

OPTUM™ By United Behavioral Health OPTUM GUIDELINE EVIDENCE BASE: Guideline Deviations										
Guideline	Evaluation and Treatment Planning Deviations: CDGs	Evaluation and Treatment Planning Deviations: LOCGs	Discharge Planning Deviations: CDGs	Discharge Planning Deviations: LOCGs	Admission Criteria Deviations: CDGs	Admission Criteria Deviations: LOCGs	Continued Stay Criteria Deviations: CDGs	Continued Stay Criteria Deviations: LOCGs	Discharge Criteria Deviations: CDGs	Discharge Criteria Deviations: LOCGs
American Academy of Child and Adolescent Psychiatry Child and Adolescent Service Intensity Instrument	AACAP instrument applies a Rating System of 6 dimensions to evaluate members. This system is not directly applied by Optum, however the Optum evaluation criteria are consistent with the AACAP instrument's descriptions (Risk of Harm; Functional Status; Comorbidity; Recovery Environment; Resiliency/Treatment History; Treatment Engagement ). The items of evaluation are also consistent with APA, AABH and ASAM. See citations.	AACAP instrument applies a Rating System of 6 dimensions to evaluate members. This system is not directly applied by Optum, however the Optum evaluation criteria are consistent with the AACAP instrument's descriptions (Risk of Harm; Functional Status; Comorbidity; Recovery Environment; Resiliency/Treatment History; Treatment Engagement ). The items of evaluation are also consistent with APA, AABH and ASAM. See citations.	AACAP instrument does not include discharge planning guidance, only a scoring method to determine level of care transitions. Optum provides discharge planning guidance consistent with APA, AABH and ASAM. See citations.	AACAP instrument does not include discharge planning guidance, only a scoring method to determine level of care transitions. Optum provides discharge planning guidance consistent with APA, AABH and ASAM. See citations.	AACAP instrument utilizes level system 0-6 to describe levels of care. Optum does not directly apply the same numbered system however Optum levels of care are equivalent to the AACAP descriptions levels 2 through 6 (Outpatient, Intensive Outpatient, Partial, Residential, Inpatient)	AACAP instrument utilizes level system 0-6 to describe levels of care. Optum does not directly apply the same numbered system however Optum levels of care are equivalent to the AACAP descriptions levels 2 through 6 (Outpatient, Intensive Outpatient, Partial, Residential, Inpatient)	AACAP instrument determines continued stay according to a member maintaining a particular score by repeating the evaluation according to the rating method. Optum does not utilize a rating method and re-evaluates the member's improvement throughout the course of treatment according to goals identified in the treatment plan. --The evaluation description in the AACAP tool are consistent with Optum's areas of evaluation (Risk of Harm; Functional Status; Comorbidity; Recovery Environment; Resiliency/Treatment History; Treatment Engagement ) also consistent with APA, AABH and ASAM. See citations.	AACAP instrument determines continued stay according to a member maintaining a particular score by repeating the evaluation according to the rating method. Optum does not utilize a rating method and re-evaluates the member's improvement throughout the course of treatment according to goals identified in the treatment plan. --The evaluation description in the AACAP tool are consistent with Optum's areas of evaluation (Risk of Harm; Functional Status; Comorbidity; Recovery Environment; Resiliency/Treatment History; Treatment Engagement ) also consistent with APA, AABH and ASAM. See citations.	AACAP instrument identifies discharge criteria as Level of Care Transitions according to a member achieving stabilization within a level of care. Optum's discharge criteria are consistent with AACAP's description of Level of Care Transitions.	AACAP instrument identifies discharge criteria as Level of Care Transitions according to a member achieving stabilization within a level of care. Optum's discharge criteria are consistent with AACAP's description of Level of Care Transitions.
					Optum does not specifically address level 0 or level 1 in our guidelines as combined they are described as outpatient services consistent with AACAP's description of levels 0 and 1.	Optum does not specifically address level 0 or level 1 in our guidelines as combined they are described as outpatient services consistent with AACAP's description of levels 0 and 1.				
American Psychiatric Association Clinical Practice Guidelines: Acute Stress/PTSD	Evaluation and treatment recommendations consistent with APA 2004 guideline. Additional guidance beyond the APA guideline may be accounted for by more current VA/DoD guideline from 2010. See PTSD CDG.	LOCGs are not specific to PTSD but consistent with the CDG on PTSD.	APA does not provide guidance on discharge planning. Optum relies on other sources of evidence. See citations.	APA does not provide guidance on discharge planning. Optum relies on other sources of evidence. See citations.	APA does not provide admission criteria but Optum's guidance on choosing the appropriate treatment setting is consistent with APA guideline. Optum guidance relies on VA/DoD, AABH, and CMS for this guidance. See citations.	APA does not provide admission criteria but Optum's guidance on choosing the appropriate treatment setting is consistent with APA guideline. Optum guidance relies on VA/DoD, AABH, and CMS for this guidance. See citations.	APA does not provide continued stay criteria but Optum's guidance on choosing the appropriate treatment setting is consistent with APA guideline. Optum guidance relies on VA/DoD, AABH, and CMS for this guidance. See citations.	APA does not provide continued stay criteria but Optum's guidance on choosing the appropriate treatment setting is consistent with APA guideline. Optum guidance relies on VA/DoD, AABH, and CMS for this guidance. See citations.	APA does not provide discharge criteria. Optum relies on other sources of evidence. See citations.	APA does not provide discharge criteria. Optum relies on other sources of evidence. See citations.
American Psychiatric Association Clinical Practice Guidelines; Alzheimers/Dementia	Consistent with APA 2006 Guideline	LOCGs are not specific to Dementia but consistent with CDG on Dementia.	APA does not provide guidance on discharge planning. Optum relies on other sources of evidence. See citations.	APA does not provide guidance on discharge planning. Optum relies on other sources of evidence. See citations.	APA does not provide admission criteria for levels of care	APA does not provide admission criteria for levels of care	APA does not provide continued stay criteria	APA does not provide continued stay criteria	APA does not provide discharge criteria.	APA does not provide discharge criteria.
American Psychiatric Association Clinical Practice Guidelines; Bipolar Disorder	Consistent with APA 2002 & 2005 Guidelines	LOCGs are not specific to Bipolar Disorder but consistent with CDG on Bipolar Disorder.	APA does not provide guidance on discharge planning. Optum relies on other sources of evidence. See citations.	APA does not provide guidance on discharge planning. Optum relies on other sources of evidence. See citations.	Consistent with APA guidelines for Inpatient Admission criteria and continuous re-evaluation of the treatment setting. Other levels supported by other sources of evidence. See citations.	Consistent with APA guidelines for Inpatient Admission criteria and continuous re-evaluation of the treatment setting. Other levels supported by other sources of evidence. See citations.	Consistent with APA guidelines for Inpatient Admission criteria and continuous re-evaluation of the treatment setting. Other levels supported by other sources of evidence. See citations.	Consistent with APA guidelines for Inpatient Admission criteria and continuous re-evaluation of the treatment setting. Other levels supported by other sources of evidence. See citations.	APA does not provide discharge criteria.	APA does not provide discharge criteria.
American Psychiatric Association Clinical Practice Guidelines; Eating Disorders	Consistent with APA 2006 & 2012 Guidelines	LOCGs are not specific to Eating Disorders but consistent with the Anorexia and Bulimia CDGs.	APA does not provide guidance on discharge planning. Optum relies on other sources of evidence. See citations.	APA does not provide guidance on discharge planning. Optum relies on other sources of evidence. See citations.	Consistent with APA guidelines for admission criteria.	Consistent with APA guidelines for admission criteria.	APA does not provide continued stay criteria. Optum relies on other sources of evidence. See citations.	APA does not provide continued stay criteria. Optum relies on other sources of evidence. See citations.	APA does not provide discharge criteria. Optum relies on other sources of evidence. See citations.	APA does not provide discharge criteria. Optum relies on other sources of evidence. See citations.
American Psychiatric Association Clinical Practice Guidelines; Major Depressive Disorder	Consistent with APA 2010 Guideline	LOCGs are not specific to Major Depressive Disorder but consistent with CDG on MDD.	Consistent with APA guidance on Discontinuation of Treatment.	Consistent with APA guidance on Discontinuation of Treatment.	Consistent with APA guideline regarding inpatient admission. Criteria for other levels of care not provided. Optum relies on other sources of evidence for criteria. See citations.	Consistent with APA guideline regarding inpatient admission. Criteria for other levels of care not provided. Optum relies on other sources of evidence for criteria. See citations.	APA does not provide continued stay criteria. Optum relies on other sources of evidence. See citations.	APA does not provide continued stay criteria. Optum relies on other sources of evidence. See citations.	APA does not provide discharge criteria. Optum relies on other sources of evidence. See citations.	APA does not provide discharge criteria. Optum relies on other sources of evidence. See citations.
American Psychiatric Association Clinical Practice Guidelines; Obsessive Compulsive Disorder	Consistent with APA 2007 and 2013 Guidelines	LOCGs are not specific to Obsessive Compulsive Disorder but consistent with CDG on OCD.	Consistent with APA guidance on Changing or Discontinuing Treatment. Optum relies on other sources of evidence for additional discharge planning. See citations.	Consistent with APA guidance on Changing or Discontinuing Treatment. Optum relies on other sources of evidence for additional discharge planning. See citations.	Consistent with APA guidance on Establishing Treatment Setting considerations. Optum relies on other sources of evidence for actual criteria. See citations.	Consistent with APA guidance on Establishing Treatment Setting considerations. Optum relies on other sources of evidence for actual criteria. See citations.	APA does not provide continued stay criteria. Optum relies on other sources of evidence. See citations.	APA does not provide continued stay criteria. Optum relies on other sources of evidence. See citations.	APA does not provide discharge criteria. Optum relies on other sources of evidence. See citations.	APA does not provide discharge criteria. Optum relies on other sources of evidence. See citations.
American Psychiatric Association Clinical Practice Guidelines; Panic Disorder	Consistent with APA 2009 Guideline	LOCGs are not specific to Panic Disorder but consistent with CDG on Panic Disorder.	Consistent with APA guidance on Changing or Discontinuing Treatment. Optum relies on other sources of evidence for additional discharge planning. See citations.	Consistent with APA guidance on Changing or Discontinuing Treatment. Optum relies on other sources of evidence for additional discharge planning. See citations.	APA does not provide guidelines for admission criteria. Optum relies on other sources of evidence for admission criteria. See citations.	APA does not provide guidelines for admission criteria. Optum relies on other sources of evidence for admission criteria. See citations.	APA does not provide continued stay criteria. Optum relies on other sources of evidence. See citations.	APA does not provide continued stay criteria. Optum relies on other sources of evidence. See citations.	Consistent with APA guidance on Changing, Discontinuing or Maintaing Treatment. Optum relies on other sources for discharge criteria. See citations.	Consistent with APA guidance on Changing, Discontinuing or Maintaing Treatment. Optum relies on other sources for discharge criteria. See citations.
American Psychiatric Association Clinical Practice Guidelines; Schizophrenia	Consistent with APA 2004 & 2009 Guidelines	LOCGs are not specific to Schizophrenia but consistent with CDG on Schizophrenia.	APA does not provide guidance on discharge planning. Optum relies on other sources of evidence. See citations.	APA does not provide guidance on discharge planning. Optum relies on other sources of evidence. See citations.	Consistent with APA guidelines for indications of Inpatient Hospitalization. Optum relies on other sources of evidence for admission criteria. See citations.	Consistent with APA guidelines for indications of Inpatient Hospitalization. Optum relies on other sources of evidence for admission criteria. See citations.	APA does not provide continued stay criteria. Optum relies on other sources of evidence. See citations.	APA does not provide continued stay criteria. Optum relies on other sources of evidence. See citations.	APA does not provide discharge criteria. Optum relies on other sources of evidence. See citations.	APA does not provide discharge criteria. Optum relies on other sources of evidence. See citations.
American Psychiatric Association Clinical Practice Guidelines; Substance Use Disorders	Consistent with APA 2006 & 2007 Guidelines	Consistent with APA 2006 & 2007 Guidelines	APA does not provide guidance on discharge planning. Optum relies on other sources of evidence. See citations.	APA does not provide guidance on discharge planning. Optum relies on other sources of evidence. See citations.	Consistent with APA guidance on Hospitalization, Residential, PHP and Outpatient admission criteria. Other sources are cited for IOP admission criteria as APA does not provide guidance for IOP level of care.	Consistent with APA guidance on Hospitalization, Residential, PHP and Outpatient admission criteria. Other sources are cited for IOP admission criteria as APA does not provide guidance for IOP level of care.	APA does not provide continued stay criteria. Optum relies on other sources of evidence. See citations.	APA does not provide continued stay criteria. Optum relies on other sources of evidence. See citations.	APA does not provide discharge criteria. Optum relies on other sources of evidence. See citations.	APA does not provide discharge criteria. Optum relies on other sources of evidence. See citations.
Association for Ambulatory Behavioral Healthcare: Partial Hospitalization	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines	Consistent with AABH with the following exception --AABH: "The member has relapsed or failed to make gains in a less intensive level of care" Optum: " The member has completed inpatient or residential treatment, and requires the structure and monitoring available in a partial hospital/day treatment program." In order to comply with Federal Mental Health Parity, Optum chooses not to use any language consistent with the need for the member to fail a level of care as a requirement to enter another.	Consistent with AABH with the following exception --AABH: "The member has relapsed or failed to make gains in a less intensive level of care" Optum: " The member has completed inpatient or residential treatment, and requires the structure and monitoring available in a partial hospital/day treatment program." In order to comply with Federal Mental Health Parity, Optum chooses not to use any language consistent with the need for the member to fail a level of care as a requirement to enter another.	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines
Association for Ambulatory Behavioral Healthcare: Intensive Outpatient	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines	Consistent with AABH 2008 Guidelines
American Society for Addiction Medicine	Optum Evaluation and Treatment Planning best practices consistent with ASAM criteria for all levels of care.	Optum Evaluation and Treatment Planning best practices consistent with ASAM criteria for all levels of care.	Optum Discharge Planning guidance is consistent with ASAM criteria guidance regarding discharge and transition planning.	Optum Discharge Planning guidance is consistent with ASAM criteria guidance regarding discharge and transition planning.	Optum's Substance Use Disorder guidelines are consistent with most aspects of the ASAM admission criteria. Three overarching differences include: (1) Optum does not address the 6 Dimensional categories as in the ASAM criteria. (2) The Optum criteria also encompass guidance for both adults and adolescents under the same set of criteria. (3) Other sources such as APA are cited alongside the ASAM criteria in the Optum Substance Use Disorders Guidelines. See citations.	Optum's Substance Use Disorder guidelines are consistent with most aspects of the ASAM admission criteria. Three overarching differences include: (1) Optum does not address the 6 Dimensional categories as in the ASAM criteria. (2) The Optum criteria also encompass guidance for both adults and adolescents under the same set of criteria. (3) Other sources such as APA are cited alongside the ASAM criteria in the Optum Substance Use Disorders Guidelines. See citations.	Optum's continued stay criteria is more detailed but not inconsistent with ASAM criteria guidance entitled "Length of Service." See citations.	Optum's continued stay criteria is more detailed but not inconsistent with ASAM criteria guidance entitled "Length of Service." See citations.	Optum's continued stay criteria is more detailed but not inconsistent with ASAM criteria guidance entitled "Length of Service." See citations.	Optum's continued stay criteria is more detailed but not inconsistent with ASAM criteria guidance entitled "Length of Service." See citations.
					Optum's Substance Use Disorders <u>Outpatient</u> guidelines do not cite Dimension (1)"acute intoxication or withdrawal absence;" (4) "readiness to change;" or (6) "recovery environment" in the admission criteria however, these elements are addressed in the clinical best practice sections of the guidelines.	Optum's Substance Use Disorders <u>Outpatient</u> guidelines do not cite Dimension (1)"acute intoxication or withdrawal absence;" (4) "readiness to change;" or (6) "recovery environment" in the admission criteria however, these elements are addressed in the clinical best practice sections of the guidelines.				

				Optum's <u>Intensive Outpatient</u> guidelines are consistent with all items of the ASAM admission criteria although Optum does not identify them as "Dimensions."	Optum's <u>Intensive Outpatient</u> guidelines are consistent with all items of the ASAM admission criteria although Optum does not identify them as "Dimensions."				
				Optum's <u>Partial Hospitalization</u> guidelines are consistent with all items of the ASAM admission criteria although Optum does not identify them as "Dimensions."	Optum's <u>Partial Hospitalization</u> guidelines are consistent with all items of the ASAM admission criteria although Optum does not identify them as "Dimensions."				
				Optum guidelines do not identify 3 separate levels of Residential Treatment as does ASAM. ASAM Levels III.1, III.3 & III.5 are considered " <u>Residential Rehabilitation</u> " by Optum. However, the criteria from all 3 ASAM levels are included in the admission criteria for Residential Rehabilitation.	Optum guidelines do not identify 3 separate levels of Residential Treatment as does ASAM. ASAM Levels III.1, III.3 & III.5 are considered " <u>Residential Rehabilitation</u> " by Optum. However, the criteria from all 3 ASAM levels are included in the admission criteria for Residential Rehabilitation.				
				Optum guidelines do not identify ASAM Level III.7 Medically Monitored Intensive Inpatient Treatment in it's guidelines as such but instead identifies <u>Inpatient Rehabilitation</u> as the level of care that encompasses the criteria for Level III.7.	Optum guidelines do not identify ASAM Level III.7 Medically Monitored Intensive Inpatient Treatment in it's guidelines as such but instead identifies <u>Inpatient Rehabilitation</u> as the level of care that encompasses the criteria for Level III.7.				
				Optum <u>Ambulatory Detoxification</u> guidelines address both ASAM Levels I-D and II-D. Optum guidelines to do have substance specific admission criteria as does the ASAM criteria although a number of substance specific tools are recommended. See citations.	Optum <u>Ambulatory Detoxification</u> guidelines address both ASAM Levels I-D and II-D. Optum guidelines to do have substance specific admission criteria as does the ASAM criteria although a number of substance specific tools are recommended. See citations.				
				Optum <u>Residential Detoxification</u> admission criteria is consistent with ASAM criteria although Optum guidelines are not substance specific. Substance specific assessment tools are recommended however. See citations	Optum <u>Residential Detoxification</u> admission criteria is consistent with ASAM criteria although Optum guidelines are not substance specific. Substance specific assessment tools are recommended however. See citations				
				Optum admission criteria encompass both ASAM Levels III.7-D and IV-D criteria into one <u>Inpatient Detoxification</u> level. Optum criteria are not substance specific but tools are included for substance specific assessment.	Optum admission criteria encompass both ASAM Levels III.7-D and IV-D criteria into one <u>Inpatient Detoxification</u> level. Optum criteria are not substance specific but tools are included for substance specific assessment.				