE Network Providers	Effective Date: 8/24/23	Pages: 2
REQUIRED BY 42 CFR §438.236(b, c, & d)	PIHP Contract Section: Schedule A – 1(K)(5)	Last Review Date: 6/29/23	Past Review Date:
Policy: <input checked="" type="checkbox"/>  Procedure: <input type="checkbox"/>	Review Cycle: Annually  Author: Compliance Director	Responsible Department: Compliance.	Reviewers: Compliance and Quality

### Definitions

**American Psychiatric Association (APA):** The American Psychiatric Association is the main professional organization of psychiatrists and trainee psychiatrists in the United States, and the largest psychiatric organization in the world.

**American Society of Addiction Medicine (ASAM):** A professional medical society founded in 1954 representing over 7,000 physicians, clinicians, and associated professionals in the field of addiction medicine.

**Community Mental Health Services Program (CMHSP):** For the purposes of this document, a CMHSP member is one or more of the following: AuSable Valley Community Mental Health Authority, Centra Wellness Network, North Country Community Mental Health, Northeast Michigan Community Mental Health Authority, and Northern Lakes Community Mental Health Authority.

**Evidence-based Practice (EBP):** Approaches to prevention or treatment that are validated by some form of documented scientific evidence.

Michigan Department of Health and Human Services (MDHHS):

**Northern Michigan Regional Entity (NMRE):** The PIHP for Region 2, the 21- counties located in Michigan's northern lower peninsula.

**Network Provider:** A provider that receives Medicaid funding directly or indirectly to order, refer, or render covered services as a result of the state's contract with the NMRE, its Member CMHSPs, and the Substance Use Disorder Provider Panel.

**Practice Guidelines:** Systemically developed statements to standardize care and to assist the treatment team and beneficiaries with decisions about the appropriate health care for specific circumstances. Practice guidelines are usually developed through a process that combines scientific evidence of effectiveness with expert opinions. Practice guidelines are also referred to as

clinical criteria, protocols, algorithms, review criteria, and guidelines.

#### Purpose

The purpose of this policy is to ensure that the NMRE and its network providers utilize practice guidelines that are evidence-based and widely accepted.

#### Policy

The NMRE will review, disseminate, and implement practice guidelines that are consistent with the regulatory requirement of its Specialty Supports and Services with the State, and Medicaid Managed Care Rules.

#### Approval Signature:

A handwritten signature in black ink, appearing to read "Eric Rudy", is written over a horizontal line.

NMRE Chief Executive Officer

8/24/2023

Date

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### Procedure

#### **A. Adoption of Practice Guidelines**

1. The NMRE has adopted practice guidelines that are based on valid and reliable clinical evidence or a consensus of providers of mental health, intellectual/developmental disabilities, and/or substance use disorder services.
2. The NMRE has adopted practice guidelines from the American Psychiatric Association (APA), other practice guidelines reviewed and made available by the APA (e.g., VA/DoD, ASAM, American Academy of Child and Adolescent Psychiatry - AACAP), and MDHHS practice guidelines, and region-specific practice guidelines.
3. The NMRE has adopted practice guidelines that consider the needs of its members.
4. The NMRE has adopted practice guidelines in consultation with its network providers.
5. The NMRE has adopted practice guidelines that are reviewed and updated annually, or as updated by the APA and MDHHS.

#### **B. Dissemination of Guidelines**

The NMRE will disseminates practice guidelines to:

- All affected providers.
- Members and potential members by an annual mailing which will direct them to the NMRE website.
- The public by posting to the NMRE website.

#### **C. Annual Monitoring of Practice Guidelines**

1. Practice Guidelines will be distributed to the regional Clinical Leadership Committee, the regional Quality and Compliance Oversight Committee, the regional Provider Network Managers Committee and/or the Substance Use Disorder Directors one month prior to the meeting during which practice guidelines are scheduled for review (e.g., February).

2. The stated committee members will be asked to provide feedback to the NMRE regarding any changes or recommendations to currently adopted practice guidelines.
3. The stated committees will approve the adoption of new practice guidelines and/or recommend that current practice guidelines be continued during the month in which the guidelines are scheduled for review (e.g., March).
4. Approval of practice guidelines will be recorded in the stated committees' meeting minutes.
5. The NMRE will review and update (if necessary) the practice guidelines posted to its website.
6. The NMRE will review its provider network as necessary, but at least annually, to ensure practice guidelines are being followed appropriately.

#### **D. Application of Guidelines**

- Decisions for utilization management, member education, coverage of services, and other areas to which the guidelines apply will be consistent with the guidelines.
- The NMRE will ensure services are planned and delivered in a manner that reflects the values and expectations contained in practice guidelines.
- Practice guidelines will be used to guide but not replace clinical judgment.

#### References:

Clinical Practice Guidelines created or made available by the American Psychiatric Association:  
<https://www.psychiatry.org/psychiatrists/practice/clinical-practice-guidelines>.

MDHHS Practice Guidelines (<https://www.michigan.gov/mdhhs/keep-mi-healthy/mentalhealth/mentalhealth/practiceguidelines>)

Region Specific Practice Guidelines

Approval Signature:

  
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NMRE Chief Executive Officer

8/24/2023  
Date