

Continicare & APA Clinical Practice Guidelines

Continicare is built to help clinicians align with and implement APA's Clinical and Professional Practice Guidelines. By combining structured assessments, daily measurement, and evidence-based therapeutics, Continicare makes it easier for psychologists to meet APA's standards while improving patient outcomes and practice sustainability.

Measurement-Based Care (MBC)

- Automated Behavioral Health Assessment (BHA) and daily mood/engagement check-ins give clinicians the continuous data flow APA recommends.
- Clinician dashboards provide graphs and metrics that inform treatment goals, support collaborative decision-making, and detect when patients are stuck.

Evidence-Based Guidelines

- All psychoeducation and coping strategies in Continicare are grounded in CBT and validated protocols (Padesky, Greenberger, Beck, Dozois).
- Reports (Integrated Clinical Report, Cognitive & Motivational Profile) map patient findings to APA guideline domains, helping clinicians document compliance.

Telehealth & Flexible Access

- The Continicare Companion app serves as a digital front door, extending structured support between sessions.
- Compatible with telehealth and employer wellness programs, ensuring care continuity and accessibility.

Risk Management

- Secure, anonymized patient data and shared clinician dashboards protect patients if a provider is unavailable.
- Ensures ethical continuity of care consistent with APA's emphasis on patient protection.

Equity & Cultural Responsiveness

- Pseudonymous IDs reduce stigma and protect privacy.
- Diverse patient stories and adaptable assessments support inclusive, culturally responsive care.
- Platform available in English, Spanish, and French (expandable to more languages).
- Captures age, gender, relationship status, and race to fine-tune cultural adaptation and responsiveness.

Practice Sustainability

- Reimbursable assessments, including CMS billing codes for both initial assessments and monthly monitoring, plus employer/insurer partnerships create new revenue streams.

By embedding measurement, evidence-based care, telehealth, risk protection, and financial sustainability, Continicare helps clinicians confidently align with APA guidelines while delivering higher-quality, more equitable mental health care.