

ANNEX A1

DMHAS ASAM SERVICE DESCRIPTIONS

Please carefully review the Service Descriptions that are included in the DMHAS FFS Initiatives in this Annex A1 contract section. Initial the boxes below to identify the ASAM Level/s of Care for which your agency is renewing its contract. Agency must be licensed for the ASAM level/s of care provided under this contract. Only those services initialed will signify the services to be provided in this contract period.

ASAM Levels of Care	Please initial the appropriate box
Outpatient	
Intensive Outpatient	
Partial Care	
Short Term Residential	
Long Term Residential	
Halfway House	
Detoxification	
Medically Monitored Inpatient Detoxification	

I understand and agree to deliver the services according to the contract Document Annex A1. I have reviewed these contract requirements with our agency staff and affirm that our agency policies and procedures support adherence to these requirements. I understand that our agency will be monitored by DMHAS for adherence to these contract requirements.

Agency Name: _____

Federal ID: _____

Signature

Date

Print Name

Title

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DEFINITIONS OF SUBSTANCE USE TREATMENT COMPONENTS

Counseling/Therapy Services

Individual Counseling Session:

Counseling provided on an individual basis to clients with a substance use diagnosis which includes therapeutic and supportive interventions designed to: motivate the client for recovery from addictive disease, facilitate skills for the development and maintenance of that recovery, improve problems solving and coping skills, and develop relapse prevention skills. Session content and structure are designed in accordance with client's treatment. Individual counseling can be delivered by a CADC, an alcohol and drug counselor intern or credentialed intern under the supervision of a qualified clinical supervisor per N.J.A.C. 13:34C-6.2, or by a New Jersey licensed behavioral health professional who is also credentialed to provide therapy in accordance with the DMHAS Service Descriptions. 1 hour = 1 unit

Individual Therapy Session:

The treatment of an emotional disorder, including a substance use disorder, as identified in the DSM through the use of established psychological techniques and within the framework of accepted model of therapeutic interventions such as psychodynamic therapy, behavioral therapy, gestalt therapy and other accepted therapeutic models. These techniques are designed to increase insight and awareness into problems and behavior with the goal being relief of symptoms, and changes in behavior that lead to improved social and vocational functioning, and personality growth. Individual Therapy must be provided by: Licensed Clinical Psychologist, Certified Nurse Practitioner-Psychiatric and Mental Health (CNP-PMH), Advanced Practical Nurse-Psychiatric and Mental Health (APN-PMH), Licensed Clinical Social Worker (LCSW), Licensed Professional Counselor (LPC), or Licensed Marriage and Family Therapist (LMFT). 1 hour = 1 unit.

Group Counseling:

Counseling provided on a group basis to clients which uses group processes and supports to: motivate the client for recovery from addictive disease, facilitate skills for the development and maintenance of that recovery, improve problems solving and coping skills, improve intra and inter personal development and functioning, and develop relapse prevention skills. Session content and structure are designed in accordance with client's treatment plan. Group counseling can be delivered by a CADC, an alcohol and drug counselor intern or credentialed intern under the supervision of a qualified clinical supervisor per N.J.A.C. 13:34C-6.2, or by a New Jersey licensed behavioral health professional who is

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also credentialed to provide therapy in accordance with the DMHAS Service Descriptions. 1 hour= 1 unit

Family Counseling:

Counseling provided to the family unit, with or without the client present, to impart education about the disease of addiction, elicit family support for the client's treatment, encourage family members to seek their own treatment and self-help, assess the clients environment during or after treatment and to assess the client's functioning outside of the treatment environment. Family counseling can be delivered by a CADC, an alcohol and drug counselor intern or credentialed intern under the supervision of a qualified clinical supervisor per N.J.A.C. 13:34C-6.2, or by a New Jersey licensed behavioral health professional who is also credentialed to provide therapy in accordance with the DMHAS Service Descriptions. 1 hour =1 unit

Family Therapy:

Treatment provided to a family utilizing appropriate therapeutic methods to enable families to resolve problems or situational stress related to or caused by a family member's addictive illness. In this service, the family system is the identified client and interventions are targeted to system change. Family and Individual Therapy must be provided by: Licensed Clinical Psychologist, Certified Nurse Practitioner-Psychiatric and Mental Health (CNP-PMH), Advanced Practical Nurse-Psychiatric and Mental Health (APN-PMH), Licensed Clinical Social Worker (LCSW), Licensed Professional Counselor (LPC), or Licensed Marriage and Family Therapist (LMFT). 1 hour = 1 unit.

Psycho-education

Psycho-education is the education of a client in way that supports and serves the goals of treatment.

Didactic Session:

Group session that involves teaching people about the disease of addiction, how to treat it, and how to recognize signs of relapse so that they can get necessary treatment and support services. 1 hour = 1 unit

Family Education and Information:

Family Education and Information is the education of the family in a way that services the goals of the identified client. Family Education and Information involves teaching family members of identified clients about the disease of addiction, how the disease affects the family, how to support the client's recovery and how to find services and treatment for the family members. 1 hour = 1 unit

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OUTPATIENT SUBSTANCE USE TREATMENT

Level 1

In addition to the DMHAS Service Requirements stated in the Division of Mental Health and Addiction Services (DMHAS) Network Annex A, Outpatient Substance Use Treatment contractees shall comply with the following parameters.

Definition: Outpatient Substance Use Treatment is provided in a DMHAS licensed outpatient facility which provides regularly scheduled individual, group and family counseling services for less than nine (9) hours per week. Services may be provided to patients discharged from a more intensive level of care, but are not necessarily limited to this population. Twelve (12) Step Meetings or other Self-Help Meetings cannot be counted as billable Counseling Services. This care approximates ASAM PPC-2R Level 1 care.

Counseling/Therapy Services:

- Individual: in a full session, this includes face-to-face for one (1) hour.
- Individual: in a half-session, this includes face-to-face for thirty (30) minutes.
- Group: minimum sixty (60) minutes of face to face contact.
- Family: in a full session for one (1) hour or a half-session for thirty (30) minutes. To be included during course of treatment as clinically indicated.

Psycho-education:

- Didactic sessions.
- Family education and information sessions as clinically indicated.

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INTENSIVE OUTPATIENT SUBSTANCE USE TREATMENT Level II.I

In addition to the DMHAS Service Requirements stated in the Division of Mental Health and Addiction Services (DMHAS) Network Annex A, Intensive Outpatient Substance use Treatment contractees shall comply with the following parameters.

Definition: Intensive Outpatient (IOP) Substance use Treatment is provided in a licensed IOP facility which provides a broad range of highly intensive clinical interventions. Services are provided in a structured environment for no less than nine (9) hours per week. Request for more than twelve (12) hours per week of services must be pre-approved by initiative case manager or DMHAS staff. **A minimum of three (3) hours of treatment services must be provided on each billable day to include one individual counseling session per week.** IOP treatment will generally includes intensive, moderate and step-down components. Twelve (12) Step Meetings or other Self-Help Meetings cannot be counted as billable services. This care approximates ASAM PPC-2 Level II.I care.

Counseling/Therapy Services:

- Individual: One hour per week minimum.
- Group: Six (6) hours per week minimum.
- Family: To be included during course of treatment as clinically indicated.

Psycho-education:

- Didactic sessions: 2 hours/week minimum.
- Family education and information sessions as clinically indicated.

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PARTIAL CARE SUBSTANCE USE TREATMENT Level II.5

In addition to the DMHAS Service Requirements stated in the Division of Mental Health and Addiction Services (DMHAS) Network Annex A, Partial Care Substance use Treatment contractees shall comply with the following parameters.

Definition: Partial Care Substance use Treatment is provided in a licensed Partial Care facility which provides a broad range of highly clinically intensive interventions. Services are provided in a structured environment for no less than 20 hours per week. **A minimum of four (4) hours of treatment services must be provided on each billable day to include one individual counseling session per week.** Lunch is not a billable hour. Twelve (12) Step Meetings or other Self-Help Meetings cannot be counted as billable services. Programs have ready access to psychiatric, medical and laboratory services. This care approximates ASAM PPC-2 Level II.5 care.

Counseling/Therapy Services:

- Individual: 1 hour/week minimum.
- Group: 8 hours/week minimum.
- Family: To be included during course of treatment as clinically indicated.

Psycho-education:

- Didactic sessions: 3 hours/week minimum.
- Family education and information sessions as clinically indicated.

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CLINICALLY MANAGED LOW-INTENSITY RESIDENTIAL TREATMENT HALFWAY HOUSE SUBSTANCE USE TREATMENT Level III.1

In addition to the DMHAS Service Requirements stated in the Division of Mental Health and Addiction Services (DMHAS) Network Annex A, Clinically Managed Low Intensity Residential Substance use Treatment Halfway House Substance use Treatment contractees shall comply with the following parameters.

Definition: Halfway House Substance use Treatment is provided in a licensed residential facility which provides room, board, and services designed to apply recovery skills, prevent relapse, improve emotional functioning, promote personal responsibility and reintegrate the individual into work, education and family life. Halfway house services must be physically separated from short term and long term program. In addition, clinical services must be separate from short term and long term residential services. **This modality includes no less than 5 hours per week of counseling services.** A minimum of 7 hours per day of structured activities must be provided on each billable day. (Note: Self-help meetings may be included as part of structured activities. This care approximates ASAM PPC-2 Level III.1 care.

Medical Services: Must be provided as per licensing requirements.

Counseling/Therapy Services:

- Individual: 1 hour/week minimum.
- Group: 3 hours/week minimum.
- Family: To be included during course of treatment as clinically indicated.

Psycho-education:

- Didactic sessions: 1 hours/week minimum.
- Family education and information sessions as clinically indicated.

Structured Activities: 7 hours a day required. Example of activities:

- a. Counseling Services
- b. Psycho-education
- c. Employment
- d. Vocational Training
- e. Recovery Support Services
- f. Recreation

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CLINICALLY MANAGED HIGH-INTENSITY RESIDENTIAL TREATMENT LONG TERM RESIDENTIAL SUBSTANCE USE TREATMENT Level III.5

In addition to the DMHAS Service Requirements stated in the Division of Mental Health and Addiction Services (DMHAS) Network Annex A, Clinically Managed High Intensity Residential Substance use Treatment Long Term Residential Substance use Treatment contractees shall comply with the following parameters.

Definition: Long Term Residential Substance use Treatment or Therapeutic Community is provided in a licensed long term residential facility which provides a structured recovery environment, combined with professional clinical services, designed to address addiction and living skills problems for persons with substance use diagnosis who require longer treatment stays to support and promote recovery. (Note: Self-help meetings may be included as part of structured activities.) Long Term Residential includes **no less than 8 hours per week of counseling services on at least five (5) separate occasions.** A minimum of 7 hours per day of structured activities must be provided on each billable day. Intervention focuses on reintegration into the greater community with particular emphasis on education and vocational development. This care approximates ASAM PPC-2 Level III.5 care.

Medical Services: Must be provided as per licensing requirements.

Counseling/Therapy Services:

- Individual: 1 hour/week minimum.
- Group: 5 hour week minimum.
- Family: To be included during course of treatment as clinically indicated.

Psycho-education:

- Didactic sessions: 3 hours/week minimum.
- Family Education and Information sessions as clinically indicated.

Structured Activities: 7 hours a day required. Example of activities:

- a. Counseling Services
- b. Psycho-education
- c. Vocational Training
- d. Recovery Support Services
- e. Recreation

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MEDICALLY MONITORED INTENSIVE INPATIENT TREATMENT SHORT TERM RESIDENTIAL SUBSTANCE USE TREATMENT Level III.7

In addition to the DMHAS Service Requirements stated in the Division of Mental Health and Addiction Services (DMHAS) Network Annex A, Medically Monitored Intensive Inpatient Substance Use Treatment Short Term Residential Substance Use Treatment contractees shall comply with the following parameters.

Definition: Short Term Residential Substance Use Treatment is provided in a licensed short term residential facility which provides a highly structured recovery environment, combined with a commensurate level of professional clinical services, designed to address specific addiction and living skills problems for persons who are deemed amenable to intervention through short-term residential treatment. **Short Term Residential treatment must include no less than 12 hours per week of counseling services on at least 6 separate occasions.** A minimum of 7 hours of structured programming must be provided on a billable day. (Note: Self-help meetings may be included as part of structured activities.) This care approximates ASAM PPC-2 Level III.7 care.

Medical Services: Must be provided as per licensing requirements.

Counseling/Therapy Services:

- Individual: 2 hour/week minimum.
- Group: 10 hours/week minimum (4 sessions).
- Family: To be included during course of treatment as clinically indicated.

Psycho-education:

- Didactic sessions: 8 hours/week minimum.
- Family Education and Information sessions as clinically indicated.

Structured Activities: 7 hours a day required. Example of activities:

- a. Counseling Services
- b. Psycho-education
- c. Vocational Training
- d. Recovery Support Services
- e. Recreation

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MEDICALLY MONITORED INPATIENT DETOXIFICATION Level III.7D

In addition to the DMHAS Service Requirements stated in the Division of Mental Health and Addiction Services (DMHAS) Network Annex A, Medically Monitored Inpatient Detoxification Substance Use Treatment contractees shall comply with the following parameters.

Definition: Medically Monitored Inpatient Detoxification is an organized service delivered by medical and nursing professionals, which provides 24-hour medically supervised evaluation and withdrawal management in a permanent facility with inpatient beds. Services are delivered under a defined set of physician-approved policies and physician monitored procedures for clinical protocols. This level provides care to patients whose withdrawal signs and symptoms are sufficiently severe to require 24-hour medical monitoring care. **Detoxification includes 2 hours per week of counseling services.** (Note: Self-help meetings may be included as part of daily activities) This care approximates ASAM PPC-2 Level III.7D care.

Medical Services: Must be provided in the facility under the supervision of a Medical Director. All other licensing requirements for medical services must be followed.

Counseling/Therapy Services:

- Individual: 1 hour/week minimum.
- Group: 1 hour/week.

Psycho-education:

- Minimum of two hours per detox episode.

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MEDICALLY MONITORED INPATIENT DETOXIFICATION ENHANCED 111.7D Enhanced

In addition to the DMHAS Service Requirements stated in the Division of Mental Health and Addiction Services (DMHAS) Network Annex A, Medically Monitored Inpatient Detoxification Enhanced Substance use Treatment contractees shall comply with the following parameters.

Description: Medically Monitored Inpatient Detoxification Enhanced is an organized service delivered by medical and nursing professionals, which provides 24-hour medically supervised evaluation and withdrawal management in a permanent facility with inpatient beds. Services are delivered under a defined set of physician-approved policies and physician-monitored procedures for clinical protocols. This level provides care to patients whose withdrawal signs and symptoms are sufficiently severe enough to require 24-hour medically monitored care. **Detoxification includes substance use assessment, medication monitoring and two (2) hours per week of counseling services.** (Note: Self-help meetings may be included as a part of daily activities)

This care approximates ASAM PPC-2 Level III.7D care but enhances that level to include the ability to treat the following: 1) individuals with co-occurring disorders; 2) pregnant women; 3) poly-addicted persons, including those addicted to benzodiazepines; 4) individuals who may or may not be on opiate replacement therapy; and 5) clients with non-life-threatening medical condition(s) that do not require the services of an acute care hospital.

In order to accommodate this increased acuity in patients being treated in this service, the facility must have an affiliation agreement and procedures in place with an acute care hospital that ensures the seamless transfer of the patient to the acute care setting, if clinically necessary.

Required Staff: Must be provided in the facility under the supervision of a Medical Director. All other licensing requirements for medical services and co-occurring services must be followed.

Required Medical Services:

- Full medical assessment.
- Ongoing medical services including medication monitoring.
- Pregnancy test for all women.
- 24 hour nursing services.
- 24 hour access to physician.

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Counseling Services:

- Individual counseling: 1 hours/week minimum.
- Group Sessions: 1 hour/week.

Psycho-education:

- Minimum of two hours per week.

Co-occurring Services included as part of this service:

- Case Management.
- Medication Monitoring.