

Service Name	Adult Substance Use Disorder Outpatient Individual Psychotherapy ASAM Level 1
Setting	Outpatient Individual Psychotherapy SUD can be provided in any of the following settings: • Office • Clinic • Home • Community setting that is appropriate for the provision of this service
Licensure, Certification, or Accreditation	If this service is provided by a Mental Health Substance Abuse Treatment Center, they must be licensed by the DHHS Division of Public Health and accredited by CARF, TJC, or COA, and accredited to provide the level of care applicable to this service as required by DHHS Division of Medicaid and Long-Term Care (MLTC) If this service is provided by a hospital, the hospital must be licensed by the DHHS Division of Public Health and accredited by TJC or AoA and must be accredited to provide the level of care applicable to this service as required by DHHS Division of Medicaid and Long-Term Care (MLTC) Individual providers must be licensed by the DHHS Division of Public Health as required by DHHS Division of Medicaid and Long-Term Care (MLTC)
Basic Definition	Outpatient individual substance use disorder therapy describes the professionally directed evaluation, treatment and recovery services for individuals experiencing a substance related disorder that causes moderate and/or acute disruptions in the individual's life. Individual therapy consists of interactions geared towards enabling the individual to gain insight, reduce maladaptive behaviors related to the disorder, and restore normalized functioning and appropriate interpersonal and social relationships
Service Expectations (Information about this service is referenced in Title 471 chapter 20)	• Substance use disorder (SUD) assessment: by a licensed clinician, operating within their scope of practice, must be completed prior to the beginning of treatment and meet the requirements as noted in the SUD Assessment Medicaid Service Definition. ○ If a substance use disorder assessment was conducted within the previous 12 months prior to admission to the service, and is determined to be clinically relevant, it can serve as the service admission assessment. If there is new information available, an update to the SUD assessment must be documented in the form of a SUD addendum. The SUD addendum must reflect the individual's current status ○ If a substance use disorder assessment was not conducted within the previous 12 months prior to admission to the service, or the prior SUD assessment is not relevant and does not contain the necessary information, then a substance use disorder assessment must be performed

	• An initial treatment, recovery, and rehabilitation plan must be developed within 24 hours to guide the first 30 days of treatment • Develop an Individualized Treatment, Rehabilitation, and Recovery Plan, including discharge plan and relapse prevention, with the individual (consider community, family and other supports) within 30 days of admission • Review and update the Individualized Treatment, Rehabilitation, and Recovery Plan every 90 days or more often as clinically indicated. Review must be completed under a licensed clinician with the individual and must include family, guardians, other supports as authorized by the individual • Provide access to Medication Assisted Treatment (MAT) as medically appropriate • Assessments, treatment, and referral must address co-occurring needs • Monitoring stabilized co-occurring mental health conditions • Consultation, referral, or both for medical, psychological, and psychopharmacology needs • It is the provider's responsibility to coordinate with other treating professionals • Discharge planning is an ongoing process that occurs through the duration of service. A Discharge summary must be completed prior to discharge • Initial and full Individualized Treatment, Rehabilitation, and Recovery Plans, Discharge Planning and Discharge Summaries must be completed in accordance with the requirements outlined in the document titled <i>Medicaid Requirements for Behavioral Health Services</i> • All services must be provided with cultural competence • Crisis assistance must be available 24 hours a day, 7 days a week
Length of Service	Length of service is individualized and based on clinical criteria for admission and continuing stay. The anticipated duration of the service must be documented in the treatment, recovery, and rehabilitation plan
Staffing (Detailed training and licensure requirements are referenced in the document titled <i>Medicaid Requirements for Behavioral Health Services</i>)	Licensed Clinicians May include: • Psychiatrist • Physician • Psychologist • Provisionally licensed psychologist • Advanced practice registered nurse (APRN) • Physician Assistant (PA) • Licensed Independent Mental Health Practitioner (LIMHP) • Licensed mental health practitioner (LMHP) • Provisionally licensed mental health practitioner (PLMHP) • Licensed alcohol and drug counselor (LADC) • Provisionally licensed alcohol and drug counselor (PLADC)

	All staff must meet the qualifications and supervision requirements as defined in the document titled <i>Medicaid Requirements for Behavioral Health Services</i> All staff are required to work within their scope of practice to provide mental health, substance use, or co-occurring mental health and substance use disorder treatment
Staffing Ratio	1:1
Hours of Operation	Typical business hours with evening and weekend hours available by appointment
Desired Individual Outcome	• The individual has substantially met the treatment, recovery, and rehabilitation plan goals and objectives • The precipitating condition and relapse potential is stabilized such that there is sustained improvement in health and psychosocial functioning • The individual's condition can be managed without the professional external supports and intervention at this level of care • The individual has alternative support systems secured to help maintain active recovery and stability in the community • The individual is connected to the next appropriate level of care necessary to treat the condition
Admission Guidelines	• The individual meets the diagnostic criteria for a Substance Use Disorder as defined in the Diagnostic and Statistical Manual (DSM), current edition, as well as American Society of Addiction Medicine (ASAM), current edition, dimensional criteria for admission to this service • The individual meets specifications in each of the six ASAM dimensions. • It is expected that the individual will be able to benefit from this treatment • This level of care is the least restrictive setting that will produce the desired results in accordance with the needs of the individual
Continued Stay Guidelines	It is appropriate to retain the individual at the present level of care if: • The individual is making progress but has not yet achieved the goals articulated in the individualized treatment, recovery, and rehabilitation plan. Continued treatment at this level of care is assessed as necessary to permit the individual to continue to work toward their treatment goals, or • The individual is not yet making progress but has the capacity to resolve their problems. The individual is actively working toward the goals in the individualized treatment, recovery, and rehabilitation plan. Continued treatment at this level of care is assessed as necessary to permit the individual to continue to work toward their treatment goals, or • New problems have been identified that are appropriately treated at this level of care. This level of care is the least intensive level of care at which the individual's new problems can be addressed effectively

	• To document and communicate the individual's readiness for discharge or need for transfer to another level of care, each of the six dimensions of the ASAM criteria must be reviewed. If the criteria apply to the individual's existing or new problem(s), they should continue in treatment at the present level of care.
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