

Behavioral Health Medication Monitoring Program (BHMM)

Having the right medication support can help some of the most vulnerable behavioral health populations achieve a better quality of life. As a provider you know your patients best, and every day you work to provide the best care to help them remain active participants in their communities. To promote the overall health and wellness of NH Healthy Families members our BHMM program works with you to maximize therapeutic outcomes, helping your patients achieve their health goals.

Our team of psychiatrists and behavioral health clinicians are here to help you to identify and provide considerations that will promote evidence-based psychotropic medication prescribing and treatment. In line with clinical best-practice guidelines set forth by organizations such the American Psychiatric Association (APA) and the American Academy of Child and Adolescent Psychiatry (AACAP) our goal is to:

- Maximize therapeutic outcomes
- Identify opportunities for titration of medications and reduction of dosage
- Review for opportunities of non-pharmacological, psychosocial treatments
- Assess for side effects and co-occurring medical complications

If one of your patients is identified as a potential candidate for our BHMM program, you will receive a letter outlining therapeutic considerations we would like to discuss with you. Our BHMM team uses a holistic approach inclusive of medical, pharmacological, and behavioral health utilization. This allows for collaboration that can positively influence the treatment plan you have developed for your patient. Our team partners with you to provide a comprehensive case review, discuss alternative therapeutic options, identify potential social determinants of health barriers, and refer your patients to case management for further interventions if needed. Our program includes three tiers of review to enhance therapeutic outcomes:

- 1 **Metabolic Monitoring and Labs Review (MMLR)** enabling early identification for potential comorbidities.
- 2 **Behavioral Health Service Review (BHSR)** using nine clinical parameters and our comprehensive patient data to help you proactively identify opportunities for alternative interventions and additional evaluations to address side effects and co-occurring medical complications.
- 3 **Behavioral Health Medication Review (BHMR)** performed by licensed psychiatrists, to provide insight into medication adherence and recommendations for whole person care.

We are committed to helping individuals live their best lives through superior behavioral health solutions, and we need you to accomplish this. We appreciate the time and attention you take in caring for our members and your patients. For information regarding our BHMM program, contact BHMedicationMonitoringMailbox@Centene.com.