

## Clinical Guidelines and Related Provider Requirements: Prescribing and Monitoring of Benzodiazepines and Related Medications

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CBH has adopted Clinical Practice Guidelines (CPGs) to outline best practices for treating specific disorders or certain populations. CBH will use these guidelines to assess the quality of care provided to CBH members. As such, providers are advised to review and, where appropriate, implement these best practices in their care. CPGs apply to all clinical settings where care is delivered to members. CPGs should be used in conjunction with any level-of-care-specific performance standards and all other required CBH, state, and federal regulations and standards.

CBH has updated the existing guidelines for the prescribing and monitoring of benzodiazepines and related medications. The most recent version of all CPGs can be found on the [CBH Clinical Practice Guidelines webpage](#).

To ensure alignment and best practices, CBH recommends that providers review the CPGs and update or revise their policies and procedures as necessary.

Significant changes to the *Prescribing and Monitoring of Benzodiazepines and Related Medications* CPG include:

- ➡ Updated references and links throughout, as well as updating the data and statistics reported in the introduction
- ➡ Revised guidelines addressing the elderly population as a special population (Section 5)
- ➡ Updated recommendations surrounding prescriber collaboration during initiation of benzodiazepines for individuals receiving Medication-Assisted Treatment or opioids (Section 4.1.1)

Adherence to the CPGs will be assessed through CBH monitoring and oversight, including Quality, Clinical, and Compliance Department protocols. To assess quality of care and align with state and regulatory requirements, CBH will also utilize several specific metrics for the CPG, which are detailed in the table below.

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Clinical Guidelines	Quality Metrics
<a href="#"><u>Clinical Practice Guidelines for the Prescribing and Monitoring of Benzodiazepines and Related Medications</u></a>	<ul style="list-style-type: none"><li>➔ Average rate of benzodiazepine prescribing</li><li>➔ Rate of Benzodiazepine prescribing to members also receiving opioid prescriptions</li><li>➔ Rate of benzodiazepine prescribing to members receiving methadone</li><li>➔ Rate of benzodiazepine prescribing to members receiving buprenorphine</li><li>➔ Rate of Benzodiazepine prescribing to members with substance use disorder</li></ul>

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These requirements take effect on **July 20, 2025**. Please direct questions regarding *Clinical Practice Guidelines for the Prescribing and Monitoring of Benzodiazepines and Related Medications* to [michelle.reece@phila.gov](mailto:michelle.reece@phila.gov).