



Intensive Outpatient Treatment and the DMC-ODS Pilot Program
Frequently Asked Questions
September 2016

The following answers to frequently asked questions intend to provide clarification regarding intensive outpatient treatment services through the Drug Medi-Cal Organized Delivery System (DMC-ODS) Pilot Program.

This document will be updated as necessary.

For additional information regarding the DMC-ODS Pilot Program:

- Visit <http://www.dhcs.ca.gov/provgovpart/Pages/Drug-Medi-Cal-Organized-Delivery-System.aspx>
- Contact us as DMCODSWAIVER@dhcs.ca.gov

1. What is intensive outpatient treatment?

Intensive outpatient treatment (IOT) (ASAM Level 2.1) is structured programming services provided to beneficiaries a minimum of nine (9) hours with a maximum of nineteen (19) hours a week for adults, and a minimum of six (6) hours with a maximum of nineteen (19) hours a week for adolescents, when determined by a Medical Director or Licensed Practitioner of the Healing Arts to be medically necessary and in accordance with the individual treatment plan. Services consist primarily of counseling and education about addiction-related problems.

2. Is IOT a required service in all counties that contract to participate in the DMC-ODS Pilot Program?

Yes. IOT services are required in all counties that contract to participate in the DMC-ODS Pilot Program.

3. How many hours of IOT should beneficiaries receive per week?

In accordance with the individual treatment plan, adult beneficiaries should receive a minimum of nine (9) hours and up to a maximum of nineteen (19) hours of IOT per week. Adolescent beneficiaries should receive a minimum of six (6) hours and up to a maximum of nineteen (19) hours per week to treat multidimensional instability. Lengths of treatment can be extended when determined to be medically necessary.

4. What are the components of IOT?

The components of IOT include the following services:

- i. **Intake:** The process of determining that a beneficiary meets the medical necessity criteria and a beneficiary is admitted into a substance use disorder treatment program. Intake includes the evaluation or analysis of substance use disorders, the diagnosis of substance use disorders, and the assessment of treatment needs to provide medically necessary services. Intake may include a physical examination and laboratory testing necessary for substance use disorder treatment.
- ii. **Individual and/or Group Counseling:** Contacts between a beneficiary and a therapist or counselor. Services provided in-person, by telephone, or by telehealth qualify as Medi-Cal reimbursable units of service, and are reimbursed without distinction.
- iii. **Patient Education:** Provide research based education on addiction, treatment, recovery, and associated health risks.
- iv. **Family Therapy:** The effects of addiction are far-reaching and patient's family members and loved ones are also affected by the disorder. By including family members in the treatment process, education about factors that are important to the patient's recovery, as well as their own recovery, can be conveyed. Family members can provide social support to the patient, help motivate their loved one to remain in treatment, and receive help and support for their own family recovery as well.
- v. **Medication Services:** The prescription or administration of medication related to substance use treatment services, or the assessment of the side effects or results of that medication conducted by staff lawfully authorized to provide such services and/or order laboratory testing within their scope of practice or licensure.
- vi. **Collateral Services:** Sessions with therapists or counselors and significant persons in the life of the beneficiary, focused on the treatment needs of the beneficiary in terms of supporting the achievement of the beneficiary's treatment goals. Significant persons are individuals that have a personal, not official or professional, relationship with the beneficiary.
- vii. **Crisis Intervention Service:** Contact between a therapist or counselor and a beneficiary in crisis. Services shall focus on alleviating crisis problems. "Crisis" means an actual relapse or an unforeseen event or circumstance which presents to the beneficiary an imminent threat of relapse. Crisis intervention services shall be limited to the stabilization of the beneficiary's emergency situation.
- viii. **Treatment Planning:** The provider shall prepare an individualized written treatment plan, based upon information obtained in the intake and assessment process. The treatment plan will be completed upon intake and then updated every subsequent 90 days unless there is a change in treatment modality or significant event that would then require a new treatment plan. The treatment plan shall include:

- A statement of problems to be addressed.
 - Goals to be reached which address each problem.
 - Action steps which will be taken by the provider and/or beneficiary to accomplish identified goals.
 - Target dates for accomplishment of action steps and goals, and a description of services including the type of counseling to be provided and the frequency thereof.
 - Treatment plans have specific quantifiable goal/treatment objectives related the beneficiary's substance use disorder diagnosis and multidimensional assessment.
 - The treatment plan will identify the proposed type(s) of interventions/modality that includes a proposed frequency and duration.
 - The treatment plan will be consistent with the qualifying diagnosis and will be signed by the beneficiary and the Medical Director or LPHA.
- ix. **Discharge Services:** The process to prepare the beneficiary for referral into another level of care, post treatment return or reentry into the community, and/or the linkage of the individual to essential community treatment, housing, and human services

5. What types of providers can perform IOT services?

IOT services can be provided by a Licensed Practitioner of the Healing Arts (LPHA) or a certified counselor.

6. What is a Licensed Practitioner of the Healing Arts (LPHA)?

LPHA includes:

- Physician
- Nurse Practitioner (NPs)
- Physician Assistants (PAs)
- Registered Nurses (RNs)
- Registered Pharmacists (RPs)
- Licensed Clinical Psychologists (LCPs)
- Licensed Clinical Social Workers (LCSWs)
- Licensed Professional Clinical Counselors (LPCCs)
- Licensed Marriage and Family Therapists (LMFTs)
- License-Eligible Practitioners working under the supervision of licensed clinicians

7. Where can IOT services be delivered?

IOT services can be provided in any appropriate setting in the community. IOT services can be provided in-person, by telephone, or by telehealth.

8. What are the certification requirements to offer IOT services?

A site/facility offering IOT services must be a certified DMC provider. However, this does not mean that services must be provided at the certified site/facility. Alternatively, services may be provided in the community.