

## Medical Necessity Criteria

### Outpatient Services Recovery Coach (RC)

**Recovery Coaches (RCs)** are individuals currently in recovery who have lived experience with substance use disorders and/or co-occurring mental health disorders and have been trained to help their peers who have a similar experience to gain hope, explore recovery, and achieve life goals.

RCs are actively engaged in their own personal recovery and share real-world knowledge and experience with others who are on their own recovery path. RCs share their recovery story and personal experiences in an effort to establish an equitable relationship and support Members in obtaining and maintaining recovery.

The primary responsibility of RCs is to support the voices and choices of the Members they support, minimizing the power differentials as much as possible. The focus of the RC role is to create a relationship between equals that is non-clinical and focused on removing obstacles to recovery; linking Members to the recovery community and serving as a personal guide and mentor. The RC will work with the Member to develop a Wellness Plan that orients the activities of the RC service.

Members can access RC services based on medical necessity and a referral by a medical or behavioral health provider, Community Partner (CP), or other care manager who has contact with the Member and is able to identify the need for RC services. Services are available to Members seeking to achieve or maintain recovery from substance use and/or co-occurring disorders and Members of at risk populations such as pregnant and postpartum, Members identified with barriers of social determinants of health, and medically complex Members.

### Criteria

#### Admission Criteria

**All** of the following criteria are necessary for admission to this level of care:

1. The Member demonstrates symptomatology consistent with a DSM-5-TR diagnosis for a substance use disorder.

**And** at least one (1) of the following:

2. The Member is attempting to achieve and/or maintain recovery from substance use and/or co-occurring disorders.
3. The Member could benefit from education about harm reduction and/or education about recovery and community resources.
4. The Member could benefit from support in increasing motivation and readiness to change.
5. The Member could benefit from peer support in establishing connections with the recovery community.
6. The Member could benefit from the structure of a Wellness Plan.

**OR**

7. The Member is referred by a primary care provider for assistance with necessary medical follow-up.

## **Psychosocial, Occupational, and Cultural and Linguistic Factors**

*These factors, as detailed in the introduction, may change the risk assessment and should be considered when making level of care decisions.*

### **Exclusion Criteria**

**Any** of the following criteria may be sufficient for exclusion from this level of care:

1. The Member is at acute risk to harm self or others, or sufficient impairment exists to require a more-intensive level of service beyond community-based intervention.
2. The Member has severe medical conditions or impairments that would prevent beneficial utilization of services.
3. The Member is receiving similar supportive services and does not require this level of care.
4. The Member, and their parent/guardian/caregiver when applicable, does not consent to RC services.

### **Continued Stay Criteria**

**All** of the following criteria are necessary for continuing in treatment at this level of care:

1. The Member is actively involved with the RC and are making connection at a minimum of one contact every 21 days.
2. The Member is actively addressing components of the Wellness Plan and making adjustments as needed.
3. There is documented, active coordination of services with other behavioral health providers, the primary care provider, and other services and state agencies. If coordination is not successful, the reasons are documented, and efforts to coordinate services continue.
4. There is documented, active discharge planning starting with admission to RC services.
5. When medically necessary, the Member is supported in accessing appropriate psychopharmacological services.

### **Discharge Criteria**

**Any** of the following criteria is sufficient for discharge from this level of care:

1. The Member no longer meets admission criteria.
2. RC Wellness Plan goals and objectives have been met.
3. The Member or Member and parent and/or legal guardian is/are not utilizing or engaged in the RC service as demonstrated by fewer than one contact every 21 days (see performance specifications).
4. Consent for RC services is withdrawn.
5. Support systems that allow the Member to be maintained in the community have been established.