

## Clinical Guidelines and Related Provider Requirements: Prescribing and Monitoring of Antipsychotic Medications for Youth

---

Community Behavioral Health (CBH) has adopted Clinical Practice Guidelines (CPGs) to outline best practices for the treatment of specific disorders or certain populations. These guidelines will be used by CBH 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, as well as all other required CBH, state, and federal regulations and standards.

CBH has created new guidelines for the prescribing and monitoring of antipsychotic medications for youth. 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 make any necessary updates or revisions to provider policies and procedures.

Significant changes to the Antipsychotic Medications for Youth CPGs include:

- ➔ Added sections on non-pharmacologic treatment for psychotic disorders in youth, de-prescribing, and coordination/care linkages
- ➔ General language changes throughout, including expanded language from “psychiatrists” to “providers” to reflect a broader range of clinicians, and clarified antipsychotic dosing information
- ➔ Addition of a new monitoring metric, *Psychosocial Treatment for Children and Adolescents on Antipsychotics*
  - » This is a modified version of the HEDIS APP metric, which measures the percentage of children and adolescents (age 1-17) with a new prescription for one or more antipsychotic medications who received at least six psychosocial treatments within six months of the prescription date.
- ➔ Data updates and replacement of broken/outdated links throughout

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

## **Clinical Guidelines and Related Provider Requirements: Prescribing and Monitoring of Antipsychotic Medications for Youth**

---

align with state and regulatory requirements, CBH will also be utilizing several specific metrics for the CPG, which are detailed in the table below.

Clinical Guidelines	Quality Metrics
<p><u><a href="#">Clinical Practice Guidelines for the Prescribing and Monitoring of Antipsychotic Medications for Youth</a></u></p>	<ul style="list-style-type: none"> <li>➔ <b>APM (Metabolic Monitoring for Children and Adolescents on Antipsychotics):</b> <ul style="list-style-type: none"> <li>» The percentage of children and adolescents (age 1-17) who had two or more antipsychotic prescriptions and had metabolic testing [blood glucose and lipid].</li> </ul> </li> <li>➔ <b>Psychosocial Treatment for Children and Adolescents on Antipsychotics:</b> <ul style="list-style-type: none"> <li>» The percentage of children and adolescents (age 1-17) with a new prescription for one or more antipsychotic medications who received at least six psychosocial treatments within six months of the prescription date.</li> </ul> </li> </ul>

---

*These requirements take effect **April 30, 2026**. Please direct questions regarding the Prescribing and Monitoring of Antipsychotic Medications for Youth to [michelle.reece@phila.gov](mailto:michelle.reece@phila.gov).*