

## Updated Only for Logo and Branding

### Provider Notice

**To: Substance Abuse Intensive Outpatient ( SA IOP) Providers**  
**From: Sheryl M. Swanson, VP, Provider Network Operations**  
**Date: February 13, 2012**  
**Subject: SA 12 100 Substance Abuse Intensive Outpatient Program Expectations (Cumberland, Dauphin, Lancaster, Lebanon and Perry Counties)**

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Per PA Department of Health, the definition of Substance Abuse Intensive Outpatient Setting (SA IOP) is as follows:

“Intensive Outpatient is the provision of structured counseling or psychotherapeutic services on a regular and predetermined basis. The client resides outside of the facility. IOP is comprised of regularly scheduled sessions at least three (3) days per week for a total time between five (5) and (10) hours per week.”

While the above definition does not address time spent in individually delivered service, PerformCare has had a longstanding expectation that persons in an SA IOP have at least one (1) hour of individual therapy per each five (5) hours in the program.

While there is no disagreement from any party that individually based services are required as part of any SA IOP program, there is also recognition that treatment must be based on the individual’s unique needs within this level of care. Thus, we recognize that some persons may need minimal individually based services while others may require much more to move successfully through the program. Therefore, this memorandum serves to notify you that PerformCare and the Counties are altering the minimum expectation for individual therapy provided in an SA IOP program.

Effective immediately there is no longer a minimum requirement for one (1) hour of individual therapy per five (5) hours of treatment in the SA IOP. However, it is still expected that for Cumberland, Dauphin, Lancaster, Lebanon and Perry County Members, the treatment record will reflect clear documentation that at least one individual counseling contact occurs with the member each week and the time spent in that activity.

The length of time for such individual counseling contact will be determined by the provider based on client needs. Individual contact may include therapy, assessments, treatment planning, treatment progress reviews, establishing a therapeutic relationship, coordinating community linkages, or addressing a crisis. PerformCare and the Counties reserve the right to conduct a chart

audit to verify that IOP clients are receiving individual contact each week. Providers should consult the SAMHSA/CSAT Tip 8\* Related to Intensive Outpatient Services for best practice protocols.

Please feel free to contact your Provider Relations Representative with any questions or concerns.

\*TIP 8 Intensive Outpatient Treatment for Alcohol and Other Drug Abuse  
Treatment Improvement Protocol (TIP) Series 8  
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Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Treatment  
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