



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

September 9, 2019

Dear Ms. Joly,

We are in receipt of your letter, dated August 18, 2019. We reviewed materials on the Lyra Health website. Lyra appears to be a company with a particular business model and seems to offer its services as an alternative to Employee Assistance Programs (EAP). Most EAPs are not long-term health care but are intended to address employee challenges that may adversely affect job performance. It appears that the company is attempting to fill one segment of the behavioral health care marketplace and recognizes that these services will not meet all individuals' needs, consistent with what your letter also suggests.

Lyra makes evident in their [provider manual](#) that the company's mission is to provide short-term interventions and that might not be the most appropriate avenue for all patients. However, we did not find any references to clinical practice guidelines from the American Psychological Association nor criteria that "explicitly excludes attachment-oriented clinicians as providers on its panels."

We agree that some individuals do benefit from more intensive care and that the decision regarding treatment should be shared between the provider and patient.

Likewise, as [APA's policy on evidence-based practice](#) indicates, the research evidence that informs clinical decisions is broad. Clinical practice guidelines are a tool that synthesizes evidence about treatment efficacy but do not contain all information necessary for decision making.

Best Regards,

A handwritten signature in black ink that reads "Jared L. Skillings".

Jared L. Skillings, PhD, ABPP  
APA Chief of Professional Practice