

Executive Summary

Family Based Mental Health Services (FBMHS) Practice Guidelines

The purpose of this document is to introduce PerformCare’s practice guideline for family based mental health services (FBMHS). These practice guidelines are meant to provide medical and psychological health providers with useful, quick reference tools for FBMHS. They are intended to extend, not replace, sound clinical judgment. In particular, these adopted guidelines do not supersede the responsibility of the treating clinician to remain current on medications and informed on key regulatory and professional organizations when making important treatment decisions.

PerformCare has adopted the FBMHS Practice Workgroup’s “Family Based Mental Health Services (FBMHS) Practice Guidelines (2015).” The following guide is designed to help providers, practitioners, and interested readers become familiar with key features of the documents and find the sections that will be most useful to them.

This guideline was developed through a series of meetings facilitated by PerformCare, which included representatives from county, oversight, network provider agencies, and consumer advocates. The goals of the workgroup included providing a common understanding of the FBMHS level of care and practice standards, promoting continuous quality improvement, increasing the coherence and consistency of service delivery, and improve service outcomes for Members and their families.

A history and description of FBMHS are reviewed, followed by eligibility criteria and clinical indications for FBMHS, Provider considerations such as referral management and assessment, family engagement and support criteria, and clinical staff guidelines. The service delivery section covers topics such as emergency coverage and crisis planning, the treatment process, documentation of treatment, and coordination of care. The transition considerations section explores topics such as discharge planning, sustainability, as well as service options. Evaluation and treatment outcomes are reviewed, including provider responsibilities and measurement tools. Appendix A addresses FBMHS in conjunction with other levels of care, Appendix B addresses cultural competency and strength-based treatment, and Appendix C discusses FBMHS with members who have an Autism Spectrum Disorder.