Clinical Guidelines and Service Definitions

Outpatient Substance Abuse Services (OP)

ASAM Level I

Originated 8/03
Reviewed 1/11
Revised 1/11
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Revised 11/13

Funding Stream
Medicaid, Special Connections and Private Insurance should be accessed before Core Service dollars are requested. All pregnant women should be referred to the Special Connections licensed program in El Paso County.

Definition of Service
- Service goals are centered on promoting child and family safety and family protective capacity.
- Outpatient Programs (ASAM Level I, OP) provide less than nine hours per week structured outpatient therapy and education to address substance abuse and mental health problems. Level I services are tailored to help individuals achieve changes in his or her alcohol – or other drug-using behaviors. Treatment services may include individual and group counseling, family therapy and educational groups to address major lifestyle, attitudinal and behavioral issues that have the potential to undermine the goals of treatment or to impair the individual’s ability to cope with major life tasks without the non-medical use of alcohol or other drugs. (ASAM Criteria)
- An OP program should address a wide range of issues including, but not limited to relapse prevention, models of addiction, triggers, managing emotions, physical effects of alcohol and other drugs, the interference of addiction with parenting, spirituality, medical aspects of addiction, stages of change, thinking errors, and other factors that influence life functioning due to the presence of addictive behaviors.

Measurement of Success
- Client demonstrates empathy for the experiences and needs of their children.
- Client demonstrates ability to:
  1. explain what their protective role and responsibilities entail,
  2. understand the consequences to the children should they fail to protect, and
  3. articulate and demonstrate that they value and believe it is their primary responsibility to protect the children.

Qualifications of Provider
Any Outpatient Program must be licensed for Outpatient services by the State of Colorado, Office of Behavior Health (OBH). Staff must meet OBH qualifications.
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**Frequency of Services**
Group treatments may occur one or more times weekly depending on the need of the client. Individual treatment is frequently a supplement to group therapy, particularly early in treatment. Family therapy may be included.

**Estimated Length of Treatment**
Length of time in treatment is determined by substances of use, history of use and other biopsychosocial factors including, but not limited to, employment, stability, physical health, recovery environment and ability to manage potential for relapse. The primary focus must always be to help stabilize the client in such a manner that they are able to experience minimal disruption in their lives while developing improved life functioning.

**Provider Responsibilities:**
Refer to *Core Services Handbook or Provider Manual.*
Providers will have monthly direct personal contact with caseworkers to discuss the status/progress of the case.

**Caseworker Responsibilities:**
Refer to *Core Services Handbook or Provider Manual.*

**Staffing:**
An initial staffing will be held, if needed, within thirty days of assessment. Additional staffings will be held as needed. Each staffing should:
- Be strength-based and family-centered
- Identify clear, measurable goals, objectives, interventions, and time lines.