

Care Providers & Payers

InterQual® Evidence-Based Clinical Content

InterQual Behavioral Health Criteria **Supporting Behavioral Health Care Decisions in an Age of Parity**

As mental health parity has increased behavioral healthcare utilization and the ensuing increase in cost to provide treatment, a solid foundation for managing appropriateness of behavioral healthcare services is essential for payers and providers. Payers and providers need a way to determine the medical necessity of treatment and services to provide high-quality care for patients and to manage the soaring costs of treating behavioral health disorders. Medical necessity criteria utilization with consistent application is an important factor in ensuring sound decisions. It also helps ensure that patients are getting the right treatment in the right place at the right time.

In the face of the Medicare Improvements for Patients and Providers Act and The Affordable Care Act, payers and providers are under pressure to find new ways to control the cost of behavioral healthcare

treatment and services and to make clinically appropriate decisions about behavioral healthcare. InterQual Behavioral Health Criteria are evidence-based clinical decision support criteria specifically developed to help payers and providers optimize behavioral healthcare decisions by enabling them to move patients safely and efficiently through the continuum of care. The criteria are organized in our continuum format, which presents all settings of care in one view and incorporates the episode day feature to provide timeline guidance for each patient and condition. Episode day represents the day in the episode of care for a particular symptom or condition, helping ensure care being delivered is progressing.

InterQual Behavioral Health Criteria support initial and continued stay level of care decisions for patients/members as well as behavioral health procedures. The criteria address the varying needs

of geriatric, adult, adolescent, and child patients with both psychiatric and substance use disorders. The depth of the criteria allows care managers to consider symptoms, functional status and quality of the support system as determinants for most appropriate level of care, allowing for movement up and down the continuum of care. Developed using the same evidence-based rigor and peer review standards as our medical and surgical criteria, InterQual Behavioral health Criteria are current with the latest advances in evidence-based medicine as well as new terminology and diagnostic classifications.

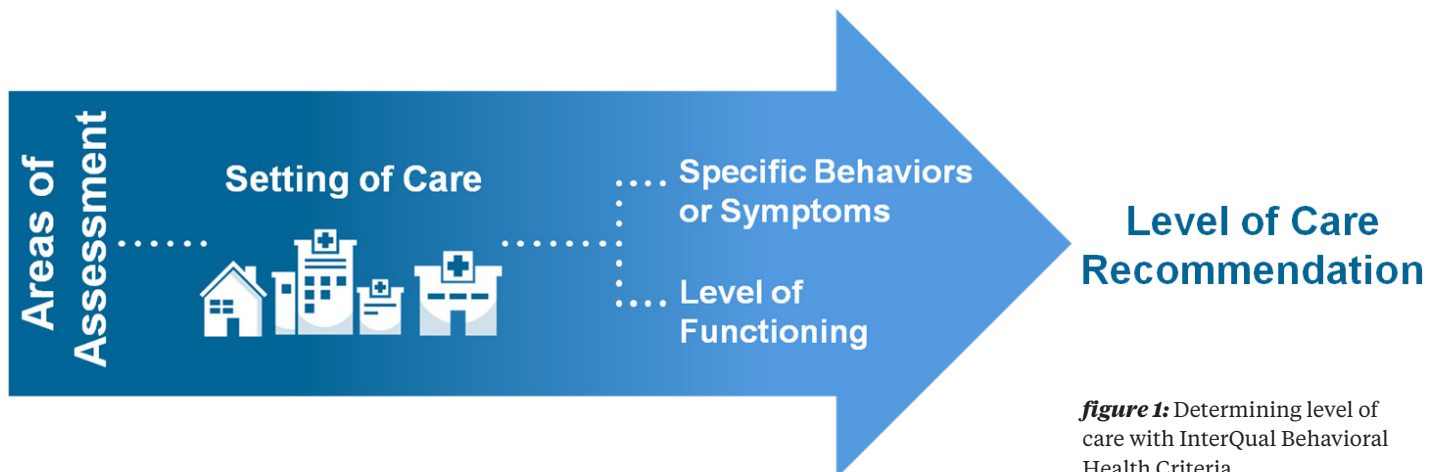


figure 1: Determining level of care with InterQual Behavioral Health Criteria



InterQual Behavioral Health Criteria help:

- **Comply with certain requirements for federal mental health parity.** Payers who license and utilize both InterQual Level of Care Criteria and InterQual Behavioral Health Criteria will be in compliance with the section of the final rule for federal mental health parity which stipulates that for non-quantitative treatment limits, the evidentiary standards, processes, strategies, and other factors used to develop criteria for services for behavioral health conditions can be no more restrictive than the evidentiary standards, processes, strategies, and other factors used to develop criteria for services for medical and surgical conditions.
- **Address multiple symptoms simultaneously.** Patients often present with multiple symptoms and complex issues. The continuum format provides a holistic picture of the patient allowing all symptoms to be considered.
- **Improve the safety of patients and the quality of care.** Our behavioral health criteria help identify potential patient safety risks and quality of care issues.
- **Reduce development and administrative costs.** Objective evidence-based criteria help organizations avoid the extensive resources required to develop and maintain their own behavioral health content.
- **Align stakeholders.** A consistent source of up-to-date evidence-based decision support criteria allows for greater transparency and alignment among stakeholders within and across organizations.

InterQual Behavioral Health Criteria offer:

- **Unmatched credibility and integrity.** The intense rigor of the InterQual clinical development process results in unparalleled content integrity and clinical knowledge based on the best available clinical evidence, including critically appraised literature, standards of care and consensus from licensed specialists.
- **A consistent, well evidenced framework.** Determining medical necessity is one of several key components that can support appropriate care and the framework of the behavioral health criteria supports this.
- **Breadth and depth of behavioral health content.** The scope of the behavioral health content suite spans multiple settings of care and includes psychiatry, substance use disorders and procedures.
- **Comprehensive levels of care.** Organizations can access criteria for the behavioral health levels of care across the continuum that best represents their patient's needs and coverage.

InterQual Behavioral Health Criteria: Spanning the Continuum of Care

InterQual Child & Adolescent Psychiatry Criteria

For the review of patients who are age 4 through 17 years of age.

InterQual Adult & Geriatric Psychiatry Criteria

For the review of patients who are age 18 and older.

InterQual Substance Use Disorders Criteria

For the review of patients age 13 and older when addressing substance use disorders.

InterQual Behavioral Health Procedures Criteria

Child Procedures

- Applied Behavior Analysis (ABA) for Autism Spectrum Disorder Initiation
- Applied Behavior Analysis (ABA) for Autism Spectrum Disorder Continuation
- Neuropsychological Testing
- Psychological Testing

Adolescent Procedures:

- Electroconvulsive Therapy (ECT) Acute/Short-Term
- Neuropsychological Testing
- Psychological Testing

Adult Procedures:

- Electroconvulsive Therapy (ECT) Acute/Short-Term
- Electroconvulsive Therapy (ECT) Continuation/Maintenance
- Neuropsychological Testing
- Psychological Testing
- Transcranial Magnetic Stimulation (TMS)

Geriatric Procedures:

- Electroconvulsive Therapy (ECT) Acute/Short-Term
- Electroconvulsive Therapy (ECT) Continuation/Maintenance
- Neuropsychological Testing
- Psychological Testing
- Transcranial Magnetic Stimulation (TMS)

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