

Clinical Policy: Psychotropic (behavioral health) Medications

Reference Number: NM.CP.PPA.15

Effective Date: 03/20/19

Last Review Date: 1/11/23

[Revision Log](#)

Description:

The purpose of this policy is to comply with State of New Mexico contract regarding psychotropic (behavioral health) medications.

Policy:

Western Sky Community Care will **cover most psychotropic (behavioral health) medications without requiring prior authorization.**

Please Note: All other utilization edits, such as Age Limits or Quantity Limits still apply.

Approval duration: 3 months

EXCEPTIONS TO THIS POLICY:

1. The following **are NOT included in the list for psychotropic drugs and medications** (per current State of New Mexico Human Services Department Managed Care Contract):
 - **Benzodiazepines/minor tranquilizers**
 - **Hypnotics**
2. *Other:*
 - *Spravato (esketamine nasal spray) requires PA*
 - *Abilify Mycite (aripiprazole tablets with sensor) requires PA*

**** Requests for Brand Name** - Brand medically necessary policies will be enforced to mandate the use of generic formulations for instances when multiple source brand name drugs are prescribed. If a provider requests a brand name drug be filled when a therapeutically equivalent generic formulation is available and is preferred on the WSCC formulary, the provider must state on the prescription "Brand Name Medically Necessary."

Revision Log

Reviews, Revisions, and Approvals	Date	Approval Date
New clinical policy created for WSCC based on the State of New Mexico Letter of Direction and State of New Mexico contract on psychotropic (behavioral health) medications	3/19	3/19
Removed "Medications used for ADHD (stimulants)"; per example in NM HSD contract, stimulants are included in definition of psychotropic medication. Approved by WSCC P&T Committee with previous change.	3/20/19	3/20/19
Post clarification with NM HSD the following changes were made: Addition of new exception section; Added 'minor tranquilizers and adhd stimulants' under 'not included in the definition of psychotropic medication' section; Moved 'not included in the definition of psychotropic medication' section under 'exceptions to this policy' section; Added 'Spravato (esketamine)' as an 'other exception' to the 'exceptions to this policy' section. Approved by WSCC Pharmacy and Therapeutics Committee on 7/31/2019.	7/9/19	7/31/19
Annual Review. References reviewed and updated as appropriate. Reviewed and approved by WSCC P&T Committee.	1/29/20	1/29/20
Edited grammar in <i>Requests for Brand Name</i> section.	1/18/21	
Annual Review. Reviewed and approved by WSCC P&T Committee.		1/20/21
Annual Review. Reviewed and approved by WSCC P&T Committee.		1/12/22
Annual Review. Removed ADHD stimulants from excluded list per updated contract and the provided supplemental sheet. Reviewed and approved by WSCC P&T Committee.	1/10/23	1/11/23