



Probation Service Definition

ADMINISTRATIVE OFFICE OF PROBATION

SERVICE NAME	Substance Use Outpatient Counseling <input type="checkbox"/> Adult <input checked="" type="checkbox"/> Youth
Category	Substance Use
Setting	Professional office environment in a mental health center, substance use treatment center or private practice appropriate to the provision of evaluation/assessment services.
Facility License	As required by Nebraska Department of Health and Human (NDHHS) division of public health if in a mental health center, the center must be licensed.
Service Description	<p>Based off a recommendation from an evaluation substance use (SU) counseling is a clinical service provided by a licensed therapist with an individual in which the focus is on treatment of a substance use disorder.</p> <p>Substance use outpatient counseling is to improve or alleviate symptoms that may significantly interfere with functioning in at least one life domain (e.g., familial, social, work, educational) through scheduled therapeutic visits between the therapist and the youth. Services can be delivered in individual, family, or group sessions.</p>
Service Expectations	<p>SU counseling involves the following:</p> <ul style="list-style-type: none"> • The SU evaluation must have been conducted by a clinician within their scope of practice prior to the beginning of counseling. • SU counseling providers may accept a prior SU evaluation conducted within the last 6 months. The clinical record shall reflect that such evaluations have been reviewed and updated when appropriate prior to the initiation of any substance use services. • Interventions are developed to address symptoms and impaired functioning as identified in the comprehensive SU evaluation. The evaluation and interventions inform and establish the time-limited and measurable, symptom-focused treatment goals and objectives in the treatment plan. • Individual, group or family counseling must be developmentally appropriate for the age of the youth.

	<ul style="list-style-type: none"> • SU counseling in a series of time-limited, structured sessions that work toward the attainment of mutually defined goals as identified in the treatment plan. • Services for youth, shall ensure timely collateral contacts with family members, parents or guardian and/or with other agencies or providers providing services to the youth. • The treatment/discharge plan is updated and reviewed at a minimum of every 90-calendar days, and signed by all participants. • The therapist must assist in the identification and utilization of community resources and natural supports, which must be identified in the discharge plan. • When other individuals are participating in the treatment sessions, the focus and documentation must be based on the goals outlined in the treatment plan. • Discharge planning must occur upon admission. • Trauma history/symptoms are assessed.
Service Frequency	Up to 2 (1) hour sessions per week to include individual and group.
Length of Stay	Length of treatment is individualized and based on clinical criteria for admission and continued treatment, as well as the client's ability to benefit from individual treatment/recovery goals.
Staffing	<p>Clinicians, who may provide this service within their scope of practice and are licensed to practice in the State of Nebraska, include:</p> <ul style="list-style-type: none"> • Licensed Alcohol and Drug Counselor (LDAC) • Provisionally Licensed Alcohol and Drug Counselor (PLDAC) • Licensed Independent Mental Health Practitioner (LIMHP) • Licensed Mental Health Practitioner (LMHP) • Dually Licensed Clinician (LDAC/LMHP) • Licensed Psychologist • Provisionally Licensed Psychologist • Advanced Practice Registered Nurse (APRN)

	<ul style="list-style-type: none"> • Psychiatrist <p>Clinicians must have experience and training in treating substance use disorders.</p>
Staff to Client Ratio	<p>Individual Counseling = 1 therapist to 1 youth Family Counseling = 1 therapist to 1 family Youth Group Counseling = 1 therapist to 8 youths (minimum 1:3; maximum 1:8) Family Counseling = 1 therapist to 1 family Adult Group Counseling = 1 therapist to 12 adults (minimum 1:3; maximum 1:12)</p>
Hours of Operation	Day, evening hours including weekends
Service Desired Outcomes	<ul style="list-style-type: none"> • Progress on treatment goals as outlined in the treatment plan. • Improved in their daily functioning and their behavioral health have diminished. • Community support systems secured and crisis plan in place to help maintain stability in the community. • Medication management referral to prescribing clinician is ongoing, as needed. • Provider has coordinated with other treating community professionals, as needed.
Unit and Rate	<p>Individual Counseling = Per client hour Group Counseling = Per staff hour Family Counseling = Per family hour</p>

[Click to direct to Service Interpretive Guideline]

