

 <p style="text-align: center;">County of Sacramento Department of Health Services Division of Behavioral Health Services Policy and Procedure</p>	Policy Issuer (Unit/Program)	SUPT
	Policy Number	SUPT-08-01
	Effective Date	04/27/21
	Revision Date	09/22/22
Title: Options for Recovery Program Overview	Functional Area: Options for Recovery	
<p>Approved By: Signed version available upon request</p> <p>Lori Miller, LCSW Division Manager, Alcohol and Drug Services</p>		

BACKGROUND/CONTEXT:

Substance Use Prevention and Treatment (SUPT), in collaboration with contracted service providers, administers the Options for Recovery (OFR) Program. This program provides a continuum of substance use disorder (SUD) treatment services for pregnant and/or parenting women with minor children. The OFR Program is designed to meet the unique SUD treatment and recovery needs of pregnant and parenting women who are residents of Sacramento County.

DEFINITIONS:

N/A

PURPOSE:

The purpose of this policy is to provide an overview of the OFR Program, including treatment modalities, program eligibility/priority populations/medical protocols, assessment, waitlist and interim services, and program orientation/beginner groups.

DETAILS:

The continuum of SUD treatment services provided to pregnant and parenting women through the OFR Program include multiple modalities. The length of each level of care is determined by medical necessity based on the American Society of Addiction Medicine (ASAM) standards.

- **Outpatient Treatment:** Treatment planning, individual counseling, group counseling, family therapy, collateral services, member education, medication services, crisis intervention services, and discharge planning.
- **Intensive Outpatient Treatment:** Intensive outpatient services include the same components as outpatient services with an increased number of weekly service hours as the main difference.
- **Detoxification:** A detoxification program for women entering OFR outpatient, intensive outpatient, or residential treatment.

- **Residential Treatment:** A live-in facility providing alcohol and drug treatment, individual and group counseling, peer support, child development, and parenting classes, for up to 16 women and 12 children.
- **Transitional Living:** Clean and sober living apartments for women and children enrolled in outpatient treatment. To qualify, a beneficiary must be in OFR treatment and have tested drug and alcohol free for 30-days.
- **Case Management:** Each client is assigned a case manager during orientation/beginner group. As indicated on the individual's assessment, referrals may be made for self-help, pre-recovery and recovery groups, housing, legal aid, children's services, mental health services, medical services, etc.
- **Educational Women's Perinatal Services:** Educational groups are held at Sacramento County, Adult System of Care main location. Educational groups are designed to target symptoms and focus on the health of the mother and child. Group topics cover a range of topics including, but not limited to:
 - Staying Motivated
 - Intimate Partner Violence
 - Drugs and Alcohol Effects on Fetus
 - Anger/Stress/Anxiety Management
 - HIV/Hepatitis C/STD's/Referrals
 - TB Education/Referrals
 - Strengthening and Maintaining Emotional Health
 - Parenting and Relationship Skill Building
 - Self-Esteem
 - Grief and Loss
 - Cycle of Relapse
- **Child Play Care:** OFR offers on site play care for children under 5-years of age. The play care program is not a skilled nursing facility nor otherwise have medical staff. This policy is to clarify the ability of the program to accept children with medical conditions.
 - Play care (client participation child care) is available in all modalities of care for children under the age of 5 years.
 - Play care is available for children over the age of 5 years during school holidays or breaks.
 - All clients are required to participate in play care as part of the therapeutic goal to further develop skills caring for children.

Pregnant and parenting women participating in the Early Intervention Family Treatment Court in a treatment program outside OFR are considered a participant of the OFR Program.

The OFR Program utilizes a Multi-Disciplinary Team (MDT) approach to coordinate and provide SUD treatment services to pregnant and parenting women. The MDT includes County and contracted service provider clinical and administrative staff as well as other agencies or individuals to support the treatment plan such as

Sacramento County Child Protective Services, Sacramento County Mental Health Services, Sacramento County Probation Department, attorneys, etc.

The OFR Program is not a:

- Treatment program for men;
- Program for women under the age of 18 years
- Program for women who are not pregnant or not parenting minor children;
- Referral program for housing;
- Program for women to avoid jail or want to be released from jail contingent on participating in this program;
- Medical facility, assisted living, nursing home, or convalescent hospital;
- Licensed psychiatric facility; or,
- Facility to stabilize mentally or the physically incapacitated women.

Pregnant and parenting women will be considered for the OFR Program based on priority populations, eligibility criteria, and medical necessity for a substance use disorder.

Priority Populations

Inclusion in the OFR Program is based on the following State and Federal Priority Populations:

1. Pregnant injection drug users;
2. Pregnant substance users;
3. Parenting injection drug users; and
4. Parenting substance users.

Additional Sacramento County priority guidelines include:

- Parenting women involved in the Sacramento County Child Protective Services (CPS) system;
- Mother recently gave birth to a pos-tox baby or mother tested positive at the time of delivery;
- Striving to reunify, through Family or Dependency Drug Court, with minor children living in Sacramento County;
- Parenting women involved in multiple Sacramento County public systems (public health, mental health, law enforcement, court system, etc.).

Eligibility Criteria

Pregnant or parenting women who meet medical necessity for a substance use disorder must meet the following eligibility requirements to be referred to the OFR Program:

1. Sacramento County Resident, 18 years of age or older;
 - Resident: A resident is someone who is living in Sacramento County with the intent to stay. A woman who comes to Sacramento County for the express purpose of obtaining services will not be eligible. This definition does not require that the woman have her own place

of residence or be in the County for an established length of time. Proof of residency may be requested.

2. Pregnant or parenting a child under 18 years of age;
 - Parenting: This description fits the woman with her own biological children in her custody, in CPS with visitation, or with family also with visitation. A woman parenting someone else's children or who has had her parental rights terminated by the courts is not eligible for OFR. Children must live in Sacramento County and reside in close enough proximity for the mother to make visitation possible and not unduly disruptive of her treatment plan.
3. Tuberculosis (TB) Screening
 - Each client must submit proof of a negative TB screening skin test, chest x-ray and proof of treatment if screening shows symptoms. TB screenings must be submitted prior to entering treatment. TB screenings may be obtained through the client's medical provider or through the Sacramento County Chest Clinic at the Sacramento County Health Center located at 4600 Broadway, Suite 1300, Sacramento, CA 95820.
4. Contagious Diseases
 - With vulnerable pregnant women, newborns, and children in the program, the OFR Program is unable to admit clients or children who are contagious outside of a cold or flu. OFR staff are to refer the client/child to medical treatment and work with the doctors to determine the risk level to other clients in the program. The OFR County Program Coordinator and contracted provider Clinical Director are to be advised of the results. If the mother is already in treatment when a child becomes contagious, the mother, if appropriate, is to be allowed a leave from treatment and given any referral(s) to alternative appropriate care. The OFR Minor Medical clearance form must be completed by the minor's doctor's office before the minor can start or return to treatment through the OFR Program.
5. Other Medical Conditions
 - It needs to be determined if the client or child can actively participate in treatment despite the medical condition. The mother shall sign a release of information between the medical doctor(s) treating her child and the OFR MDT. The OFR Minor Medical Clearance Form must be completed by the doctor's office or an OFR staff interviewing someone at the doctor's office to help make this determination before a decision can be made for the client to participate in treatment. If it is determined that the child's care provider needs special training to provide care, the minor is not able to enter play care, which is primarily staffed by other clients. If it is determined that the child cannot be left at play care, one of the following three scenarios can occur: the mother finds alternative care for the child while she is in treatment, the mother can be referred to lower level of care, possibly making her more available to treatment, or if she can be referred somewhere else for

treatment. Without medical staff, OFR play care is not appropriate or safe for a child who is medically high-risk or high need.

Please note: Potential clients who have pending charges or convictions for 290 Sex Registrant, Willful Cruelty to a Child, or Child Endangerment must be screened for appropriateness to the program before being entered into the program. The circumstances of the situation and not a conviction will be the determining factor. The incident leading to the charge/conviction and if the woman's behavior could cause a safety risk to current clients or children in the program will be considered.

Fees

- Residential Treatment is at no cost to Sacramento County Medi-Cal beneficiaries, unless they have a share of cost determined by Medi-Cal. If a client does not have Medi-Cal but is a Sacramento County resident, then services will be provided depending on available alternative funding from Sacramento County.
- Outpatient Services is at no cost to Sacramento County Medi-Cal beneficiaries, unless they have a share of cost determined by Medi-Cal. If a client does not have Medi-Cal but is a Sacramento County resident then services will be provided depending on available alternative funding from Sacramento County.

Medical Necessity for SUD

System of Care clinical staff will conduct a preliminary SUD Assessment, based on ASAM Criteria, to determine medical necessity, level of care, and placement options for pregnant women and parenting women and their children.

Orientation & Beginner Group

Each client attends an orientation to the OFR Program. Orientations can be done individually or in a group and will include an overview of the OFR Program. Each client will be given an information packet for the recommended service modality, Member Handbook, Welcome Letter, OFR Program brochure, Notice of Privacy Practices, and other resource materials. Each client will sign the MDT Release of Information and other required documents during the intake process.

All clients will attend a minimum of two Beginner Groups prior to review by the MDT. Beginner Groups will include curriculum from Helping Women Recovery by Stephanie Covington. Each client will be further assessed for level of care, treatment readiness, and ability to participate in program.

Placement List & Interim Services

If there is no immediate service capacity for the required service modality, Sacramento County System of Care staff will maintain a placement list based on priority populations. Clients who are already participating in the OFR Program and require a lower or higher level of care within the program, will be given priority over new clients, so long as the client is actively participating in treatment. If not, the client may lose the option of being prioritized.

If a client is placed on the placement list because of insufficient capacity, interim services will be provided or arranged for **within 48 hours** of the request, including a referral for prenatal care while waiting for OFR Program services. Interim services will include treatment orientation, case management, educational groups, referrals, etc.

Capacity Management

Each week, during the OFR Multidisciplinary Team (MDT) Meeting, the MDT will review treatment capacity for perinatal and pregnant women. Following the MDT meeting, the OFR Program Coordinator will notify the Health Program Manager, by email, of the current treatment capacity.

If the OFR program has reached or is exceeding 90% of treatment capacity, the Health Program Manager must notify the California Department of Health Care Services (DHCS) by email (DHCSPerinatal@dhcs.ca.gov and the subject line in the email must read "Capacity Management.") Upon reaching or exceeding 90% of treatment capacity, DHCS must be notified **within seven days**. If capacity remains at or exceeds 90% of capacity, the Program Manager should send weekly emails to DHCS.

REFERENCE(S)/ATTACHMENTS:

DHCS Perinatal Practice Guidelines

RELATED POLICIES:

N/A

DISTRIBUTION:

Enter X	DL Name	Enter X	DL Name
X	SUPT Administration		SUPT Prevention Providers
	SUPT County Counselors		SUPT Adult Treatment Providers
	SUPT Collaborative Courts		SUPT Youth Treatment Providers
X	SUPT System of Care		SUPT Advisory Board
X	SUPT Administrative Support Staff		SUPT SUD Subcontractors
X	SUPT Options for Recovery		BHS Mental Health Services
	SUPT Proposition 36		BHS Quality Management

CONTACT INFORMATION:

Lori Miller, LCSW

MillerLori@saccounty.net