

RESOURCE GUIDE
PRACTICE GUIDELINES & RELATED TOPICS
ACCOUNTABLE BEHAVIORAL HEALTH ALLIANCE

The following resources are provided for quick reference to several Practice Guidelines and other related topics. Although these resources are not specifically endorsed by ABHA as Practice Guidelines, they are useful provider references that can supplement and inform provider clinical decision-making processes.

PRACTICE GUIDELINES

1. **Agency for Healthcare Research & Quality**
<http://www.ahrq.gov/clinic/cpgsix.htm>
 - Description: National Guideline Clearinghouse & Clinical Practice Guidelines Online. This site is medically oriented (non-mental health) but does include some MH conditions such as; evidence base guidelines for pharmacological treatment of depression; information on outcome driven research for schizophrenia; and diagnosis of ADHD.
 - Methodology: 1) Schizophrenia: Patient Outcomes Research Team (PORT) surveyed a stratified random sample of 719 persons diagnosed with schizophrenia. Findings indicate that current usual treatment practices likely fall substantially short of what would be recommended based on the best evidence on treatment efficacy. 2) Major depression: Newer and older antidepressants are equally effective for treating major depression in adults, but side effects differ. University of Texas Health Science Center did a meta-analysis of 315 randomized trials comparing newer antidepressants to placebo and to older tricyclic antidepressants.

2. **Expert Consensus Guidelines**
<http://www.psychguides.com/>
 - Description: Psychiatric treatment guidelines for the most difficult questions facing clinicians: Depression; behavioral emergencies; ADHD; bipolar D/O; PTSD; OCD; etc.
 - Methodology: Appears to be a peer review methodology algorithm based on the existing research literature and published guidelines to identify key decision points in the everyday treatment of patients with the disorder in question.

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3. National Guideline Clearinghouse

<http://www.guideline.gov>

- Description: Treatment guidelines for a comprehensive listing of psychiatric conditions. There is also a process improvement reports section with many resources (ex. Process improvement study related to access to care).
- Methodology: Randomized, controlled trial, Cohort study, non-randomized trial with concurrent or historical controls, case-control study, population-based descriptive study, case reports.

4. Behavioral Health Recovery Management

<http://bhrm.org/guidelines/mhguidelines.htm>

- Description: Evidence-based practice guidelines for mental health, addictive and dual diagnosis conditions. The Texas Medication Algorithm Project (TMAP), ePocrates RX, ACT and other treatment guidelines are listed on this site.
- Methodology: The methodology appears to be peer-review, literature driven for the most part.

5. American Psychiatric Association

http://www.psych.org/clin_res/prac_guide.cfm

- Description: This is the APA practice guideline site and has a comprehensive listing of condition references.
- Methodology: The methodology appears to be peer-review, literature driven for the most part.

6. American Academy of Pediatrics (AAP)

<http://www.aap.org/policy/paramtoc.html>

- Description: This is a medically oriented site, but does contain a section on the diagnosis and evaluation of ADHD.
- Methodology: Evidence based study of literature was used to formulate recommendations.

7. National Association of Case Management

<http://www.yournacm.addr.com/CMguidelines.pdf>

- Description: Case management practice guidelines for adults with severe and persistent mental illness.
- Methodology: Guidelines were developed via a series of focus groups, telephone interviews with private MCO's, review of current literature and expert recommendations.

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8. Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS)

http://www.dpw.state.pa.us/Omhsas/Guidelines/Ch_Ad_TOC.asp

- Description: Guidelines for Best Practice in Child and Adolescent Mental Health Services.
- Methodology: Could not find information on methodology for these guidelines.

9. State of Michigan Person-Centered Planning Practice Guidelines

http://www.michigan.gov/mdch/0,1607,7-132-2941_4868_4900-14810--_00.html

- Description: Person-Centered Planning Practice Guideline. In person-centered planning the individual will direct the planning process with a focus on what he/she wants and needs. Professionally trained staff will play a role in the planning and delivery of treatment and may play a role in the planning and delivery of supports. However, the development of the treatment or support plan, including the identification of possible services and professionals, is based upon the expressed needs and desires of the individual.
- Methodology: The methodology appears to be review of existing literature.

10. University of Cincinnati Department of Psychiatry

<http://www.psychiatry.uc.edu/research/cqir/>

- Description: The Center for Quality Innovations & Research (CQIR) is a research and development organization affiliated with the Department of Psychiatry with a focus in behavioral health quality research and benchmarking. Multiple psychiatric and neurological conditions are included on this site.
- Methodology: The site does not contain specific information on methodology. It is just basic information on the various areas of study within the department.

11. Ohio Medication Algorithm Project – Guideline Manual

<http://www.psychiatry.uc.edu/cqir/>

- Description: The OMAP is a quality improvement initiative to help translate the latest available knowledge about medications into daily practice and promote optimal recovery.
- Methodology: Methodology appears to be clinical trial driven research, but I could not find specific information.

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12. National Institute for Clinical Excellence

<http://www.nice.org.uk/cat.asp?c=29>

- Description: Institute based in England. Resource lists mostly medical conditions.
- Methodology: Methodologies for the development of these various forms of guidance differ; all development processes are underpinned by the key Institute principles of basing recommendations on the best available evidence and involving all stakeholders in a transparent and collaborative manner. (Stakeholders include the patients, healthcare professionals and companies that have an interest in the guidance under development.)

13. Institute for Clinical Systems Improvement

<http://www.icsi.org>

- Description: Guidelines for treatment of medical conditions, which include some psychiatric conditions such as major depression.
- Methodology: Randomized, controlled trial, cohort study, non-randomized trial with concurrent or historical controls, case-control study, population-based descriptive study, case reports.

EVIDENCE-BASED PRACTICE RESOURCES

1. Evidence-Based Practices

<http://www.mentalhealthpractices.org/>

- Description: This is the official website of the Evidence-Based Practice Project. The project was initiated by SAMHSA and the Robert Wood Johnson Foundation. Phase II of the project is a multi-phase implementation of evidence-based practices. Currently, the website contains basic information about the first 6 evidence-based practices: illness management and recovery, family psychoeducation, medication management approaches in psychiatry, assertive community treatment, supported employment, and integrated dual disorders treatment. The basic information is also available in Spanish.
- Methodology: Methodology is listed as research based, but does not state what the research consisted of.

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2. Agency for Healthcare Policy & Research

<http://www.ahrp.gov/clinic/epcix.htm>

- Description: Evidence based practice guidelines for alcohol dependence and depressive conditions.
- Methodology: English and non-English literature was identified from a specialized registry of 8,451 clinical trial articles, as well as references from pertinent meta-analyses and experts. The specialized registry contained trials addressing depression identified from multiple sources, including: electronic databases such as MEDLINE, EMBASE, PsycLIT, LILACS, Psyn dex, SIGLE, CINAHL, Biological Abstracts, and The Cochrane Library; hand searches of 69 psychiatry-related journals; and contacts with 30 pharmaceutical companies.

3. The Evaluation Center at HSRI

EbP Metabase

http://tecatsri.org/ebpmetabase/ebp_search.asp?stmode=start

- Description: A search engine, which allows user to produce a list of literature review articles for specific conditions.
- Methodology: One would have to access the specific article from the list to determine methodology. The produced list does not link to the article.

4. BMJ Clinical Evidence

<http://www.clinicalevidence.com>

- Description: (Paid subscription or pay per view only) International source for evidence-based healthcare guidelines.
- Methodology: Unable to obtain without subscribing to service.

5. NASMHPD Research Institute/NTAC

<http://www.nasmhpd.org/ntac/topics/evidenceBasedPractice.html>

- Description: National Technical Assistance Center for State Mental Health Planning. This site is a listing of links to various resources including national and state mental health programs, research and training centers and other mental health resources.
- Methodology: Link to a specific resource for methodology.

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6. Cochrane Collaboration

www.cochrane.org/cochrane/revabstr/mainindex.htm

- Description: This is a very long alphabetical list of Cochrane reviews. Most of the titles are medical in nature. Selection of a title yields an abstracted article review, which can be obtained by order with a subscription.
- Methodology: Methodology would be specific to the particular article referenced.

7. University of York

nhscrd.york.ac.uk

- Description: NHS Centre for Reviews and Dissemination developed and maintains the following databases: Database of Abstracts of Reviews of Effects (DARE), Economic Evaluations of Healthcare Innovations (NHSEED) Database, and the Database of Research Undertaken by Healthcare Technology Assessment Agencies (HTA). These databases can be searched individually or all at once. The DARE contains summaries of studies including the type of intervention and the authors' conclusions. NHSEED contains summaries of studies that compare the costs and outcomes of two or more interventions. The HTA contains information on healthcare technology assessments.
- Methodology: Methodology would be specific to the particular article referenced.

8. Center for Evidence-Based Medicine

www.cebm.net/searching.asp

- Description: This is a journal search engine. Examples are the *Cochrane Library* and the *ACP Journal Club/EBM*.
- Methodology: Methodology would be specific to the particular article referenced.

SOURCES OF INFORMATION FOR EVIDENCE-BASED HEALTH TECHNOLOGY ASSESSMENT

1. BMJ Clinical Evidence

<http://www.clinicalevidence.com>

- Description: (Paid subscription or pay per view only) International source for evidence-based healthcare guidelines.
- Methodology: Unable to obtain without subscribing to service.

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2. Evidence-Based Practice Centers (EPC)

www.ahcpr.gov/clinic/epc

- Description: In 1997 the Agency for Health Care Policy and Research (AHCPR), now known as the Agency for Healthcare Research and Quality (AHRQ), launched its initiative to promote evidence-based practice in everyday care through establishment of 12 Evidence-based Practice Centers (EPCs). The EPCs develop evidence reports and technology assessments on topics relevant to clinical, social science/behavioral, economic, and other health care organization and delivery issues—specifically those that are common, expensive, and/or significant for the Medicare and Medicaid populations. With this program, AHRQ became a "science partner" with private and public organizations in their efforts to improve the quality, effectiveness, and appropriateness of clinical care by facilitating the translation of evidence-based research findings into clinical practice.
- Methodology: The EPCs develop evidence reports and technology assessments based on rigorous, comprehensive syntheses and analyses of the scientific literature on topics relevant to clinical, social science/behavioral, economic, and other health care organization and delivery issues. EPC reports and assessments emphasize explicit and detailed documentation of methods, rationale, and assumptions. These scientific syntheses may include meta-analyses and cost analyses. All EPCs collaborate with other medical and research organizations so that a broad range of experts is included in the development process.

3. Cochrane Collaboration

www.cochrane.org/cochrane/revabstr/mainindex.htm

- Description: This is a very long alphabetical list of Cochrane reviews. Most of the titles are medical in nature. Selection of a title yields an abstracted article review, which can be obtained by order with a subscription.
- Methodology: Methodology would be specific to the particular article referenced.

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4. University of York

nhscrd.york.ac.uk

- Description: NHS Centre for Reviews and Dissemination developed and maintains the following databases: Database of Abstracts of Reviews of Effects (DARE), Economic Evaluations of Healthcare Innovations (NHSEED) Database, and the Database of Research Undertaken by Healthcare Technology Assessment Agencies (HTA). These databases can be searched individually or all at once. The DARE contains summaries of studies including the type of intervention and the authors' conclusions. NHSEED contains summaries of studies that compare the costs and outcomes of two or more interventions. The HTA contains information on healthcare technology assessments.
- Methodology: Methodology would be specific to the particular article referenced.

5. Agency for Healthcare Research and Quality (AHRQ)

www.ahrq.gov

- Description: See number 2 above (Evidence-Based Practice Centers-EPC)
- Methodology:

6. Dartmouth Atlas

www.dartmouthatlas.org

- Description: The Dartmouth Atlas project is a funded research effort of the faculty of the Center for the Evaluative Clinical Sciences at Dartmouth Medical School. The Atlas project brings together researchers in diverse disciplines - including epidemiology, economics, and statistics - and focuses on the accurate description of how medical resources are distributed and used in the United States. This is not a mental health specific site.
- Methodology: Dependent on the study.

7. Center for Evidence-Based Medicine

www.cebm.net/searching.asp

- Description: This is a journal search engine. Examples are the Cochrane Library and the ACP Journal Club/EBM.
- Methodology: Methodology would be specific to the particular article referenced.

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8. National Guideline Clearinghouse

www.guideline.gov

- Description: Treatment guidelines for a comprehensive listing of psychiatric conditions. There is also a process improvement reports section with many resources (ex. Process improvement study related to access to care).
- Methodology: Randomized, controlled trial, cohort study, non-randomized trial with concurrent or historical controls, case-control study, population-based descriptive study, case reports.

9. Health Technology Assessment Programme – United Kingdom

<http://www.hta.nhsweb.nhs.uk/ProjectData>

- Description: This is a healthcare publication/project search engine. I selected a listed project at random: Effectiveness of counseling, cognitive behavioral therapy and GP care for depression in general practice
- Methodology: Dependent on specific study. For the study listed above: Randomized controlled trial of non-directive counseling, cognitive-behavior therapy and usual general practitioner care in the management of depression as well as mixed anxiety and depression in primary care.

10. Institute for Clinical Systems Improvement

<http://www.icsi.org>

- Description: Guidelines for treatment of medical conditions, which include some psychiatric conditions such as major depression.
- Methodology: Randomized, controlled trial, cohort study, non-randomized trial with concurrent or historical controls, case-control study, population-based descriptive study, case reports.

11. National Institute for Clinical Excellence (NICE) – United Kingdom

www.nice.org.uk/Cat.asp?pn=professional&cn=toplevel&ln=en

- Description: Institute based in England. Resource lists mostly medical conditions.
- Methodology: Methodologies for the development of these various forms of guidance differ, all development processes are underpinned by the key Institute principles of basing recommendations on the best available evidence and involving all stakeholders in a transparent and collaborative manner. (Stakeholders include the patients healthcare professionals and companies that have an interest in the guidance under development.)

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ADULTS

1. **National Association of Case Management**
<http://www.yournacm.addr.com/CMguidelines.pdf>
 - Description: Case management practice guidelines for adults with severe and persistent mental illness.
 - Methodology: Guidelines were developed via a series of focus groups, telephone interviews with private MCO's, review of current literature and expert recommendations.

CHILDREN

1. **National Technical Assistance Center for Children's Mental Health**
<http://www.georgetown.edu/research/gucdc/cassp.html>
 - Description: Georgetown University Center for Child and Human Development. I found it a bit difficult to navigate through the site.
 - Methodology: Dependent on specific study.
2. **American Academy of Child & Adolescent Psychiatry**
<http://www.aacap.org>
 - Description: Information on child and adolescent psychiatry, fact sheets for parents and caregivers, AACAP membership, current research, practice guidelines, managed care information, awards and fellowship descriptions, meeting information.
 - Methodology: Information on clinical trials based research.
3. **Federation of Families for Children's Mental Health**
http://www.ffcmh.org/Eng_one.htm
 - Description: A National parent-run non-profit organization focused on the needs of children and youth with emotional, behavioral or mental disorders and their families.
 - Methodology: N/A

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4. Center For Effective Collaboration And Practice

<http://cecp.air.org/promisingpractices/Default.htm>

- Description: It is the mission of the Center for Effective Collaboration and Practice to support and promote a reoriented national preparedness to foster the development and the adjustment of children with or at risk of developing serious emotional disturbance. To achieve that goal, the Center is dedicated to a policy of collaboration at Federal, state, and local levels that contributes to and facilitates the production, exchange, and use of knowledge about effective practices.
- Methodology: The documents in this series were written with some of the country's leading experts, were designed and reviewed by panels that have included teachers and administrators, parents, school psychologists, union representatives, researchers, policy makers and others, and were vetted by the U.S. Department of Education for consistency with the Individuals with Disabilities Education Act

5. Multisystemic Therapy

<http://www.mstservices.com/>

- Description: MST is a unique and exciting treatment methodology proven to have positive effects on serious, violent, and chronic juvenile offenders. It is a treatment model that can be adopted by any organization that provides services to the families of youths with serious behavior problems in the interest of improving their overall long-term effectiveness, while realizing significant cost savings.
- Methodology: Three early clinical trials and one preliminary report established the promise of MST with difficult to treat clinical populations. First, Henggeler et al. (1986) evaluated the effectiveness of MST compared with usual community treatment for inner-city juvenile offenders and their families. At post treatment, families that received MST showed extensive improvements in family relations, and their youth evidenced decreased behavior problems. Second, in a study contrasting MST versus behavioral parent training with abusive and neglectful families (Brunk, Henggeler, & Whelan, 1987), MST was significantly more effective at restructuring problematic parent-child relations. This study remains one of the few randomized trials of family-based treatment in the child maltreatment field (Becker et al., 1995). Third, Borduin, Henggeler, Blaske, and Stein (1990), in the first controlled study of adolescent sexual offenders to appear in the literature, showed that MST reduced three-year recidivism for both sexual offenses and criminal offenses when compared with individual outpatient counseling. Fourth, preliminary findings from the two studies discussed subsequently (i.e., Borduin et al., 1995; Henggeler et al.,

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1992) showed that MST reduced drug use and abuse in samples of serious juvenile offenders (Henggeler et al., 1991).

6. Promising Practices Network (PPN) for Children, Families and Communities

<http://www.promisingpractices.net/default.asp>

- Description: The Promising Practices Network (PPN) web site highlights programs and practices that credible research indicates are effective in improving outcomes for children, youth, and families. The information offered is organized around three major areas: Proven and Promising Programs, Research in Brief, and Strengthening Service Delivery.
- Methodology: Site provides links to various journal articles.

7. Pennsylvania Office of Mental Health and Substance Abuse Services (OMHSAS)

http://www.dpw.state.pa.us/Omhsas/Guidelines/Ch_Ad_TOC.asp

- Description: Guidelines for Best Practice in Child and Adolescent Mental Health Services.
- Methodology: Could not find information on methodology for these guidelines.

IMPLEMENTATION

1. New York State Office of Mental Health

<http://www.omh.state.ny.us/omhweb/ebp/implementing.htm>

- Description: Implementing Evidence-Based Practices and Quality Care in New York State: In August 2001 OMH held a series of four focus groups to introduce the concept of Evidence-Based Practice to local government leaders, service providers, advocates, and recipients of service. Based on these sessions, cultural and structural changes necessary for the implementation of Evidence-Based Practices were identified. They provided the basis for designing an implementation plan with strategies for change.
- Methodology: Site offers good information on evidence-based practice recommendations, but little specific information on methodology.

2. National Technical Assistance Center for State Mental Health Planning The Change Agent's Tool Box Series

<http://www.nasmhpd.org/ntac/publications/index.html>

- Description: National Technical Assistance Center for State Mental Health Planning. This site is a listing of links to various resources

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including national and state mental health programs, research and training centers and other mental health resources.

- Methodology: Link to a specific resource for methodology.

3. National Institutes of Health

<http://www.nimh.nih.gov/practitioners/index.cfm>

- Description: This section offers research reports and other valuable information to keep you up-to-date on the diagnosis and treatment of mental disorders. Also included are materials you can use to help educate your patients about their disorders
- Methodology: Provides links to various studies.

OTHER USEFUL WEB SITES RELATED TO PRACTICE GUIDELINES:

1. The National Association of State Mental Health Program Directors Research Institute, Inc.

<http://www.nri-inc.org/>

- Description: The mission of the NRI is to promote quality and accountability of mental health services by generating and facilitating the use of relevant research, data, and information that meets the collective and individual needs of state mental health agencies. The NRI's distinctive competencies include performance measurement systems; data collection and analysis; program assessment; evaluation design and methodology; policy analysis; evidence based practices; information systems development and implementation; human and technical network development and management; knowledge management; and technical assistance on these and related topics.
- Methodology: Some interesting current projects are listed, but specific methodology is not easily found.