



Dear Colleague:

Optima Health is pleased to be able to provide you with its **2009 Behavioral Health Clinical Practice Guidelines**. Last year we combined all Medical & Behavioral Health Guidelines. We hope this new format will make it easier for you to access, search and utilize all the guidelines in your day-to-day clinical practice.

The behavioral health clinical practice guidelines intended for use specifically by behavioral health providers include:

- Guidelines for Treating Major Depressive Disorder
- Bipolar Disorder Treatment Guideline
- Schizophrenia Treatment Guideline

Since primary care physicians and other non-behavioral health practitioners frequently treat behavioral health disorders, OBH has developed and disseminated clinical practice guidelines for their use. In order to improve continuity and coordination of care between you and other non-behavioral health practitioners, we've included these guidelines as well. These guidelines include:

- Adult Depression Medication Management Guideline
- Childhood & Adolescent Depression
- Antenatal and Postpartum Depression "Tips for Treatment"
- Evaluation & Treatment of Attention Deficit Hyperactivity Disorder
- Guideline for Screening and Brief Intervention for Alcohol Use
- Guideline for Monitoring Clients on Second-Generation Antipsychotic Medication for Metabolic Effects
- Guideline on Opioid Management of Chronic Non-Cancer Pain

This volume contains updated information and replaces any previous issues of Optima Health Clinical Practice Guidelines. We will continue to update the Optima Health website as needed. Please be sure to discard any previous issues to avoid confusion.

These clinical guidelines are also available on the Optima Behavioral Health Provider Website at <http://www.sentarabehavioralhealth.com> under Providers/Provider Resources. If you would like a printed copy of these guidelines, or have questions, comments or suggestions about the guidelines, please contact 757-552-7350 or 1-866-425-5257.

Sincerely,

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