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## **ADOLESCENT/ADULT SUBSTANCE ABUSE CLINICAL DEFINITIONS**

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### **Outpatient Services**

Outpatient services are organized treatment services, which may be delivered by a general hospital, private, free standing facility for the care or treatment of substance abusive or dependent persons, a comprehensive psychiatric licensed facility that has certified or trained staff in addictions, independently licensed alcohol and drug counselors and other licensed healthcare professional with recognized credentials and/or certification in treating addictive disorders within their field of expertise, or by a non-licensed practitioners working in a licensed facility under the supervision of a licensed professional. Services are provided on a routine basis for up to 6 contact hours per week. Treatment will often require linkages including but not limited to, child welfare, juvenile justice, and vocational/educational.

Length of Services: Varies with severity of symptoms and response to treatment. Ongoing monitoring and relapse prevention, and the maintenance phase of treatment are often long term (e.g., 12 or more months). This level of care does *not* require prior authorization initially. However, registration *is* required which results in an initial authorization of twenty-six (26) sessions covering a twelve-month period of time. Visits in excess of 26 or those beyond the initial twelve-month period would require prior authorization.

### **Level II Services**

#### **Level II.1 Intensive Outpatient Treatment**

Intensive Outpatient Treatment is a structured treatment program that may be offered during the day, before or after school or work in the evening or on weekends. This level of care provides essential treatment services while allowing patients to apply new skills in community and home settings. There is a capacity to arrange and coordinate medical and psychiatric consultation and 24-hour crises services are available. Programs will provide psychiatric (including psycho-pharmacology) assessment and treatment and have the capacity to treat complex co-occurring disorders. This level of care requires is at least 3-4 hours of structured program time, 2-5 days per week. Clients in early recovery and those being discharged from residential care will typically require 9 or more hours per week of structured programming. The number of hours of programmed care is tapered off based on individual client need but can not fall below 3 hours per week based on individual client needs.

Length of Service: Duration varies based on severity and response to treatment

#### **Level II.5: Partial Hospitalization Program**

Partial Hospitalization programs are similar to IOP structured programs but offer a higher level of intensity. Structured programming is offered at a minimum of 4 hours a day, for

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2-5 days per week. Partial Hospital programs typically have direct access to psychiatric, medical and laboratory services and thus, are better able than IOP programs to address any mild to moderate risk associated with withdrawal. Increased hours of daily programming can assist with those clients who demonstrate moderate emotional and behavioral challenges that would distract from recovery.

Length of Service: Duration varies based on severity and response to treatment

### **Level III Residential and Inpatient Treatment:**

#### **Level III.5: High Intensity (Therapeutic Community and Residential Rehabilitation) (Adolescent Services Only)**

Level III.5 programs provide 24 hour programming and containment that relies on a community setting or residential milieu as an effective tool for acquiring recovery skills and basic life skills. The program is designed to effect fundamental personal change for clients who have significant social and psychological problems. Substance use is not the only treatment focus and programs take into account individual client behavior, emotions, attitudes, family, culture, trauma, gender, lifestyle, and overall health. Examples of clients with co-occurring disorders who often need this level of care are those who exhibit Disruptive Behavior Disorders.

#### **Level III.7: Medically Monitored Inpatient (Inpatient Residential Detoxification)**

Level III.7 Programs offer residential care that is medically monitored and that provides a 24-hour professionally directed program of evaluation, observation, medical monitoring and addiction treatment. This level of care is appropriate for clients with sub acute biomedical and emotional, behavioral or cognitive problems that are severe but do not need the full resources of general or medically managed hospital program. The programs are delivered by an interdisciplinary staff of appropriately credentialed treatment professionals including physicians who are specialists in addiction medicine. Treatment is specific to substance abuse related disorders, but the skills of the treatment team can accommodate intensive inpatient treatment and/or conjoint treatment of a wide variety of co-occurring disorders sub acute biomedical, and/or emotional, behavioral or cognitive conditions.

Length of Services: Duration is determined by the progress of each patient and treatment plans are to be individualized. The length of stays needs to be flexible and meet the clinical need of each patient.

### **Level IV: Intensive Inpatient Treatment (Hospital Based Detoxification)**

Level IV programs provide inpatient hospital level care that is medically managed and that offers the most intensive level of care, delivered in an acute care inpatient setting. The full resources of a general acute care or psychiatric hospital are available. This level of care is appropriate for patients whose acute biomedical, emotional, behavioral and cognitive problems are of such severity that they require primary medical and nursing care. An interdisciplinary team of addiction-credentialed physicians and other appropriately credentialed treatment professionals delivers care within a 24 hour

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planned regimen of medically directed evaluation and treatment services. Although treatment is specific to substance dependence disorders, the skill so the interdisciplinary team and the availability of support services allow for conjoint treatment of any co-occurring biomedical conditions and mental health disorders.

Length of Services: The duration of treatment varies with the severity or the client's illness and response to treatment.

**Methadone Maintenance Therapy:**

Methadone Maintenance Therapy is an organized, usually ambulatory addiction treatment service for opiate-addicted patients. It is delivered by addiction-trained personnel or addiction-credentialed clinicians who provide individualized treatment, case management, and health education (including education about human immunodeficiency virus, tuberculosis, and sexually transmitted diseases. The nature of the services provided (such as dose, level of care, length of service or frequency of visits) is determined by the patient's clinical needs, but always include regularly scheduled psychosocial treatment sessions and daily or other scheduled medication visits within a structured program (for patients who are doing well enough to have take-home does of methadone or who are taking LAAM).

Length of Service: The duration of treatment varies with the severity of the client's illness and response to treatment or desire to continue treatment.

**Ambulatory Detoxification:**

**To be determined**

**Note:** Making Level of Care Decisions

In any case in which a request for services does not satisfy the above criteria, the ASO reviewer must then apply the document Guidelines for Making Level of Care Decisions and in these cases the patient shall be granted the level of care requested when:

- 1) Those mitigating factors are identifies and
- 2) Not doing so would otherwise limit the patient's ability to be successfully maintained in the community or is needed in order to succeed in meeting patient treatment goals.

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