



Statement of Work

Behavioral Health Outpatient Services

PURPOSE

Behavioral Health Outpatient services include both Mental Health and Substance Use Disorder (SUD) treatment.

Substance use disorder (SUD) outpatient treatment services are designed to meet the needs of the individual. 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 foci of SUD counseling. The continuum of care includes activities designed to engage and connect individuals to recovery services, such as outreach, screening in primary health care or other non-behavioral health treatment settings, and case management service.

DEFINITIONS

American Society of Addiction Medicine (ASAM) Criteria

A set of standards for placement, continued stay, transfer, or discharge of patients with addiction and co-occurring conditions.

Individual Service Plan (ISP)

A collaborative working document that describes the supports, activities, and resources required for a person to achieve personal goals.

Substance Use Disorder (SUD)

A pattern of symptoms caused by using a substance that an individual continues taking despite its negative effects.

SERVICE POPULATION

Eligible residents of one of the five (5) North Sound Counties, which includes Island, San Juan, Skagit, Snohomish and Whatcom counties.

SERVICES

Within available General Fund State (GFS) resources behavioral health services may be authorized on a limited basis.

Based on medical necessity criteria the Provider may provide non-crisis behavioral health services to individuals who meet the following non-crisis priority populations:

- Are Uninsured
 - Are not Medicaid eligible
 - Are a Resident of one of the five (5) North Sound Counties
 - Meet current financial eligibility requirements
 - Have a qualifying Behavioral Health Diagnosis
-

- Have insurance, but are unable to pay the co-pay or deductible for services;
- Are using excessive Crisis Services due to inability to access non-crisis behavioral health services; and
- Have more than five (5) visits over a six (6) months to the emergency department, detox facility, or a sobering center due to a Substance Use Disorder (SUD).

SUD Outpatient

SUD Outpatient (OP) and Intensive Outpatient (IOP) treatment provides 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.

SUD 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 (ISP) 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.

SUD IOP generally provides 9-12 hours per week 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.

Behavioral Health Services

- Assessment
- Brief Intervention Treatment:
- Case Management
- Day Support
- Engagement and Referral
- Evidence Based/Wraparound Services
- Family Treatment
- Group Treatment
- High Intensity Treatment
- Individual Treatment Services
- Inpatient Psychiatric Services
- Intake Evaluation
- Intensive Inpatient Residential Treatment Services
- Interim Services
- Long Term Care Residential

- Medication Management including Medication Assisted Treatment (MAT) or Medication for Opioid Use Disorder (MOUD)
- Medication Monitoring
- Mental Health Services provided in Residential Setting
- Opioid Treatment Programs (OTP)/Medication Assisted Treatment (MAT)
- PACT
- Peer Support
- Psychological Assessment
- Recovery House Residential Treatment (SUD)
- Rehabilitation Case Management
- Special Population Evaluation
- TB Screening/Skin Test
- Therapeutic Psycho-education
- Withdrawal Management-Acute
- Withdrawal Management-Sub-Acute

Other Services

- Alcohol/Drug Information School
- Childcare
- Community Outreach-Substance Abuse Block Grant (SABG) priority populations PPW and IUID
- Continuing Education and Training
- PPW Housing Support Services
- Recovery Support Services
- Sobering Services
- Therapeutic Interventions for Children
- Transportation

Pharmaceutical Products

- Prescription drug products based on medical necessity with coverage determined by HCA FFS formulary

PROGRAM STAFFING

SUD service documents are approved by a substance use disorder professional (SUDP) if the staff member developing the plan is not a SUDP.

COORDINATION

SUD outpatient providers are expected to work with other service providers as needed and collaborate on care coordination between differential level of care for successful transitions between systems.

DATA/REPORTING

Service data is expected to be submitted to North Sound BH-ASO.