



Guidelines for Outpatient Care of Children and Adolescents

Effective Date: 10/31/2006

Date of Approval by Committee: 04/04/2019

Date Updated in Database: 04/10/2019

1. Parent(s) or guardian(s) are being educated and are participating actively in the treatment process, where appropriate. Efforts are being made to enhance family functioning and the ability of parents or guardians to help manage the patient's psychiatric disorder.
2. Outpatient psychotherapy may be used to address acute symptoms or to help patients maintain their level of function in the presence of chronic illness. Psychotherapy should have clear and measurable goals of treatment that will reduce the risk of danger to self and others, optimize functioning and return the patient to his/her baseline developmental tract, and reduce the likelihood of requiring future treatment at higher levels of care.

Medical necessity could be evaluated through attempts to increase the time interval between visits.

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