

Levels of Care Criteria

<u>Outpatient:</u>	Ambulatory, scheduled periodic therapeutic counseling provided in a clinical setting includes intakes, assessments, individual, methadone, and family and group therapy.
<u>Intake:</u>	The performance of screening, assessment, referral and follow-up activities necessary to make preliminary assessments of problems. Assessment involves appraisal of a person's need for alcohol and other drug abuse treatment and placement in a specific treatment modality or setting.
<u>Assessment:</u>	Assessment involves appraisal of a person's need for alcohol and other drug abuse treatment and placement in a specific treatment facility or setting.
<u>Psychiatric Evaluation:</u>	An evaluation done by a licensed psychiatrist to assert proper care for the client. An authorization MUST be obtained prior to the treatment. (Block Grant Clients only.)
<u>Medication Review:</u>	An evaluation done by a licensed psychiatrist or physician to assess if the client needs prescribed medication to assist in the client's treatment. An authorization must be obtained prior to treatment. (Block Grant Clients only.)
<u>Methadone Pre-Assessment Only:</u>	Assessment to see if a methadone program is an appropriate treatment for this client.
<u>Individual Therapy:</u>	Face-to-face counseling services with client or the client's significant other. If the significant other receives ongoing counseling services (maximum six (6) sessions, per authorizations. 50 minutes/hour.
<u>Group Therapy:</u>	Face-to-face counseling with three or more clients, and can include didactic lectures, therapeutic discussions, and other group related activities (60 or 90 minutes sessions, per level of care and authorization).
<u>Family Therapy:</u>	Face-to-face counseling with the client and his/her significant other and/or family members (60 minutes sessions, per level of care and authorization).

- Methadone Program: Includes all necessary treatments, including individual, short group, or any other treatments prescribed at the assessment to assist in the client's recovery.
- Didactic Presentations: Educational small groups with interactive discussions. Handouts, writing assignments and videos may support the educational sessions (60 or 90 minutes sessions, per level of care and authorization).
- Residential Detoxification: Medically supervised care provided in a sub-acute residential setting for the purpose of managing the effects of withdrawal from alcohol and/or other drugs. Specifically, the reduction/elimination of the amount of a drug in the body or the elimination of a drug from the body concomitant with supportive treatment services. Usually authorized for 3-5 days.
- Short Term Residential: Planned individual and/or group therapeutic and rehabilitative counseling and didactics that are provided as an intense, organized, daily treatment regimen in a residential setting which includes an overnight stay. These programs of care have a trained treatment staff that is supervised by a professional responsible for the overall quality of clinical care. Treatment is authorized for 29 days or less.
- Less Intensive Residential: Planned individual and/or group therapeutic and rehabilitative counseling and didactics that are provided as an intense, organized, daily treatment regimen in a residential setting which includes an overnight stay. These programs of care have trained treatment staff that is supervised by a professional responsible for the overall quality of clinical care.
- Long Term Residential: A professionally supervised program with supportive or confrontational peer therapy that is supplemented with individual or group therapeutic counseling didactic and rehabilitative care in a residential setting which includes an overnight stay. Individual and group counseling are built into daily routines. Treatment is usually authorized 30 days or longer.
- Intensive Outpatient: Supervised rehabilitative and therapeutic services provided in a structured outpatient setting for a partial day of 3 or more hours. Services provides multiple days per week over a specified time period as determined by program design and the client's need and treatment plan. Individualized care is provided appropriate to the client's age development, and presenting problem. Didactic

lectures, group and individual therapies in combination with the individualized treatment needs of the clients are provided.

SEMCA has established three levels of IOP.

- Level 1 Minimum 3 days a week at 3 hours
- Level 2 Minimum 4 days a week at 4 hours
- Level 3 Minimum 5 days a week at 4/5 hours

Day Treatment:

Day treatment is defined as intensive substance abuse services available six days a week, six hours per day. Day treatment is considered to be at a higher level of intensity than IOP, but less restrictive than residential settings.

Case Management

Services provided to clients who are identified as having a substance abuse problem ranging from minimal to severe use, who are at risk of continued or increased use, who display treatment resistant behavior.

Case management is a program designed to coordinate, plan, provide, evaluate and monitor services or recovery utilizing a variety of resources on behalf of, and in collaboration with, a client who has a substance use disorder. A substance use disorder case management program offers these services through designated staff working in collaboration with the substance use disorder treatment team and as guided by the individualized treatment planning process.

Case Management activities are as follows: assessment; reassessment; service plan; linking/coordinating and monitoring.

Early Intervention

Early Intervention is a specifically focused treatment program including stage-based intervention for individuals with substance use disorders as identified through a screening or assessment process to include individuals who may not meet the threshold of abuse or dependence.

Recovery/Peer Support

Recovery/Peer support programs are designed to support and promote recovery and prevent relapse through supportive services that result in the knowledge and skills necessary for an individual's recovery. Peer recovery programs are designed and delivered primarily by individuals in recovery and offer social emotional and/or educational supportive services to help prevent relapse and promote recovery.

“Medically Necessary Services” means determination that a specific service is medically (clinically) appropriate, necessary to meet a person’s treatment needs, consistent with the person’s diagnosis, symptomatology and functional impairments and consistent with clinical standards of care.

Medically necessity pertains to necessary care for bio-psychosocial severity and is defined by the extent and severity of problems in all six multi-dimensional assessment areas of the client.

- Dimension 1. Acute Intoxication and/or Withdrawal Potential
- Dimension 2. Biomedical Conditions and Complications
- Dimension 3. Emotional/Behavioral Conditions and Complications
- Dimension 4. Treatment Acceptance/Resistance
- Dimension 5. Relapse/Continued Use Potential
- Dimension 6. Recovery Environment