

# When To Refer To A Behavioral Health Provider

## Complex Behavioral & Emotional Issues

### If a member:

- Has behavior or emotions that **pose a threat of harm** to the safety of self, a child or others (e.g. suicidal behavior, severe aggressive behavior, an eating disorder that is out of control, self-destructive behavior).
- Has had a significant **disruption in day-to day functioning** or loss of contact with reality.
- Has been recently **hospitalized** for treatment of a psychiatric illness.
- Has **complex diagnostic issues**.
- Has a mood disorder and would **benefit from CBT**.

## Complex Social & Environmental Issues

### If a member:

- Has a **caretaker with serious emotional issues** or a substance abuse problem, or there are other serious environmental issues such as a hostile divorce situation.
- Has a **history of abuse, neglect** and/ or removal from the home and has significant issues related to the abuse or neglect.
- Has a **significant change in emotions or behavior** for which there is no obvious precipitant e.g. sudden onset of school avoidance, a suicide attempt in a previously well functioning individual.

## Complex Medical Issues

### If a member:

- Has only a **partial response** to a course of medications or is being treated with more than one psychotropic medication.
- Has a family history that suggests treatment with psychotropic **medications may have an adverse effect** (e.g. prescribing stimulants to a child with a family history of schizophrenia or bipolar disorder; children under the age of 5 who require on-going use of a psychotropic medication).
- Has a **chronic medical condition** and behavior or emotions prevent the medical condition from being treated properly.
- Has had a course of treatment for 6 -8 weeks with **no meaningful improvement**.