

ASAM Level 2.1 Intensive Outpatient Services for Substance Abuse (Adult) Initial

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All requests for authorization for the services described by this medical policy will be reviewed per Early and Periodic Screening, Diagnostic and Treatment (EPSDT) guidelines. These services may be authorized under individual consideration for Medicaid members under the age of 21-years if the services are judged to be medically necessary to correct or ameliorate the member’s condition. Department of Medical Assistance Services (DMAS), Supplement B - EPSDT (Early and Periodic Screening, Diagnosis and Treatment) Manual.

Purpose:

This policy addresses ASAM Level 2.1 Intensive Outpatient Services for Substance Abuse (Adult) Initial.

Description & Definitions:

Intensive outpatient programs (IOPs) generally provide 9-19 hours of structured programming per week for adults and 6-19 hours for adolescents, consisting primarily of counseling and education about addiction-related and mental health problems. The patient’s needs for psychiatric and medical services are addressed through consultation and referral arrangements if the patient is stable and requires only maintenance monitoring. (Services provided outside the primary program must be tightly coordinated.)

There are occasions when the individuals progress in the IOP no longer requires nine hours per week of treatment in such cases, less than nine hours per week for adults and six hours per week for adolescents as a transition step down in intensity should be considered as a continuation of the IOP program for one or two weeks. Such continuity allows for a smoother transition to Level 1 to avoid exacerbation and recurrence of signs and symptoms

Intensive outpatient treatment differs from partial hospitalization (Level 2.5) programs in the intensity of clinical services that are directly available. Specifically, most intensive outpatient programs have less capacity to effectively treat patients who have substantial unstable medical and psychiatric problems than do partial hospitalization programs.

Criteria:

Admission to Intensive outpatient level of care for substance-related disorder is considered medically necessary when the following ASAM dimensions are met. The member meets ASAM criteria for intensive outpatient level of care when dimensions 2,3 and one of 4,5 and 6 are met

- Initial services for **all of the following**:
 - Individual is 18 years of age or older and their mental and behavioral health status meets **ALL of the following**:
 - Diagnosis: The individual has at least one diagnosis from the most recent Diagnostic and Statistical Manual of Mental Disorders for Substance-Related and Addictive Disorders with the exception of tobacco-related disorders, caffeine use disorder or dependence, and nonsubstance-related addictive disorders
 - Dimension 1: Acute intoxication and/or withdrawal situation meets **1 or more** of the following:
 - The individual is free from intoxication or withdrawal symptoms/risks
 - The individual's intoxication or withdrawal symptoms/risks can be managed at this level of care
 - Dimension 2: The individual's biomedical conditions (i.e., hypertension, diabetes, asthma, etc.), if any, are stable or are being concurrently addressed and will not interfere with treatment at this level of care
 - Dimensions 3: The individual's current emotional, behavioral, or cognitive status meets **1 or more** of the following:
 - The individual does not have any emotional, behavioral, or cognitive conditions
 - The individual is being admitted to a co-occurring capable program due to **1 or more** of the following:
 - The individual engages in abuse of family members or significant others, and requires intensive outpatient treatment to reduce the risk of further deterioration
 - The individual has a diagnosed emotional, behavioral or cognitive disorder that requires intensive outpatient monitoring to minimize distractions from their treatment or recovery
 - The individual is being admitted to a co-occurring enhanced program due to **1 or more** of the following:
 - The individual has a diagnosed emotional, behavioral or cognitive disorder that requires management because the client's history suggests a high potential for distracting him or her from treatment; such a disorder requires stabilization concurrent with addiction treatment
 - The individual is assessed as a mild risk of behaviors endangering self, others or property
 - The individual is at significant risk of victimization by another. However, the risk is not severe enough to require 24-hour supervision.
 - Individual is 18 years of age or older and their mental and behavioral health status meets **one of the following of the following**:
 - Dimension 4: Has variable engagement in treatment, ambivalence, or lack of awareness of the substance use or mental health problem and requires a structured program several times a week to promote progress through the stages of change. The individual's status is characterized by **1 or more** of the following:
 - Treatment to be provided solely for substance abuse and **1 or more** of the following:
 - The individual requires structured therapy and a programmatic milieu to promote treatment progress and recovery because of failure at different levels of care. Such interventions are not likely to succeed at outpatient level of care
 - The individual's perspective inhibits his/her ability to make behavior changes without clinically-directed and repeated structured motivational interventions. Such interventions are not feasible or not likely to succeed with outpatient treatment. The individual's resistance, however, is not so high to render the treatment ineffective
 - Treatment to be provided at co-occurring enhanced program if criteria (a) is met and one of (b) or (c)
 - a. The individual is reluctant to agree to treatment and is ambivalent about his or her commitment to change a co-occurring mental health problem.

- b. The individual is assessed as requiring intensive services to improve his or her awareness of the need to change. The individual has such limited awareness of or commitment to change that he or she cannot maintain an adequate level of functioning w/o level 2.1 services. For example, the individual continues to experience mild to moderate depression, anxiety, or mood swings, and is inconsistent in taking medication, keeping appointments, and completing mental health assignments.
 - c. The individual's follow through in treatment is so poor or inconsistent that level 1 services are not succeeding or are not feasible
- **Dimension 5:** Relapse or continued use potential despite active participation at a less intensive level of care as evidenced by **1 or more** of the following:
 - Treatment provided is solely for substance abuse and **All of the** following:
 - The individual is experiencing intensification of addiction symptoms (cravings/drug seeking related behavior)
 - There is a high likelihood of continued use or relapse without close outpatient monitoring or individual has unsuccessfully attempted treatment as a lower level of care
 - Treatment provided is a co-occurring enhanced program and **All of the** following:
 - The individual's status is characterized by psychiatric symptoms that pose a moderate risk of relapse to the alcohol, drug or psychiatric disorder
 - The individual has impaired recognition or understanding of and difficulty in managing relapse issues and requires intensive outpatient dual diagnosis enhanced program services to maintain an adequate level of functioning
- **Dimension 6:** Environment is not supportive, but with structure and support the client can cope. The situation is characterized by **1 or more** of the following:
 - Continued exposure to current job, school or living environment will make recovery unlikely, and the individual has insufficient or severely limited resources or skills needed to maintain an adequate level of functioning without this level of service
 - The individual lacks social contacts, or has inappropriate social contacts that jeopardize recovery, or has few friends or peers who do not use alcohol/drugs. The individual also has insufficient or severely limited resources or skills to maintain an adequate level of functioning without this level of service
 - Treatment provided is a co-occurring enhanced program and **All of the** following:
 - A living, working, social and/or community environment that is not supportive of good mental functioning characterizes the individual's status
 - The individual has insufficient resources and skills to deal with this situation

There is insufficient scientific evidence to support the medical necessity of partial hospitalization services for substance abuse for uses other than those listed in the clinical indications for procedure section.

Service Units and Limitations:

- Members shall be discharged from this service when other less intensive services may achieve stabilization, the member requests discharge, the member ceases to participate, or the member demonstrates a need for a higher level of care. Discharge planning shall document realistic plans for the continuity of MOUD services with an in-network Medicaid provider.
- Intensive Outpatient Services may not be authorized concurrently with ASAM Level 2.1, 3.3, 3.5, 3.7 or 4.0; Mental Health Services including Mental Health Intensive Outpatient Services, Mental Health Partial Hospitalization Programs, Psychosocial Rehabilitation, Therapeutic Day Treatment, Intensive In-Home Services, Therapeutic Group Home, Community Stabilization, Residential Crisis Stabilization Unit (RCSU), Assertive Community Treatment, Multisystemic Therapy, Functional Family Therapy, Psychiatric Residential Treatment or inpatient admission. A seven day overlap with any outpatient or community based behavioral health service may be allowed for care coordination and continuity of care.
- One unit of service is one day with a minimum of 3 service hours per service day to achieve an average of 9 to 19 hours of services per week for adults and an average of 6 to 19 hours of services per week for children and

adolescents, with regards to the first and last week of treatment. A maximum average of 19 hours shall be billed per week.

- ASAM Criteria allows for less than an average of 9 hours per week for adults and an average of 6 hours per week for adolescents as a transition step down in intensity for 1 to 2 weeks prior to transitioning to Level 1 to avoid relapse. The transition step down needs to be approved by the MCO or the BHSA (based on the member's benefit), and documented and supported by the member's ISP.
- Group substance use counseling by CATPs, CSACs and CSAC supervisees shall have a maximum limit of 12 individuals in the group or less depending on the clinical model. Group size may exceed this limit based on the clinical determination of the CATP. Such counseling shall focus on the needs of the members served.
- CSACs and CSAC-supervisees, by scope of practice, are able to perform group substance use counseling, thus could provide counseling and psychoeducational services in this level of care.
- There are no maximum annual limits.

Discharge/Transfer Criteria It is appropriate to transfer or discharge the member from the present level of care if he or she meets the following criteria:

- The member has achieved the goals articulated in the ISP, thus resolving the problem(s) that justified admission to the current level of care; or
- The member has been unable to resolve the problem(s) that justified admission to the present level of care, despite amendments to the ISP. Treatment at another level of care or type of service therefore is indicated; or
- The member has demonstrated a lack of capacity to resolve his or her problem(s). Treatment at another level of care or type of service therefore is indicated; or
- The member has experienced an intensification of his or her problem(s), or has developed a new problem(s), and can be treated effectively only at a more intensive level of care.

Coding:

Medically necessary with criteria:

Coding	Description
H0015	Alcohol and/or drug services; intensive outpatient (treatment program that operates at least 3 hours/day and at least 3 days/week and is based on an individualized treatment plan), including assessment, counseling; crisis intervention, and activity therapies or education

Considered Not Medically Necessary:

Coding	Description
	None

U.S. Food and Drug Administration (FDA) - approved only products only.

Document History:

Revised Dates:

- 2023: May
- 2019: October

Reviewed Dates:

- 2022: December
- 2021: November
- 2020: November
- 2019: November
- 2018: May

Effective Date:

- April 2017

References:

Including but not limited to: Specialty Association Guidelines; Government Regulations; Winifred S. Hayes, Inc; UpToDate; Literature Review; Specialty Advisors; National Coverage Determination (NCD); Local Coverage Determination (LCD).

1. DMAS Manual- Addiction and Recovery Treatment Services
2. DMAS Medallion 4.0 Contract: Section 8.2.A, 8.2.B
3. DMAS CCC Plus Contract: Section 4.2.4
4. Cardinal Care Contract: Section 5.5.6
5. MCG 26th Edition: <https://careweb.careguidelines.com/ed26/index.html>
6. American Society of Addiction Medicine (ASAM) Edition 3

Special Notes: *

This medical policy express Sentara Health Plan's determination of medically necessity of services, and they are based upon a review of currently available clinical information. These policies are used when no specific guidelines for coverage are provided by the Department of Medical Assistance Services of Virginia (DMAS). Medical Policies may be superseded by state Medicaid Plan guidelines. Medical policies are not a substitute for clinical judgment or for any prior authorization requirements of the health plan. These policies are not an explanation of benefits.

Medical policies can be highly technical and complex and are provided here for informational purposes. These medical policies are intended for use by health care professionals. The medical policies do not constitute medical advice or medical care. Treating health care professionals are solely responsible for diagnosis, treatment and medical advice. Sentara Health Plan members should discuss the information in the medical policies with their treating health care professionals. Medical technology is constantly evolving and these medical policies are subject to change without notice, although Sentara Health Plan will notify providers as required in advance of changes that could have a negative impact on benefits.

The Early and Periodic Screening, Diagnostic and Treatment (EPSDT) covers services, products, or procedures for children, if those items are determined to be medically necessary to "correct or ameliorate" (make better) a defect, physical or mental illness, or condition (health problem) identified through routine medical screening or examination, regardless of whether coverage for the same service or support is an optional or limited service under the state plan. Children enrolled in the FAMIS Program are not eligible for all EPSDT treatment services. All requests for authorization for the services described by this medical policy will be reviewed per EPSDT guidelines. These services may be authorized under individual consideration for Medicaid members under the age of 21-years if the services are judged to be medically necessary to correct or ameliorate the member's condition. *Department of Medical Assistance Services (DMAS), Supplement B - EPSDT (Early and Periodic Screening, Diagnosis and Treatment) Manual.*

Keywords:

IOP, Intensive Outpatient Program, substance abuse, alcoholism, shp behavioral health 08, 8, withdrawal, intoxication, relapse, drug abuse, alcohol abuse, SHP Intensive Outpatient Program for Substance Abuse, ASAM Level 2.1, Adult, Initial, Medicaid