

Clinical Pathway for Post Traumatic Stress Disorder for Children / Adolescents

Transforming Lives. Building Community Well-Being.

Patient presents with suspicion for PTSD. Screening tools for PTSD conducted. If (+) then does CCA includes differential diagnosis. Are risk factors considered? Does the member meet DSM5-TR criteria for PTSD?

If pt doesn't meet criteria. Consider another disorder, tx accordingly.

Consider psychotherapy and psychoeducation.

If positive, ensure patient is safe by inquiring any potential threats to the patient.

Patient is at risk of external and internal threats. Consider hospitalization if member meets IVC criteria.

Patient is not eminent risk. Consider the following modalities below.

If patient is being discharged from ED or inpatient psych facility. Is the member being seen within 7 days post DC? (HEDIS)

Psychoeducation. Psychotherapy; Trauma-Focused CBT, CBT, Play Therapy, EMDR Psychological First Aid

Rx in conjunction with psychotherapy

If enhance service considered, refer to CCP.

https://www.ptsd.va.gov/professional/treat/specific/ptsd_child_teens.asp

