

Substance use disorder outpatient treatment and residential services

Overview

Substance use disorder (SUD) treatment services are designed to meet the specific needs of the individual seeking treatment. 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.

Addressing underlying reasons for problematic substance use and creating relapse prevention strategies remain the primary focus of SUD counseling; taking in consideration health equity, empowering lenses and anti-stigma language to ensure that everyone has a fair and just opportunity to care as possible.

The continuum of care includes activities designed to engage and connect individuals to recovery services, such as outreach, screening in primary health care, health engagement programs ([Health Engagement Programs | Addictions, Drug & Alcohol Institute \(uw.edu\)](https://www.healthengagementprograms.org/)) or other non-behavioral health treatment settings, peer engagement, and case management services.

Numbers served

Service Indicator	SFY 2022	SFY 2023	SFY 2024
Medicaid Managed Care + Fee for Service - Clients Served			
Adult Community Based SUD Outpatient	34,562	33,734	35,106
Adult Community	8,621	9,438	10,335

82-0483 (10/24)

Based SUD Residential

Adult Community Based Withdrawal Management	4,154	5,470	6,167
Adult Community Based SUD OST	No data	15,580	16,952

Treatment program

Outpatient and Intensive Outpatient treatment programs provide assessment, counseling services, groups and education to individuals with substance use disorders. This level of treatment provides services in accordance with ASAM level 1 to level 2 criteria.

Outpatient treatment (OP) (ASAM Level 1)

OP consists of less than nine hours of service per week provided in both individual and group treatment settings. The duration and intensity vary according to an individual service plan, which is developed at the onset of program enrollment. An individual service plan review occurs once a month for the first three months and quarterly thereafter, or sooner, if required by other laws.

Opioid treatment program is a form of outpatient treatment provided to those with an opioid use disorder. (See [Adult Opioid Treatment Program](#)).

Intensive outpatient treatment (IOP) (ASAM Level 2.1)

IOP generally provides nine to 12 hours per week of treatment services for up to 90 days. Services primarily consist of group and individual counseling and substance use disorder education in accordance with ASAM criteria.

For deferred prosecution under [Chapter 10.05 Revised Code of Washington \(RCW\)](#), IOP consists of a minimum of 72 hours of treatment services within a maximum of 12 weeks.

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 self-help groups in addition to the 72 hours of treatment services.

Residential SUD treatment

Residential SUD treatment provides individualized, concentrated program services at a residential facility. The length of stay varies and is 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 group counseling, education, and other activities that have been identified in the individualized 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. This level of treatment provides services in accordance with ASAM level 3.1 criteria.

Long-term residential (ASAM Level 3.1)

Long-Term residential program provides a structured recovery environment combined with high-intensity clinical services which meet the functional limitations of individuals to support recovery from substance use related disorders. Length of stay is dependent on initial and ongoing assessments using ASAM criteria and progress toward treatment goals.

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. Length of stay is dependent on initial and ongoing assessments using ASAM criteria and progress toward treatment goals.

Medical monitored intensive inpatient (ASAM Level 3.7)

Medical Monitored Intensive Inpatient services provides a planned and structured program of 24 hour professionally directed evaluation, observation, medical monitoring, and SUD treatment in an inpatient setting. Length of stay is dependent on initial and ongoing assessments using ASAM criteria and progress toward treatment goals.

Eligibility

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

Authority

Revised Code of Washington (RCW) Chapter [71.05](#) and Washington Administrative Code (WAC) for Outpatient Treatment Services [WAC 246-341-0300](#), Residential Treatment [WAC 246-341-1108](#), and Recovery house treatment services [WAC 243-341-1112](#).

Budget for SFY 25

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

Key partners

The Washington 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 regions.

Oversight

HCA, Medicaid Program Division (MPD) Division's Contract Managers provide oversight for BH-ASO and MCO contracted services. HCA, Division of Behavioral Health and Recovery (DBHR) administers the Criminal Justice Treatment Account and manages other State funded initiatives. Also, Department of Health (DOH)

oversees certification and licensure for
organizations wanting to provide SUD Services.

For more information

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