



Intensive Outpatient Treatment (IOP) Policy

Substance Abuse IOP is a time limited, multi-faceted treatment service for adults or children who require structure to achieve and sustain recovery. These services are offered during the day and/or evening hours to enable individuals to maintain residence in their community, continue to work or go to school and to be a part of their family life. The Substance Abuse IOP is a more intensive level of care than traditional outpatient services or day treatment services for substance abusers. IOP groups meet a minimum of 9 hours a week and is a cost-effective alternative to traditional inpatient treatment.

Services are provided in a minimum of three-hour time blocks.

Therapeutic Relationship and Interventions

Intensive outpatient treatment services are indicated for consumers who require structured, multi-modal treatment (individual, group, family, multi-family) and psycho-educational interventions to achieve alleviation of symptoms and improved level of functioning. The foundation of this service is a therapeutic relationship between the provider and the consumer in a planned format of therapies, which is characterized primarily by a group approach and process and didactic components.

Critical components of the program are individual counseling, group counseling, counseling with the family and/or significant others; motivational enhancement and engagement strategies, random alcohol/drug testing services, and strategies for relapse prevention to include community and/or social support systems in treatment and didactic presentations to consumers, families, and significant others.

Structure of Daily Living

The Substance Abuse IOP is an organized and structured non-residential treatment service designed to provide a therapeutic environment to assist the consumer in achieving and sustaining recovery. The IOP provides an intensive multi-modal outpatient program with a variable length of treatment and the ability to reduce each participant's frequency of attendance as symptoms are alleviated and the individual is able to resume more of his/her usual obligations.

Cognitive and Behavioral Skill Acquisition

The consumer should experience measurable behavioral, cognitive, and affective changes that support abstinence and recovery. There is the expectation that the consumer will show significant progress toward treatment goals within the specified timeframes as indicated by the design of the program and the individual consumer's needs.



Service Type

IOP may not operate more than 19 hours per week. IOP offers a minimum of three hours of scheduled services per day with at least three days per weeks with no more than 2 consecutive days without services available. The recipient must be in attendance for a minimum of three hours per day for any day of service. Group counseling services are offered each day the program operates.

Resiliency/Environmental Intervention

This service is an organized nonresidential professional treatment service that includes individual and group services in a structured setting. This level of care is for participants with a support system or a sober living environment. Success in this treatment modality is maximized by commitment to a sober lifestyle and resiliency factors that support ongoing recovery. The participant requires intensive outpatient treatment to reduce the risk of further deterioration or the consumer has a diagnostic profile which requires intensive outpatient monitoring to minimize distractions from his/her treatment or recovery.

Service Delivery Setting

Substance Abuse Intensive Outpatient Program (IOP) means structured individual and group addiction activities and services that are provided at an outpatient program designed to assist adult and adolescent consumers to begin recovery and learn skills for recovery maintenance. The IOP may operate in the same building as other periodic or day/night services; however, there must be a distinct separation between these services in staffing and program description. Pinnacle's IOP operates as a licensed facility and a minimum of nine hours per week. Individuals who meet the following criteria for medical necessity are potentially eligible for IOP.

Medical Necessity

An individual is eligible for this service when:

1. There is a DSM-5 diagnosis (or its ICD-9 equivalent) of a substance use disorder.

AND

2. The individual meets ASAM-Patient Placement Criteria-2R of Level II.1.

AND

3. The substance use is incapacitating or destabilizing.



4. The consumer demonstrates a pattern of alcohol and/or drug use which has resulted in a significant impairment in at least one life area: interpersonal, occupational and/or educational functioning.
5. The consumer condition requires coordinated and comprehensive treatment which require different modalities and/or clinical disciplines for progress to occur.
6. The consumer is able to function in a community environment even with impairments in social, medical, family or work functioning.
7. The consumer's environment is supportive of recovery.
8. The consumer is sufficiently motivated to comply with treatment.

AND

9. The consumer has no signs or symptoms of withdrawal or his/her withdrawal needs can be safely managed in the SAIOP setting. The patient's biomedical conditions and problems are stable or are being addressed concurrently and thus will not interfere with treatment.

Service Order Requirement

For Medicaid reimbursement, this service must be ordered by a physician or licensed psychologist prior to or on the day the service is initiated.

Continuation/Utilization Review Criteria

The consumer's condition continues to meet the admission criteria. Service notes document progress in relation to symptoms or problems in measurable and observable terms but the overall goals of the treatment plan have not been met. The results of random drug screens support the individual's continued involvement. There is a reasonable expectation that the consumer can achieve the goals in the necessary time frame. If the desired outcome or level of functioning has not been restored, improved, or sustained over the timeframe outlined in the consumer's service plan or the consumer continues to be at risk for relapse based on history or the tenuous nature of functional gains, the ASAM continuum of care criteria will be applied and alternative levels of care will be considered. Initial authorization by the Medicaid contractor will be for 12 weeks or as authorized by the local MCO or NC Tracks.

Discharge Criteria

1. Goals of the consumer's service plan have been substantially met.
2. Consumer requests discharge and is not imminently dangerous.



3. Transfer to another level of service is warranted by change in the consumer's condition or noncompliance. If the results of drug testing indicate continued use, the individual could be referred to other programs designed to support individuals with more chronic substance abuse problems.
4. The consumer requires services not available at this level.
5. Adequate continuity of care and discharge planning is established and linkages are in place. Individuals who have successfully completed the IOP program may be stepped down to traditional outpatient services for continued treatment and to address other issues related to substance abuse.

Service Maintenance Criteria

Service maintenance criteria are not applicable for the IOP level of care since the treatment model for

IOP is a short-term, time-limited modality where the individual could be referred to other outpatient level of service designed to support individuals with more chronic substance abuse problems.

Program & Clinical Requirements

The following types of services are included in the IOP program:

1. Individual counseling and support;
2. Group counseling and support;
3. Family counseling, training or support;
4. Biochemical assays to identify recent drug use (e.g. urine drug screens);
5. Strategies for relapse prevention to include community and social support systems in treatment;
6. Life skills;
7. Crisis contingency planning;
8. Disease Management; **and**
9. Treatment support activities that have been adapted or specifically designed for persons with physical disabilities or persons with co-occurring disorders of mental illness and substance abuse/dependence or mental retardation /developmental disability and substance abuse/dependence.

IOP includes case management to arrange, link or integrate multiple services as well as assessment and reassessment of the recipient's need for services. The services also inform the recipient about benefits, community resources, and services; assists the recipient in accessing benefits and services; arranges for the recipient to receive benefits and services; and monitors the provision of services.