

**Division of Mental Health and Addiction Services (DMHAS)
Fee for Service (FFS) 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 by the NJ Department of Human Services, Office of Licensing (OOL) for the ASAM level/s of care provided under this contract. Only those services initialed will signify the services the agency is requesting to be provided in this contract period.

ASAM Levels of Care	Please initial the appropriate box
Outpatient (OP)	
Methadone Outpatient Services (MOP)	
Intensive Outpatient (IOP)	
Partial Care (PC)	
Short Term Residential (STR)	
Long Term Residential (LTR)	
Halfway House (HWH)	
Medically Monitored Inpatient Withdrawal Management (WM)	

I understand and agree to deliver the services according to parameters detailed in 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 DISORDER TREATMENT COMPONENTS

Assessment

A bio-psycho-social assessment of consumers entering treatment or transferring to a different provider agency. This assessment includes completion of an ASI or other DHS approved screening tool, completion of American Society of Addiction Medicine (ASAM) placement criteria, a co-occurring screening, and completion of the NJSAMS admission. Members of the consumer's family and/or significant others may also be involved, if indicated and authorized by the consumer. The assessment must result in a DSM Diagnosis and Level of Care determination, to be used in the consumer treatment placement and treatment planning. The assessment must produce a written document which is placed in the consumer's clinical record. It identifies problems which must be addressed in a written treatment plan that is also placed in the consumer's clinical record.

Counseling Services

Individual Therapy:

Counseling provided on an individual basis to consumers with a substance use diagnosis which includes therapeutic and supportive interventions designed to: motivate the consumer 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 consumer'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. 30 minutes = 1 Unit and 45 - 50 minutes = 1 Unit. Max number of units that can be claimed per diem will vary by initiative.

Group Therapy:

Counseling provided on a group basis to consumers which uses group processes and supports to: motivate the consumer 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

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and functioning, and develop relapse prevention skills. Session content and structure are designed in accordance with consumer's treatment plan. Group counseling can be delivered by a CADDC, 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. 90 minutes = 1 Unit. Max number of units that can be claimed per diem will vary by initiative.

Family Therapy:

Counseling provided to the family unit, with or without the consumer present, to impart education about the disease of addiction, elicit family support for the consumer's treatment, encourage family members to seek their own treatment and self-help, assess the consumers environment during or after treatment and to assess the consumer's functioning outside of the treatment environment. Family counseling can be delivered by a CADDC, 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 counseling in accordance with the DMHAS Service Descriptions. 60 minutes = 1 Unit. Max number of units that can be claimed per diem will vary by initiative.

Psycho-educational Group Services

Psycho-education is the education of a consumer in way that supports and serves the goals of treatment. 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. 90 minutes = 1 Unit. Max number of units that can be claimed per diem will vary by initiative.

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OUTPATIENT SUBSTANCE USE DISORDER 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 Disorder Treatment contractees shall comply with the following parameters.

Definition: Outpatient Substance Use Disorder 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-3 Level 1 care.

Counseling Services:

- Individual Therapy: in a full session, face-to-face for 45 – 50 minutes.
- Individual Therapy: in a half-session, face-to-face for 30 minutes.
- Group Therapy: minimum 90 minutes of face to face contact.
- Family Therapy: in a full session for 60 minutes.

Psycho-educational Group Services:

- Didactic sessions.

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METHADONE OUTPATIENT TREATMENT (MOP) Level 1.OMT Opioid Maintenance Therapy

Definition:

Opioid Maintenance Therapy is a separate service that can be provided at any LOC and, as such it can be attached to ASAM-PPC 3R Levels 1-4. For this contract, service is attached only to Standard Outpatient Level 1 to create Methadone Outpatient (MOP). MOP is a weekly bundled service that includes the following, which may not be claimed separately for payment: case management, medication monitoring, medication and dispensing, and the counseling services specified below.

Counseling Services:

- Individual Therapy: in a full session, face-to-face for 45 – 50 minutes.
- Individual Therapy: in a half-session, face-to-face for 30 minutes.
- Group Therapy: minimum 90 minutes of face to face contact.
- Family Therapy: in a full session for 60 minutes.

1. The contractee shall ensure that their outpatient methadone maintenance program(s) assign each consumer to one of the following Phases and provide counseling to the consumer in accordance with the following schedule:

Phase I. At least one counseling session per week with at least one individual session per month, for a total of four sessions per month.

Phase II. At least one counseling session every two weeks with at least one individual session, for a total of two sessions per month.

Phase III. At least one individual counseling session per month.

Phase IV. At least one individual counseling session every three months

Phase V. Consumers who have had twenty-four consecutive months of negative drug screens and meet other program criteria for treatment progress shall receive counseling services at a frequency determined by the multidisciplinary team and program policy.

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Phase VI. Consumers who have had thirty-six consecutive months of negative drug screens and meet other program criteria for treatment progress shall receive counseling services consistent with their clinical needs and the documented recommendations of the multidisciplinary team.

Phase I-A. Consumers in Phase I, for a period of at least twelve (12) months, who have failed to progress in treatment despite documented efforts by the program to intensify treatment services and where referral to supplemental treatment services or a residential program is not available, may be retained in treatment at a lesser level of service designated as Phase I-A in accordance with the following:

- The program can document a multidisciplinary team case conference that determines a substantial identifiable benefit exists to the consumer and/or the general public that supports retaining the consumer in treatment despite the consumer's continued lack of progress in treatment;
- The program's decision to retain a consumer in Phase I-A shall be based on a benefit to the consumer and/or general public which is documented in the consumer record and supported in writing by the counselor, director of substance abuse counseling, director of nursing services and medical director; and
- Written documentation of alternative treatment (i.e., IOP, residential, hospitalization, etc.) options explored by the program shall be included, along with reasons why these options are inappropriate (i.e., not available in area, etc.).
- Consumers designated as Phase I-A shall receive at least two (2) counseling sessions per month, including one (1) individual counseling session, and shall receive at least one monthly drug screening; and
- The multidisciplinary team shall review and document the status of consumers designated in Phase I-A on a quarterly basis.

Phase I-A consumer who refuses treatment services:

- All Phase I consumers shall be maintained on a therapeutic dose of methadone for a minimum of one year.

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- All clinical interventions to engage consumer into treatment shall be documented in the consumer's file.
- If, after a minimum of one year on a therapeutic dose of methadone, the consumer does not make any progress in treatment, despite repeated attempts to engage the consumer into treatment, the multidisciplinary team may recommend that the consumer be detoxed from methadone.

2. Minimum Billing Requirements

- Phase I- Four (4) encounters **within an identified** week, with evidence of documented outreach, if not meeting ambulatory licensure regulations. A full individual counseling session will count as two (2) encounters. If consumer receives an exception for take home medication during this Phase, it shall not effect payment to agency if clearly documented in consumer chart.
- Phase II- Minimum of two (2) encounters **within an identified** week, with evidence of documented outreach, if not meeting ambulatory licensure regulations. A full individual counseling session will count as two (2) encounters. If consumer receives an exception for take home medication during this Phase, it shall not effect payment to agency if clearly documented in consumer chart.
- Phase III- Minimum of one (1) encounter **within an identified** week, with evidence of documented outreach, if not meeting ambulatory licensure regulations. If consumer receives an exception for take home medication during this Phase, it shall not effect payment to agency if clearly documented in consumer chart.
- Phase IV, V and VI- All monthly requirements **as detailed in ambulatory regulations** are met.
- An encounter includes any of the services included in the bundle (medication monitoring, medication and dispensing, and counseling services) with the exception of case management.
- Medication and dispensing includes take home bottles.

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INTENSIVE OUTPATIENT SUBSTANCE USE DISORDER TREATMENT Level 2.1

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 Disorder Treatment contractees shall comply with the following parameters.

Definition: Intensive Outpatient (IOP) Substance Use Disorder 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 include 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-3 Level 2.1 care. A consumer may not be removed from an active group session to participate in an individual session thereby reducing the actual number of hours delivered.

Counseling Services:

- Individual Therapy: One 45- 50 minute session per week minimum. Required as part of the bundled per diem service and may not be claimed separately for payment.
- Group Therapy: Six (6) hours per week minimum.
- Family Therapy: To be included during course of treatment as clinically indicated.

Psycho-educational Group Services:

- Didactic sessions: As clinically indicated.

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PARTIAL CARE SUBSTANCE USE DISORDER TREATMENT Level 2.5

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 Disorder Treatment contractees shall comply with the following parameters.

Definition: Partial Care Substance Use Disorder 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-3 Level 2.5 care. A consumer may not be removed from an active group session to participate in an individual session thereby reducing the actual number of hours delivered.

Counseling Services:

- Individual Therapy: One 45-50 minute session per week minimum.
- Group Therapy: Eight (8) hours per week minimum.
- Family Therapy: To be included during course of treatment as clinically indicated.

Psycho-educational Group Services:

Didactic sessions: As clinically indicated.

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CLINICALLY MANAGED LOW-INTENSITY RESIDENTIAL TREATMENT HALFWAY HOUSE SUBSTANCE USE DISORDER TREATMENT Level 3.1

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 Disorder Treatment Halfway House contractees shall comply with the following parameters.

Definition: Halfway House Substance Use Disorder 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 3 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-3 Level 3.1 care.

Medical Services: Must be provided as per licensing requirements.

Counseling Services:

- Individual Therapy: One 45 – 50 minute session per week minimum.
- Group Therapy: Two (2) hours per week minimum.
- Family Therapy: To be included during course of treatment as clinically indicated.

Psycho-educational Group Services:

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

Structured Activities: Seven (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 DISORDER TREATMENT Level 3.5

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

Definition: Long Term Residential Substance Use Disorder 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-3 Level 3.5care.

Medical Services: Must be provided as per licensing requirements.

Counseling Services:

- Individual Therapy: One 45 – 50 minute session per week minimum.
- Group Therapy: Seven (7) hours per week minimum.
- Family Therapy: To be included during course of treatment as clinically indicated.

Psycho-educational Group Services:

- Didactic sessions: Three (3) hours per 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

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e. Recreation

MEDICALLY MONITORED INTENSIVE INPATIENT TREATMENT SHORT TERM RESIDENTIAL SUBSTANCE USE DISORDER TREATMENT Level 3.7

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

Definition: Short Term Residential Substance Use Disorder 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-3 Level 3.7 care.

Medical Services: Must be provided as per licensing requirements.

Counseling Services:

- Individual Therapy: One 45 – 50 minute sessions per week minimum.
- Group Therapy: Ten (10) hours per week minimum.
- Family Therapy: To be included during course of treatment as clinically indicated.

Psycho-educational Group Services:

- Didactic sessions: Eight (8) hours per week minimum.
- Family Education and Information sessions as clinically indicated.

Structured Activities: Seven (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 WITHDRAWAL MANAGEMENT Level 3.7WM (Detox)

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

Definition: Medically Monitored Inpatient Withdrawal Management 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 consumers whose withdrawal signs and symptoms are sufficiently severe to require 24-hour medical monitoring care.

This level of care includes 2 hours per week of counseling services. (Note: Self-help meetings may be included as part of daily activities). This care approximates ASAM-3 Level 3.7WM.

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 Services:

- Individual Therapy: One 45 – 50 minute session per week minimum.
- Group Therapy: One session per week minimum.

Psycho-educational Group Services:

- Minimum of two (2) hours per Inpatient Withdrawal Management (Detox) episode.