



Policy Number:	08-03
Policy Name:	Practice Guidelines
Authority:	Title 42, Code of Federal Regulations, Section 438.236, and DMH Letter No.: 04-07
Original Policy Date:	February 13, 2008 Effective Date: 02/13/08
Supersedes:	N/A
Policy Last Revised:	02/12/26
Attachments:	A. BHRS Practice Guidelines Manual for SMHS and DMC-ODS

PURPOSE

To define a process for the development, dissemination, and ongoing evaluation of clinical practice guidelines. These practice guidelines are designed to foster a collaborative and integrated approach to mental health and substance use treatment while supporting effective coordination among service providers and community partners. In essence, the document exemplifies BHRS's dedication to delivering compassionate and effective care, upholding the highest standards of practice and empowering individuals on their journey towards improved health and well-being. In general, the clinical practices described in this document are not intended to be prescriptive, exhaustive, or definitive. When determining clinical services, practitioners must always account for the individual's unique characteristics, culture, and preferences. BHRS will develop and update these guidelines and recommended best practices as appropriate to meet the needs of the beneficiaries we serve and to remain current in guidance. BHRS welcomes feedback from all stakeholders on the content and guidance provided, and when updating will take into consideration feedback received.

BACKGROUND

San Mateo County Behavioral Health & Recovery Services (BHRS) is committed to high quality and effective client care, resulting in client satisfaction and improved recovery. As a designated Mental Health Plan (MHP) and Drug Medi-Cal Organized Delivery System (DMC-ODS) county, BHRS and contracted community-based organizations (CBO) partners utilize evidence-based practice guideline resources for clinical service delivery. Guidelines provide evidence-based recommendations for the assessment and treatment of behavioral health disorders intended to guide decisions. BHRS utilizes practice guidelines such as those available through reputable organizations like ASAM, APA, and other sources.



POLICY

BHRS is required by state¹ and federal regulation² to adopt practice guidelines that meet the following requirements:

1. Are based on valid and reliable clinical evidence or a consensus of providers in the particular field.
2. Consider the needs of all BHRS beneficiaries.
3. Are adopted in consultation with network providers.
4. Are reviewed and updated periodically as appropriate.

All behavioral health services provided by BHRS, and its subcontractors are committed to be respectful of the unique needs of our beneficiaries’ cultures and communities. Clinical services are informed by culturally responsive, trauma-informed, and recovery-oriented concepts. The guidelines, included in the BHRS Practice Guidelines Manual (Attachment A), describe these principles and reflect BHRS’s commitment to them.

SIGNATURES

Approved: _____ *Signature on File*
 Dr. Jei Africa, PsyD, FACHE
 BHRS Director

Approved: _____ *Signature on File*
 Tasha Souter, MD
 BHRS Medical Director

¹ 9 CCR § 1810.326 Practice Guidelines, DHCS DMC-ODS Interagency Agreement

² 42 CFR 438.236 -- Practice guidelines



REVISION HISTORY

Date of Revision	Type of Revision	Revision Description
02/12/26	Amend	Attachment A <i>“BHRS Practice Guidelines Manual for Specialty Mental Health and Drug Medi-Cal Organized Delivery System Services”</i> : Added
02/12/26	Amend	Policy: Language updated to reflect BHRS’s development of practice guidelines that affirm an integrated system of care & the provision of services informed by culturally responsive, trauma-informed, and recovery-oriented concepts.