

DEPARTMENT FOR BEHAVIORAL HEALTH,
DEVELOPMENTAL AND INTELLECTUAL DISABILITIES

**Array of Services for Youth with Substance Use and Co-Occurring Disorders
Instructions**

Form 148C Instructions

1. These instructions are for Form 148C – *Array of Services for Youth with Substance Use and Co-Occurring Disorders*. Please complete the two (2) excel workbook pages of Form 148C.
2. Select the CMHC Region number and name at the top of the first page; this information will be replicated to the following page.
3. Enter the name of the person completing the form and their contact information (title, email address, and phone number) at the top of the first page; this information will be replicated to the following page.
4. Using the dropdown boxes across the top of the first table (page 1), select all counties within your region; this information will be replicated to the following page.
5. The purpose of Form 148C is to gather information about services for individuals with substance use or co-occurring disorders. To be included on this form, a service must address an individual's substance use and must be provided by a professional or peer support specialist who is qualified to provide services.
6. Use the service definitions at the end of this document as a guide in filling out Form 148C.
7. Indicate the available services for each county by entering “**Y**” or “**N**,” as described below, in the appropriate box provided for each county:
 - “**Y**” indicates that the service is offered in that county.
 - “**N**” indicates that the service is NOT available to an individual residing in that county (e.g., drug court or school-based services). May be available in another county in your region, but they are not open to residents other than the county in which they are located.
8. When asked for the number of beds in a program (# Female beds, # Male beds, etc.), indicate the number of each kind of bed listed. The total of all the numbers should equal the total number of beds in that program.
9. Form 148C requests the number of FTEs providing services to youth with substance use or co-occurring disorders and their families in each county. For example, if a county has three (3) clinicians who see youth for .5 of their caseloads and two (2) of these clinicians have .25 caseloads of youth who have SA or co-occurring issues, then .5 FTE is the answer.
10. Please add any additional substance use or co-occurring disorder services you provide in the “Other” category as indicated.
11. Comment boxes are provided for additional information and clarification.
12. To print the forms, on the “Print” window under “Print what”, select “Entire workbook.” This will allow you to print all the pages at once, and the pages will be numbered correctly.

DEPARTMENT FOR BEHAVIORAL HEALTH,
DEVELOPMENTAL AND INTELLECTUAL DISABILITIES

**Array of Services for Youth with Substance Use and Co-Occurring Disorders
Instructions**

If you have any questions regarding Form 148C, please contact Kate Wagoner at Kate.Wagoner@ky.gov.

Definitions

Assessment: a diagnostic interview by a qualified professional other than a psychiatrist during the intake process which includes a substance use history and assessment, as well as the following: history, mental status exam, psychosocial, and evaluation of other socio-economic needs.

Non-medical Detoxification: supervised management, in a 24-hour non-medical facility, of physical and psychological withdrawal symptoms from a substance to which the individual has been addicted or abusing, and an assessment of the individual's need for further care and/or referral to appropriate resources.

Medical Detoxification: medically supervised management, utilizing a hospital, of physical and psychological withdrawal symptoms from a substance to which the individual has been addicted or abusing, and an assessment of the individual's need for further care and/or referral to appropriate resources. Daily physician oversight is required.

Outpatient Individual: therapeutic service for substance use and co-occurring disorders, provided in a non-residential setting by a qualified professional other than a psychiatrist.

Outpatient Psychiatric: psychiatric care for individuals with substance use or co-occurring disorders provided in a non-residential/inpatient setting. Services may include diagnostic evaluation, communication with family or other sources, ordering and medical interpretation of laboratory or other medical diagnostic studies, or therapeutic services.

Outpatient Family: therapeutic service for families affected by substance use and co-occurring disorders provided in a non-residential setting by a qualified professional other than a psychiatrist.

Outpatient Group: therapeutic service for substance use and co-occurring disorders provided in a group format in a non-residential setting by a qualified professional other than a psychiatrist.

Intensive Outpatient: a highly structured, intensive substance abuse rehabilitation program provided for individuals and their families. Services include assessment and diagnosis, education regarding dynamics of substance abuse, individual counseling, group counseling, family education and structured recreational activities. Intensive outpatient programs range from 6-12 hours per week and are typically offered 2-4 days per week.

Residential: a licensed program providing a variety of therapeutic modalities to address substance use or co-occurring disorders, in an environment where an individual resides 24 hours a day. Residential programs for adults range from 2 weeks to several months. Youth residential programs are typically several months in length. This definition specifically excludes family residential programs.

Family Residential: substance abuse services provided to pregnant women and women with dependent children in a 24-hour residential setting where children may stay with their mothers. Services include case management, group

DEPARTMENT FOR BEHAVIORAL HEALTH,
DEVELOPMENTAL AND INTELLECTUAL DISABILITIES

**Array of Services for Youth with Substance Use and Co-Occurring Disorders
Instructions**

therapy, individual counseling, family education and counseling, and parenting education. Specialized services for the dependent children shall be provided, including a comprehensive individual assessment of the child's needs, childcare, public education, education on substance abuse, case management, and referral for appropriate mental health, intellectual and developmental disabilities services.

Transitional: a licensed long term residential program for individuals with substance use or co-occurring disorders. The primary focus is assisting the individual to obtain employment and to maintain their recovery while gaining and practicing life skills. Individuals may also receive outpatient services and/or case management, and are connected with peer recovery support. This definition specifically excludes family transitional programs.

Family Transitional: a licensed long term residential program for women with substance use or co-occurring disorders and their dependent children. The primary focus is assisting the woman to obtain employment and to maintain her recovery while gaining and practicing life skills. Mothers may receive outpatient services and/or case management and are connected with peer recovery support. They may also receive assistance with the following: parenting skills; re-unification; and arranging for appropriate mental health, physical health, and educational services for their children.

Case Management /Service Coordination: services provided by a qualified professional which assist individuals with substance use disorders in gaining needed medical, educational, social, and other support services. These services may include assessment of service needs, resources, child and family functioning; development of interagency service plan; development of community resources; advocacy; crisis assistance; and consultation with other service providers. This definition specifically excludes case management services through the KY Moms MATR Substance Abuse and Pregnancy Program.

Peer Support: services provided by a trained and paid Peer Specialist to assist individuals in substance abuse treatment and early recovery. The Peer Specialist's primary role is to model recovery and help individuals reach specific recovery goals defined by the individual client including sobriety, socialization, self-advocacy, development of natural supports, and development and maintenance of living skills.

Drug Court Group: outpatient therapeutic service for substance use disorders provided in a group format for Drug Court participants.

School-Based Services: outpatient therapeutic services for substance use and co-occurring disorders provided to students in a school (K-12) setting.