



# COUNTY OF MONTEREY HEALTH DEPARTMENT

Elsa Jimenez, Director of Health

Administration  
Behavioral Health

Clinic Services  
Emergency Medical Services  
Environmental Health/Animal Services

Public Health  
Public Administrator/Public Guardian

<b>Policy Number</b>	130
<b>Policy Title</b>	Practice Guidelines
<b>References</b>	California Code of Regulations (CCR), title 9, § 1810.100 et. seq. – Medi-Cal Specialty Mental Health Services; §§1820.205, 1830.205, and 1830.210, §§ 1810.345, 1810.326, and 1810.405 Welfare and Institutions (W&I) Code §§ 14680-14685.1; §§ 14700-14726 Chapter 7, Part 3, Division 9, W&I Code, to the extent that these requirements are applicable to the services and functions set forth in the Contract CCR, title 22, §§ 50951 and 50953; §§ 51014.1 and 51014.2 45 C.F.R. § 160 and § 164 Title 42 United States Code, to the extent that these requirements are applicable; 42 C.F.R. to the extent that these requirements are applicable; 42 C.F.R. Part 438, Medicaid Managed Care, limited to those provisions that apply to Prepaid Inpatient Health Plans (PIHPs), except for the provisions listed in paragraph B of the Contract 42 C.F.R. § 438.236(b -d) 42 C.F.R. § 455 to the extent that these requirements are applicable; Title VI of the Civil Rights Act of 1964 Title IX of the Education Amendments of 1972 Age Discrimination Act of 1975 Rehabilitation Act of 1973 Americans with Disabilities Act Section 1557 of the Patient Protection and Affordable Care Act Deficit Reduction Act of 2005; Balanced Budget Act of 1997; Medicaid Managed Care Final Rule Network Adequacy Standards (July 19, 2017), Department of Health Care Services (DHCS) Monterey County Behavioral Health Policies Monterey County Health Department Policies
<b>Form</b>	none
<b>Effective</b>	November 6, 2017

- 1 **Policy**
- 2 Monterey County Behavioral Health (MCBH) shall abide regulations set forth in this and all policies
- 3 related to the delivery of specialty mental health services and substance use disorder services
- 4 under contract with the Department of Health Care Services (DHCS). DHCS and MCBH have
- 5 established a contract for service delivery of specialty mental health services (SMHS) and
- 6 substance use disorder (SUD) services. MCBH and its subcontractors shall abide by the
- 7 agreements set forth for the delivery of SMHS and SUD.

8 MCBH has adopted and will continue to use evidence-based practice guidelines that meet the  
9 following guidelines for specialty mental health and substance use disorders services:

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- 11 1. They are based on valid and reliable clinical evidence or a consensus of health care
- 12 professionals in the applicable field;
- 13 2. They consider the needs of the beneficiaries;
- 14 3. They are adopted in consultation with contracting health care professionals; and
- 15 4. They are reviewed and updated periodically as appropriate
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17 Evidence Based practice guidelines represent critical factors to be considered with the delivery of  
18 specialty mental health and substance use disorder services. An in-depth knowledge of the clinical  
19 skills essential for the provision of quality services to individuals should result from ongoing clinical  
20 training and regular review of relevant professional literature and education. Practice guidelines do  
21 not substitute for dialogue between the clinician and client. Additionally, respect for the client  
22 receiving services should be at the core of sound clinical practice.

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24 Practice guidelines are not absolute, but practice that is outside of such parameters requires  
25 special consideration, justification, and documents. Practice guidelines may change as new  
26 information and/or technology becomes available. Ongoing efforts must be given in respect to the  
27 unique values, cultural and spiritual beliefs, life style and personal experience in the provision of  
28 SMHS and SUD services to beneficiaries.

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### 30 **Procedure**

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- 32 1. MCBH and its Contractors shall disseminate the guidelines to all affected providers and,
- 33 upon request, to beneficiaries and potential beneficiaries.
- 34 2. MCBH and its Contractors shall take steps to assure that decisions for utilization
- 35 management, beneficiary education, coverage of services, and any other areas to which
- 36 the guidelines apply shall be consistent with these guidelines.
- 37 3. MCBH Quality Improvement, MCBH Training Department, and Contracted Provider
- 38 Representatives shall identify and adopt the use of evidence-based practices (EBP).
- 39 4. For Drug Medi-Cal Organized Delivery System (DMC-ODS) Waiver, at least two (2) EBP
- 40 per modality shall be adopted.
- 41 5. Utilization Management staff shall use the EBP guidelines in making decisions, as
- 42 applicable, about authorization of services.
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