



Mild Depression

Mild depression

- Minor Functional Impairment in at least one area or mildly distressing symptoms
- No Comorbid Psychiatric diagnoses
- No Suicidal ideation or behavior
- No Psychotic symptoms
- Or Criteria Met for Other Specified Depressive Disorder (Same treatment applies as with Mild Major Depression) F/U within 30 days (HEDIS)

Initial Treatment Considerations

- Active Monitoring with +/- Med Management
- Supportive Psychotherapy or
- Family Therapy or
- Evidenced-Based Psychotherapy
- Cognitive Behavioral Therapy
- Interpersonal Psychotherapy
- PHQ-9 Required (HEDIS)

Moderate Depression Tx Pathway

Initial Treatment Considerations

- Evidence-Based Psychotherapy
 - Cognitive Behavioral Therapy
 - Interpersonal Psychotherapy
- Medication Management

Severe Depression



Initial Treatment Considerations

- Evidence-Based Psychotherapy
 - Cognitive Behavioral Therapy
 - Interpersonal Therapy
- Medication Management
- Partial Hospitalization Program
- Somatic Therapies (ECT)
- If enhance services is utilized, refer to CCP.

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Interventions Common to all Types of Major Depression

- Psychoeducation for members and family
- Alternative or Complementary Interventions
- Monitor Response (PHQ-9) HEDIS Requirement
- https://www.healthquality.va.gov/guidelines/MH/mdd/VADODMDDCPG_Provider_Summary_Final_508_updated.pdf