

### Cannabis Youth Treatment Services

**ADOLESCENT SUPPORT SERVICES:** After the client is admitted for treatment, with the client's consent, Contracted Providers shall contact and engage the client's family in the treatment process; assist the family in overcoming barriers to active participation, identify appropriate services and treatment needs. Contracted providers shall monitor the client's and family's progress, monitor attendance and prevent the client from disengaging or dropping out and make appropriate referrals. Contracted providers shall also provide Adolescent Support Services, which shall include wraparound services among other services as needed such as engaging and linking the family to needed services, including community support groups, appearances at Drug Court, Truancy Courts and schools, phone contacts, appointment reminders, and appointment follow-ups, and help with transportation. Contracted providers shall complete BHIPS admission, discharge and follow up screens for each client.

**FAMILY SUPPORT: IN-HOME or OFFICE VISITS:** Through in-home or office visits, as appropriate, Contracted providers shall assess the family environment, individualize the treatment process, develop a family commitment to recovery, encourage a three-way therapeutic alliance: family, client, and Contracted providers, and translate the lessons the parents and clients are learning into specific changes in the family functioning. Contracted providers' staff shall visit the client's home for the purpose of family substance abuse counseling (In-Home Visits), as needed. Contracted providers shall document all In-Home Visits in BHIPS, which shall include up-dating the client and family treatment plan. Contracted providers shall submit a signed document that lists those in attendance during the Family In-Home Visit. Contracted providers shall document family support In-Home and office visits in client treatment record.

**PSYCHIATRIST CONSULTATION:** Contracted providers may obtain appointments, or refer clients, for appointments for psychiatric evaluation and medication and possible referral to Co-Occurring Psychiatric and Substance Use Disorders (COPSD) services if available and needed by the client because of the high incidence of co-occurring disorders in youth.

**FAMILY COUNSELING: INDIVIDUAL SESSIONS and GROUP SESSIONS with CLIENTS and/or FAMILY:** Contracted providers shall counsel clients and their families using one or more of the following researched based adolescent development and therapy approaches (Treatment Models) in group or individual sessions, as appropriate:

Cannabis Youth Treatment Series including the following 3 programs:

Motivational Enhancement Therapy (MET) is a systematic intervention approach for evoking change in problematic alcohol, tobacco, and substance use. It is based on principles of motivational psychology and is designed to produce rapid, internally motivated change. This intervention employs motivational strategies to mobilize the client's own change resources.

Cognitive Behavioral Therapy (CBT) is a short-term, focused approach to helping substance-dependent individuals become abstinent from substances. The underlying assumption is that learning processes play an important role in the development and continuation of substance abuse and dependence. These same learning processes can be used to help individuals reduce their substance use. CBT attempts to help patients recognize the situations in which they are most likely to use substances, avoid these situations when appropriate, and cope more effectively with a range of problems and problematic behaviors associated with substance abuse.

Family Support Systems (FSN) is used in conjunction with other treatment programs and includes parent education, parent support, home visits, and case management.

Contracted Providers shall document training in one or more of the Treatment Models, MET, CBT, FSN and indicate which model(s) will be used and demonstrate competency in the model(s).

Contracted Providers shall bill only the number of units actually delivered up to the following number of units purchased per client: