

### Definitions for Treatment Recovery Centers

- 1.1. Activities of Daily Living - The basic tasks of everyday life, such as eating, bathing, dressing, toileting, and transferring.
- 1.2. Adolescent (used interchangeably with the terms “youth” and “teen”) - Any person ages twelve (12) through seventeen (17) years and three hundred sixty four (364) days.
- 1.3. Admission - When the program determines that an individual is appropriate for the program and completes and signs all required intake paperwork including but not limited to, consent to recovery/treatment form and confidentiality release.
- 1.4. Age Appropriate - knowledge about child/youth physical, intellectual, emotional and social development for the age and stage of development of youth.
- 1.5. Alcohol and Drug Free - Free of the use of alcohol and/or the illicit use of drugs.
- 1.6. Alcohol and Drug Free Environment - An environment that is free of the use of alcohol and/or the illicit use of drugs and promotes alcohol and other drug free activities.
- 1.7. Alcohol and Other Drug Problems - The problems of individuals, families and the community which are related to inappropriate alcohol and/or other drug use and include conditions usually associated with the terms “alcoholism, addiction, alcohol abuse and illicit use of drugs.”
- 1.8. Alcohol and/or Other Drug Program Certification Standards - The most current State of California Department of Alcohol and/or other Drug Program Certification Standards, established to ensure an acceptable level of service is provided to program clients.
- 1.9. Ancillary Service - Additional outside services which provide resources that meet the educational, vocational, family counseling, health, and other needs required to support the client’s recovery.
- 1.10. Appeal Process - A written procedure by which clients may appeal discharge.
- 1.11. Assessment – An ongoing process by which the treatment team collaborates with the client, and family to gather and interpret information necessary to determine their level of problem severity, match their clinical needs to the appropriate level of treatment, and evaluate progress in treatment. Areas of assessment may include, but are not limited to alcohol and/or other drug use, medical, employment, legal, social, psychological, family, environment and special needs.
- 1.12. Counselor/Program Specialist - An individual who, by virtue of education, training, and/or experience, provides services that may include counseling, advice, opinion, and/or instruction to an individual or group to allow participants an opportunity to explore problems related directly or indirectly to alcohol and/or other drugs.
- 1.13. Cultural Competency - functioning effectively to integrated patterns of human behavior that include the language, thoughts, communications, actions, customs, beliefs, values, and institutions of racial, ethnic, religious, or social groups.
- 1.14. Days - “Days” means calendar days, unless otherwise specified.
- 1.15. Day Treatment/Day Care Habilitative (DCH) - A nonresidential alcohol and/or other drug service that is provided to clients at least three (3) hours per day and at least three days per week. Day treatment is designed to provide an alcohol and drug free environment with structure and supervision to further a client’s ability to improve his/her level of functioning.
- 1.16. Discharge Plan - An individual plan of action to support recovery after an individual has been discharged from a treatment program.
- 1.17. Drug Testing - A process to collect blood, urine, perspiration, breath, or saliva to determine the presence of alcohol or illicit drugs in an individuals’ system verified by a certified laboratory. Drug testing shall be conducted in conjunction with treatment and shall not be given any greater weight than any other aspect of the program.

- 1.18. Educational Group - A planned session in which didactic information related to the disease of addiction and its impact on the personal, professional, and spiritual health and well-being of the client is presented and discussed. Education sessions are limited to thirty (30) attendees. If serving Drug Medi-Cal clients, education sessions are limited to ten (10) attendees per group.
- 1.19. Evidence Informed Practice - ensuring that substance abuse treatment is guided by the best research and information available.
- 1.20. Group Session - A joining of enrolled clients led by program staff designed to support and encourage positive changes within the participant's life and reduce or ameliorate the problems associated with alcohol and/or other drug use and to promote recovery.
- 1.21. Individual Counseling Session - A one-on-one meeting between client and staff to provide assessment, treatment and discharge planning, monitor the client's progress in the program, manage crisis situations and provide referrals to ancillary services when necessary.
- 1.22. Minor- Individuals under the age of eighteen (18) years old.
- 1.23. Outpatient Service/Outpatient Drug Free (ODF) - A non-residential alcohol and/or other drug service in which a client is provided a minimum of one (1) ninety (90)-minute counseling or educational session per week. Outpatient services are designed to provide an alcohol and drug free environment with structure and supervision to further a client's ability to improve his/her level of functioning.
- 1.24. Qualified Medical Consultant - A licensed physician or nurse practitioner or a physician assistant operating under the supervision of a licensed physician.
- 1.25. Recovery Group – Group activity designed to discuss and support individual recovery efforts.
- 1.26. Recovery Services – Services and activities that support and promote a drug and alcohol-free lifestyle, develop life skills, and engage participants in recovery.
- 1.27. Recovery Visits - One visit is equivalent to one individual participating in a recovery oriented activity on one day.
- 1.28. Shall - “Shall” means mandatory.
- 1.29. Staff Hours – The number of hours a staff person spends engaged in a particular activity.
- 1.30. Statewide Maximum Allowances (SMA) - Maximum amount authorized to be paid by Drug Medi-Cal for each covered unit of service. Rates are subject to change annually.
- 1.31. Structured Recovery Services - A process group which provides a 12-step meeting experience and an opportunity to process questions, reactions and general feelings about the 12-step process within a structured group environment.
- 1.32. Transitional Age Youth (TAY) – Any person ages eighteen (18) through twenty-one (21).
- 1.33. Trauma Informed Services - All components of a given service system that have been reconsidered and evaluated in light of a basic understanding of the role that trauma plays in the lives of people seeking mental health and addictions services.
- 1.34. Treatment Plan - A written document detailing client's individual treatment goals with specific services and activities outlined, including beginning and end dates and frequency of service.