

## GSSC Behavioral Health Referral Job Aid

All behavioral health (BH) referrals should be tasked to your Tufts Health Plan Senior Care Options (SCO) Clinical Consultant. The SCO Clinical Consultant will review the case and task for RN assignment as appropriate.

Reason to task:

- Any evaluation revealing a self-reported BH diagnoses
- Member is currently prescribed psych meds or seeing BH provider
- Failed mini-cog or score of 3 or above on the PHQ-2
- **Note:** GSSC completes the PHQ-2 only. BH Clinician completes the PHQ-9
- Any change in mental status for Level 1 and 2

The task note should include the following information as appropriate:

- Self-reported BH diagnoses
- If member is prescribed a psych medication
- Last PHQ-2 score
- Last mini-cog result
- BH provider name
- Any concern for substance abuse
- If PS involved

Reasons not to task your SCO Clinical Consultant:

- If a Level 1 or 2 member is requesting access to BH services such as supportive therapy or psycho pharm the GSSC should direct the member back to the PCP for a referral and let the member know that Customer Relations can provide a list of clinicians in the area
- If the member is reporting recently feeling depressed but has not been diagnosed or prescribed a BH medication, refer them back to their PCP
- Do not offer members a BH home visit
- BH home visits are only requested by the RNCM as necessary

Common psychiatric medications:

- Antidepressants
  - Fluoxetine (Prozac)
  - Citalopram (Celexa)
  - Sertraline (Zoloft)
  - Paroxetine (Paxil)
  - Bupropion (Wellbutrin)
  - Escitalopram (Celexa)
  - Venlafaxine (Effexor)
- Anti-anxiety or Anxiolytic meds
  - Clonazepam (Klonopin)
  - Alprazolam (Xanax)
  - Lorazepam (Ativan)
  - Diazepam (Valium)
  - Buspirone (Buspar)
- Sleep aids
  - Trazodone (Desyrel)
  - Zolpidem (Ambien)
  - Mirtazapine (Remeron)
- Antipsychotics
  - Quetiapine (Seroquel)
  - Risperidone (Risperdal)
  - Aripiprazole (Abilify)
  - Haloperidol (Haldol)
  - Paliperidone (Invega)
  - Olanzapine (Zyprexa)
  - Ziprasidone (Geodon)
- Mood stabilizers
  - Lithium carbonate (Lithium)
  - Divalproex (Depakote)
  - Gabapentin (Neurontin)
  - Lamotrigine (Lamictil)
  - Topiramate (Topamax)
- Stimulants
  - Methylphenidate (Ritalin)
  - D-Amphetamine(Adderall)