

# Cornerstone Behavioral Healthcare

## Section 23. Substance Use Disorder Treatment Programs

**A. Admission Criteria: See Section 7C-Admission Criteria for CBH**

**B. Grievance Procedures: See Section 12F-Reporting Adverse Events**

**C. Waiting Lists and Capacity Management: See Section 7E-Waiting Lists**

**D. Personnel: See Section 13 for core personal requirements.** Cornerstone Behavioral Healthcare (CBH) will ensure that all substance use disorder treatment programs will have sufficient numbers of qualified staff to ensure each client's safe and effective treatment.

1. The Medical Director's responsibilities include:
  - a. Developing and/or approving forms used for medical assessment
  - b. Developing and/or approving written policies regarding medications, and supervising the administration of medications
  - c. Reviewing and approving the program's written policies and procedures for screening for infectious diseases, including HIV, Tuberculosis, and Hepatitis B and C; and
  - d. Demonstrating training, competency, and experience as described in Section 13J, and access to psychiatric consultation, as needed, commensurate with the volume and characteristics of the population of individuals with co-occurring disorders routinely served by CBH.
2. CBH requires all licensed substance use counselors to obtain appropriate supervision from Certified Clinical Supervisors (CCS) licensed in accordance with 32 MRS § 6214-E and 02-384 CMR Ch. 6, Standards for Certification of Clinical Supervisors.
  - a. A CCS will provide supervision and oversight of alcohol and drug counseling services.
  - b. In addition to licensure as a CCS, any CCS providing co-occurring services will also be qualified by training, competency, or experience to provide supervision to all staff. As needed, the CCS will have access to mental health consultants as well as Program Manager and Clinical Director.
3. Substance use disorder qualified staff will meet the requirements of Section 13J to provide substance use disorder treatment.

**E. Community support module N/A**

**F. Crisis services module N/A**

**G. Outpatient services module**

1. **Outpatient Substance Use Disorder Treatment Services** mean interventions designed for the assessment, diagnosis, treatment, or rehabilitation of individuals who are physically, emotionally, or psychologically impacted by the use of alcohol or other drugs and meet an ASAM level of care. These services include treatment conducted by a licensed or certified individual consisting of counseling with their scope of licensure. CBH offers the following services:
  - a. Medication Opioid Use Disorder Treatment (e.g. Suboxone)
  - b. Outpatient Substance Use Treatment (counseling)
2. **Comprehensive Assessment: See Section 8D-Comprehensive Assessment Policy**
  - a. CBH will accept outside assessments if the assessment is completed not more than 30 days prior to the start of services to fulfill this requirement, provided the assessment was conducted by qualified personnel and appropriately updated within five days of the start of services. ASAM criteria must be included.

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- b. A service plan must be developed upon completion of the comprehensive assessment and/or within 3 sessions, and it must be reviewed at least every 90 days.

- i. This service plan must be updated, as needed, based on changes to the client's condition and/or identified needs.

**3. Intensive Outpatient Programs (IOP): N/A**

#### 4. Medication for Opioid Use Disorder (MOUD) and Medication Assisted Treatment

**(MAT):** CBH provides treatment for opioid and other substance use disorders using medication (Non-methadone) in an outpatient setting. MOUD and MAT are designed to provide clients the opportunity to stabilize from opioid and other substance use disorders and further engage in the recovery process. Service plans will include information regarding other care services.

a. **MOUD**

- i. MOUD is a treatment method that utilizes medication, approved by the Food and Drug Administration, for the treatment of substance use disorder.
- ii. The medications used are suboxone, sublocade, naltrexone, and others. Methadone is not offered at CBH.

b. **MAT**

- i. MAT uses MOUD coupled with substance use counseling and testing, and behavioral therapy, to provide a “whole patient” approach to the treatment of opioid addiction. This has proven effective in treating substance use disorder in accordance with ASAM level of care.
- ii. Our program is an Office-Based Outpatient Treatment (OBOT) service for those over the age of 14.
  - OBOT refers to a model of treatment that seeks to integrate the treatment of substance use disorders with general medical and psychiatric care.
  - An important feature of OBOT is that it allows providers to provide substance use disorder services in their usual clinical settings, thus expanding the availability of care.
  - The model aims to work closely with case management, outpatient therapy, and primary care.
  - Participants can follow abstinence or harm reduction program for treatment based on their individual needs unless otherwise required.
- iii. Participation in MAT is voluntary and can be discontinued any time a client chooses. Expectations include:
  - Participation at least monthly with the provider or as needed
  - Participation in individual therapy
  - Participation in group therapy
  - Participation in urine drug screens and pill counts, as requested

**5. Opioid Treatment Programs: N/A**

6. **Co-occurring Therapy:** These services are targeted towards individuals who have both mental health and substance use disorders. It includes treatment conducted by a licensed or certified individual consisting of counseling and therapeutic services.

7. **Recovery Supports:** CBH encourages individuals to utilize peer recovery supports, self-help groups, and family supports. During intake and assessment as well as

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quarterly/annual review, these needs will be identified. Information about resources will be provided such as AA, NA, Alanon, Wellbriety, and local recovery centers. As needed, staff will help make referrals to local community resources and social support service, including those that provide support in self-management, to assist clients and their families in overcoming barriers to care and meeting health and recovery goals.

#### H. Substance use disorder residential services module. N/A

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Date

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03/18/2025

Date