

## New York Medicaid – Children’s Behavioral Health

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Optum Behavioral Health uses clinical practice guidelines from nationally and internationally recognized entities to inform discussions about evidence-based treatment practices and discharge planning. The specific guidelines outlined below are for behavioral health providers who work with New York Medicaid members ages 17 and under.

Clinical practice guidelines are not used to decide benefit coverage. Those decisions are based upon language in the member’s specific benefit plan document.

Guidelines	Source
<b>Trauma-Focused Cognitive Behavioral Therapy</b>	
<a href="#">A Primer for Child Welfare Professionals</a>	Children’s Bureau / Child Welfare Information Gateway
<a href="#">Implementation Manuals &amp; Supplemental Guides</a>	TF-CBT National Therapist Certification Program
<a href="#">Trauma Treatment – Client-Level Interventions (Child &amp; Adolescent)</a>	The California Evidence-Based Clearinghouse for Child Welfare
<b>Trauma-Informed Child-Parent Psychotherapy</b>	
<a href="#">Treatments for Early Childhood Trauma: Decision Considerations for Clinicians</a>	National Library of Medicine / Springer Journal of Child & Adolescent Trauma
<a href="#">Child-Parent Psychotherapy</a>	The National Child Traumatic Stress Network
<b>Multi-Systemic Therapy</b>	
<a href="#">Multisystemic Therapy – Building Stronger Families</a>	The California Evidence-Based Clearinghouse for Child Welfare
<a href="#">Efficacy of Multi-Systemic Therapy in Youth Aged 10-17</a>	National Library of Medicine / London Journal of Primary Care
<b>Functional Family Therapy</b>	
<a href="#">Feasibility of Providing Remote Functional Family Therapy with Adolescents During COVID</a>	National Library of Medicine / Child Youth Care Forum
<a href="#">Functional Family Therapy</a>	The California Evidence-Based Clearinghouse for Child Welfare

Guidelines	Source
<b>Dialectical Behavior Therapy</b>	
<a href="#"><u>Qualitative Research of Adolescents in a DBT Therapy Skills Training Group</u></a>	National Library of Medicine / BMC Psychiatry
<a href="#"><u>Efficacy of Dialectical Behavior Therapy for Adolescents at High Risk for Suicide</u></a>	Journal of the American Medical Association
<a href="#"><u>Radically Open DBT Adapted for Adolescents: A Case Series</u></a>	National Library of Medicine / BMC Psychiatry
<b>Multi-Dimensional Treatment Foster Care</b>	
<a href="#"><u>Foster Care in England: Differential Effects by Level of Antisocial Behavior</u></a>	National Library of Medicine / BMC Psychiatry
<b>Multi-Dimensional Family Therapy</b>	
<a href="#"><u>Multidimensional Family Therapy</u></a>	The California Evidence-Based Clearinghouse for Child Welfare
<b>Seven Challenges</b>	
<a href="#"><u>The Seven Challenges® Program for Young People with Drug Problems</u></a>	The California Evidence-Based Clearinghouse for Child Welfare
<b>Adolescent Community Reinforcement</b>	
<a href="#"><u>Adolescent Community Reinforcement Approach</u></a>	The California Evidence-Based Clearinghouse for Child Welfare
<a href="#"><u>National Recovery Month Toolkit</u></a>	SAMHSA
<b>Assertive Continuing Care</b>	
<a href="#"><u>A Randomized Trial of Assertive Continuing Care &amp; Contingency Management for Adolescents w/SUD</u></a>	National Library of Medicine / J Consult Clinical Psychology Manuscript