

# Substance Use Disorder Outpatient Treatment and Residential Services

## Overview

Substance use disorder (SUD) treatment services are designed to meet the needs of the individual. Level of care is established using the American Society of Addiction Medicine (ASAM) standards and varies depending on the severity of the disorder and the needs of the individual.

Relapse prevention strategies remain a primary focus of counseling. The continuum of care also includes activities designed to engage and connect individuals to recovery services, such as outreach, screening in health care or other non-treatment settings, and case management services.

### **Intensive outpatient and outpatient treatment**

Intensive outpatient and outpatient treatment provides assessment, counseling services, therapeutic group sessions and education to individuals with substance use disorders. This level of treatment provides services in accordance with ASAM level 1 to level 2.

#### **Outpatient treatment (OP) (ASAM Level 1)**

Outpatient treatment consists of both individual and group setting treatment services. Level 1, according to ASAM, indicates that the individual will receive less than nine hours of service per week. The duration and intensity may vary depending on the individual service plan which is developed before treatment begins. An individual service plan (ISP) is reviewed once a month for the first three months of treatment, and quarterly thereafter. Reviews may be required to be conducted more or less frequently depending on the requirements under other imposed laws.

#### **Intensive outpatient treatment (IOP) (ASAM Level 2.1)**

IOP generally provides 9-12 hours per week for up to 90 days. For deferred prosecution, IOP consists of a

minimum of 72 hours of treatment services provided for a maximum of 12 weeks. Services primarily consist of group and individual counseling and education related to substance use disorder in accordance with ASAM criteria.

The treatment consists of the following: at least three sessions each week during the first four weeks of treatment, with each session occurring on separate days of the week; group sessions of at least one hour; and attending other self-help groups in the community, in addition to the 72 hours of treatment services.

### **Residential SUD treatment**

Residential SUD treatment provides a concentrated program with length of stay at a residential facility dependent on initial, and ongoing, assessments using ASAM criteria and progress toward treatment goals. Levels of care include 3.1 Recovery House, 3.1 Long-Term, and 3.5 Intensive Inpatient. Each level of care has different components and placements depending on client's need. Treatment at each level of care consists of individual and therapeutic group sessions, education, and other activities that have been identified in the client's treatment plan.


#### **Recovery House (ASAM Level 3.1)**

Recovery house treatment provides a minimum of five hours of treatment each week, with recovery skills, relapse prevention, and emotional coping strategies. Job training, employment, or other types of community activities may also be part of a treatment plan.

Recovery house services are clinically managed, and the goal is to aid adjustment to recovery, relapse prevention, recovery skills development and community services.

#### **Long-Term Residential (ASAM Level 3.1)**

Long-Term residential program provides a structured recovery environment in combination with high-intensity clinical services provided in a



manner to meet the functional limitations of individuals to support recovery from substance use related disorders. Long-term residential program provides an extended length of stay in a safe stable living environment, and assists transitions into the community.

### **Intensive Inpatient Residential (ASAM Level 3.5)**

Intensive inpatient program offers 24-hour supportive treatment environment to initiate or continue a recovery process. This program offers a safe and stable living environment to help develop recovery skills, maintain abstinence and help prevent relapse. Level 3.5 is a medium intensity program that works with individuals who have multidimensional issues, including mental health and/or medical that places them in imminent danger, and they are able to fully participate in the therapeutic community.

### **Medical Monitored Intensive Inpatient (ASAM Level 3.7)**

Medical monitored intensive inpatient services provides a planned and structured program providing 24-hour evaluation, observation, medical monitoring and addiction treatment in a safe secure setting. Individuals who have intense or ongoing mental health needs that have not been stabilized and individuals with ongoing medical issues that need additional monitoring are placed in this level of care.

### **Eligibility requirements**

Individuals who receive Medicaid, other state-funded medical treatment, or are low-income, are eligible for treatment.

### **Authority**

Revised Code of Washington 71.05 and Washington Administrative Code (WAC) for Outpatient Treatment Services 246-341-0300-0370, Residential Treatment WAC 246-341-1108, and Recovery house treatment services WAC 246-341-1112.

### **Budget**

Substance Abuse Prevention and Treatment (SAPT) Block Grant; General Fund-State; Title XIX (Medicaid); and Criminal Justice Treatment Account.

### **Partners**

The Health Care Authority (HCA), contracts with behavioral health administrative services organizations (BH-ASOs), and managed care organizations (MCOs) to ensure service needs are met for Medicaid-funded adults in their respective region.

### **Oversight**

HCA, Medicaid Program Operations and Integrity (MPOI) Division's Contract Managers provide oversight for BH-ASO and MCO contracted services. Also, Department of Health (DOH) certification and licensure are required.

### **For more information:**

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