

OUTPATIENT SERVICES

Outpatient Therapy Services - Youth

Program Description

Outpatient treatment is designed to improve the functioning of youth who are experiencing challenges at home, school, or in the community. Treatment programming must have an integrated care approach and must address all needs of a youth which may include co-occurring treatment needs involving substance use and, or intellectual/developmental disability. The treatment approach should also address psychosocial factors, which could impact the youth and their families.

Treatment approaches must be culturally sensitive, trauma-informed, reflective of the family dynamics, and conducive to the development of healthy, adaptive coping mechanisms and self-regulation abilities.

Treatment interventions available at this intensity of service include: the initial psychotherapeutic assessment and evaluation, individual psychotherapy, group-based psychotherapy, family-based psychotherapy, and psychiatric medication treatment services.

Criteria

Admission Criteria

- The youth meets **ALL** of criteria A through F, or G:
- A. The youth is under the age of 18. Eligibility for services are in place until the young adult’s 18th birthday.
 - B. The CSOC Assessment and other relevant clinical information indicate the youth and/or family have identified mild to moderate intensity treatment needs which could be successfully addressed with the provision of outpatient behavioral health treatment services.
 - C. The youth presents with behavioral or emotional challenges that appear to be consistent with a DSM-5 diagnosis.
 - D. There are no imminent concerns with regard to acute high-risk behaviors that could endanger the youth’s personal safety or the safety of others which would indicate that the youth requires a higher intensity of service.
 - E. The parent/guardian/caregiver (or young adult if age 18 and older) must consent for treatment.

	<p>F. The youth is a resident of New Jersey. For minors under 18 years of age, the legal residency of the parent or legal guardian shall determine the residence of the minor.</p> <p>G. Youth meets ASAM Criteria for Level I Substance Use Treatment.</p>
<p>Exclusion Criteria</p>	<p>ANY of the following are sufficient for exclusion from this intensity of service:</p> <p>A. The CSOC Assessment and other relevant information indicate that the youth’s treatment needs are not consistent with an outpatient intensity of service, as they require an alternative treatment approach</p> <p>B. The youth’s parent/caregiver/guardian does not provide consent to treatment and there is no court order requiring such treatment.</p> <p>C. The behavioral symptoms are the result of a medical condition that warrants urgent medical treatment.</p> <p>D. The youth exhibits acute intoxication or withdrawal symptoms which require withdrawal management or detoxification treatment services.</p> <p>E. The youth is not a resident of New Jersey. For minors who are under 18 years of age, the legal residency of the parent or legal guardian shall determine the residence of the minor.</p>
<p>Continued Stay Criteria</p>	<p>ALL of the following criteria are necessary for continuing treatment at this intensity of service:</p> <p>A. The CSOC Assessment and other relevant information indicate that the youth continues to need the Outpatient Intensity of Service (IOS), and the family and youth are engaged in treatment.</p> <p>B. A comprehensive, updated care plan with realistic goals and objectives has been developed, documented, and implemented.</p> <p>C. Individualized treatment is tailored to achieve optimal results in a time efficient manner and is consistent with sound clinical practice.</p> <p>D. Progress in treatment is clearly evident in objective terms but goals of treatment have not yet been fully achieved. In addition, adjustments in the youth’s care plan are evident to address any lack of progress.</p> <p>E. The family is involved in coordination of treatment. Or, there are active, persistent efforts being made which are expected to result in successful engagement in treatment.</p>

	<p>F. When clinically necessary, an appropriate psychopharmacological evaluation has been completed and ongoing treatment is initiated and monitored.</p> <p>G. There is documented evidence of active, individualized transition planning.</p>
<p>Transition Criteria</p>	<p>ANY of the following criteria is sufficient for discharge from this intensity of service:</p> <p>A. The youth and family have met and sustained a majority of the overarching treatment goals.</p> <p>B. The CSOC Assessment and other relevant information indicate that the youth no longer meets clinical criteria for Outpatient intensity of service, as the youth is exhibiting treatment needs which are indicative of a higher or lower intensity of service.</p> <p>C. The youth and the family have exhibited improvements in social, emotional, behavioral, and educational functioning for at least three to four weeks. The therapists and supervisor believe that the caregivers have the knowledge, skills, resources and support needed to handle subsequent challenges.</p> <p>D. The youth and/or the parent/caregiver/guardian withdraw consent for treatment and there is no court order requiring such treatment.</p>