



Outpatient Review

Requested Start Date: ___/___/___

NOTE: This form cannot be used to request ECT or psychological testing.

Type of Service Requested: Mental Health Substance Abuse

Patient Name: _____

Date of Birth: _____ Age: _____ M F

Address (City/State only): _____

Tel #: _____ Patient's Insurance ID#: _____

Patient's Employer/Benefit Plan: _____

Provider Name: _____ License _____

Name of Program/Clinic (if applicable): _____

VO Provider ID # (if known): _____ Tel # _____

Service Address: _____

City/State/Zip: _____

Are you independently licensed to provide services in the State where you are treating this patient? Yes No

ID #: _____ Check Which: SSN Tax ID NPI

Diagnosis:

Axis I: 1. _____ 2. _____

Axis II: 1. _____ 2. _____

Axis III: 1. _____ 2. _____

Axis IV: 1. _____ 2. _____

Axis V: Current GAF = _____ Highest GAF in the past year = _____

Treatment History: (please select all that apply)

Previous Treatment in the Past 12 Months, excluding current course of treatment:

Type: Mental Health Substance Abuse Both None Unknown

Outpatient Partial/IOP Inpatient Residential Group Home Other

Outcome: Unknown Improved No Change Worse

Treatment Compliance (Non-Med): Unknown Poor Fair Good

Is the individual currently receiving disability benefits Yes No

Current Risk Assessment: (Please select/circle one value for each type of risk)

Key: 0 = none; 1 = mild, ideation only; 2 = moderate, ideation with EITHER plan or history of attempts; 3 = severe, ideation AND plan, with either intent or means; na = not assessed)

Patient's risk to others: 0 1 2 3 na

Patient's risk to self: 0 1 2 3 na

Current Impairments: (Please select/circle one value for each type of impairment)
Scale: 0=none 1=mild/mildly incapacitating 2=moderate/moderately incapacitating 3=severe or severely incapacitating na=not assessed

- Mood Disturbance (Depression or Mania) 0 1 2 3 na
- Anxiety 0 1 2 3 na
- Psychosis/Hallucinations/Delusions 0 1 2 3 na
- Thinking/Cognition/Memory/Concentration Problems 0 1 2 3 na
- Impulsive/Reckless/Aggressive Behavior 0 1 2 3 na
- Activities of Daily Living Problems 0 1 2 3 na
- Weight Change Associated with a Behavioral Diagnosis 0 1 2 3 na
Select One: Gain Loss na of _____ lbs. in last three months
Current weight = _____ lbs. na Height = _____ ft. _____ inches na
- Medical/Physical Condition 0 1 2 3 na
- Substance Abuse/Dependence 0 1 2 3 na
Select all that apply: Alcohol Illegal Drugs Prescription Drugs
- Job/School Performance Problems 0 1 2 3 na
- Social/Relationship/Marital/Family Problems 0 1 2 3 na
- Legal Problems 0 1 2 3 na

Treatment Plan: Reason for continued treatment (please select primary reason)

- Remains symptomatic Prepare for discharge within coming month
- Maintenance Facilitate return to work

Please indicate type(s) of service provided **BY YOU**, and the frequency.

- Medication Management 90862 Wkly Monthly Qtrly Other _____
- Indiv. Psychotherapy (20-30 min) 90804 Wkly Monthly Qtrly Other _____
- Indiv. Psychotherapy (45-50 min) 90806 Wkly Monthly Qtrly Other _____
- Indiv. Psychothrpny w/Med Mgmt 90807 Wkly Monthly Qtrly Other _____
- Family Psychotherapy (45-50 min) 90847 Wkly Monthly Qtrly Other _____
- Group Therapy (60-90 min) 90853 Wkly Monthly Qtrly Other _____
- Mental Health Eval Diagnosis 90801 Wkly Monthly Qtrly Other _____
- 90805 Wkly Monthly Qtrly Other _____
- Other _____ Wkly Monthly Qtrly Other _____
- Other _____ Wkly Monthly Qtrly Other _____

Please indicate type(s) of service provided **BY OTHERS** (select all that apply):

- Medication Management Indiv. Psychotherapy Family Psychotherapy
- Group Therapy Community Program(s) Self Help Group(s)

Are the Patient's family/supports involved in treatment? Yes No

Has Patient been evaluated by a psychiatrist? Yes No

Current Psychotropic Medications: Dosage Frequency Usually adherent?

1. YES NO
2. YES NO
3. YES NO

Treating Provider's Signature: _____ **Date:** _____

Providers are expected to endorse their use of Clinical Practice Guidelines based interventions as part of their treatment with this member. This applies to all Behavioral Health conditions and includes additional interventions for Diagnosis Specific conditions /populations as appropriate. This information is required as part of the review process. Please complete both sides of this page as applicable.

The patient's chart reflects that:

- I am treating this patient according to VO treatment guidelines.
 Y N NA
- I am coordinating this patient's case with other providers as appropriate.
 - Behavioral: Y N NA
 - Medical: Y N NA
- The treatment plan was developed with the patient and has measurable, time-limited goals. Y N NA

GUIDELINE BASED INTERVENTIONS FOR ALL BEHAVIORAL HEALTH CONDITIONS :

- Co-occurring medical conditions have been assessed and addressed, if applicable in treatment plan
- For primary psychiatric disorders, co-occurring substance use conditions have been assessed and addressed, if applicable, in treatment plan
- For primary substance abuse disorders, co-occurring psychiatric conditions have been assessed and addressed, if applicable, in treatment plan
- For biologically based conditions, appropriate pharmacological intervention has been prescribed and/or evaluated by members PCP/psychiatrist
- Treatment process includes one or more evidenced based psychosocial treatment modalities:
 - Cognitive behavioral therapies including social skills training, destabilization prevention, relapse prevention, standard cognitive therapy
 - Motivational Enhancement therapy
 - Illness management skills
 - Family interventions/ therapy as indicated
 - Community based self-help organizations and peer support groups
- Clinical impairment rating and treatment plan reflects either improvement in symptoms within 90 days of treatment onset, or, if not, patient's condition has been re-evaluated and adjustments in treatment plan made accordingly
- Risk issues have been assessed and addressed in treatment plan and are continually monitored during treatment

Patient Name: _____ ID# _____
(name and ID are needed to ensure that both pages are for same individual)

DIAGNOSIS SPECIFIC ADDITIONAL GUIDELINE BASED INTERVENTIONS—complete as indicated for the following diagnosis specific conditions/populations:

Alcohol related disorders

- To promote abstinence and prevent relapse, Pharmacotherapy options have been presented to member including:
 - Acamprosate (Campral)
 - Disulfiram (Antabuse)
 - Oral Naltrexone (ReVia, Depade)
 - Extended-release injectable naltrexone (Vivitrol)
 - Relapse contingency planning is incorporated in treatment process
 - Aftercare support is incorporated in the treatment process

Child and Adolescent

- Available ancillary and/or supportive services have been evaluated and are utilized as needed

Cognitive disorders

- Caregivers are encouraged to seek support, if applicable, including education programs, respite care and support groups
- The use of pharmacologic treatment for cognitive impairment has been discussed with the member or their proxy
- Medical explanations have been considered/ruled out in reaching this diagnosis

Eating Disorder:

- Treatment plan includes monitoring and documentation of target weight and rate of progress.
- Patient is receiving nutritional counseling by a trained provider.

Psychotic Disorders:

- The treatment plan continues to reinforce adherence with psychopharmacological interventions.