

# Government Performance and Results Act (GPRA)

## SECTION A: Planned Services Glossary

### MODALITY [SELECT AT LEAST ONE MODALITY/PROGRAM TYPE.]

1. **Case Management**—Defining, initiating, and monitoring the medical, drug treatment, psychosocial, and social services provided for the client and the client’s family.
2. **Day Treatment**—A modality used for group education, activity therapy, etc., lasting more than 4 continuous hours in a supportive environment.
3. **Inpatient/Hospital (other than detoxification)**—A patient who is admitted to a hospital or clinic for treatment that requires at least one overnight stay.
4. **Outpatient**—A patient who is admitted to a hospital or clinic for Treatment that does not require an overnight stay.
5. **Outreach**—Educational interventions conducted by a peer or paraprofessional educator face-to-face with high-risk individuals in the client’s neighborhood or other areas where clients typically congregate.
6. **Intensive Outpatient**—Intense multimodal treatment for emotional or behavioral symptoms that interfere with normal functioning. These clients require frequent treatment to improve, while still maintaining family, student, or work responsibilities in the community. Intensive outpatient services differ from outpatient by the intensity and number of hours per week. Intensive outpatient services are provided 2 or more hours per day for 3 or more days per week.
7. **Methadone**—Provision of methadone maintenance for opioid-addicted clients.
8. **Residential/Rehabilitation**—A residential facility or halfway house that provides on-site structured therapeutic and supportive services specifically for alcohol and other drugs.
9. **Detoxification (select only one)**—A medically supervised treatment program for alcohol or drug addiction designed to purge the body of intoxicating or addictive substances.
  - Hospital Inpatient—Client resides at a medical facility or hospital during his/her treatment.
  - Free-Standing Residential—Patient resides at a facility other than a hospital while treatment is provided.
  - Ambulatory Detox—Treatment that is performed in a specialized therapeutic environment and is designed to provide both psychological and physiological stabilization to ensure safe withdrawal from alcohol and/or drugs.
10. **After Care**—Treatment given for a limited time after the client has completed his/her primary treatment program but is still connected to the treatment provider.
11. **Recovery Support**—Support from peers, family, friends, and health professionals during recovery. Includes any of the following: assistance in housing, educational, and employment opportunities; building constructive family and other personal relationships; stress management assistance; alcohol- and drug-free social and recreational activities; recovery coaching or mentoring to help manage the process of obtaining services from multiple systems, including primary and mental health care, child welfare, and criminal justice systems.
12. **Other (Specify)**—Specify any other service modalities to be received by the client.

[SELECT AT LEAST ONE SERVICE.]

### **TREATMENT SERVICES**

Note: SBIRT Grantees must circle "Y" for at least one of the treatment services numbered one through four.

1. **Screening**—A gathering and sorting of information used to determine if an individual has a problem with alcohol or other drug abuse, and if so, whether a detailed clinical assessment is appropriate. Screening is a process that identifies people at risk for the "disease" or disorder (National Institute on Alcohol Abuse and Alcoholism, 1990). As such, screening refers to a brief procedure used to determine the probability of the presence of a problem, substantiate that there is a reason for concern, or identify the need for further evaluation. In a general population, screening for substance abuse and dependency would focus on determining the presence or absence of the disorder, whereas for a population already identified at risk, the screening process would be concerned with measuring the severity of the problem and determining the need for a comprehensive assessment.
2. **Brief Intervention**—Those practices that aim to investigate a potential problem and motivate an individual to begin to do something about his/her substance abuse, either by natural, client-directed means or by seeking additional substance abuse treatment.
3. **Brief Treatment**—A systematic, focused process that relies on assessment, client engagement, and rapid implementation of change strategies. Brief therapies usually consist of more (as well as longer) sessions than brief interventions. The duration of brief therapies is reported to be anywhere from 1 session (Bloom, 1997) to 40 sessions (Sifneos, 1987), with the typical therapy lasting between 6 and 20 sessions. Twenty sessions usually are the maximum because of limitations placed by many managed care organizations. Any therapy may be brief by accident or circumstance, but the focus is on planned brief therapy. The therapies described here may involve a set number of sessions or a set range (e.g., from 6 to 10 sessions), but they always work within a time limitation that is clear to both therapist and client.

Note: Brief Treatment is not applicable to ATR Grants.

4. **Referral to Treatment**—A process for facilitating client/consumer access to specialized treatments and services through linkage with, or directing clients/consumers to, agencies that can meet their needs.

Note: Referral to Treatment is not applicable to ATR Grants.

5. **Assessment**—To examine systematically, in order to determine suitability for treatment.
6. **Treatment/Recovery Planning**—A program or method worked out beforehand to administer or apply remedies to a patient for illness, disease, or injury.
7. **Individual Counseling**—Professional guidance of an individual by utilizing psychological methods.
8. **Group Counseling**—Professional guidance of a group of people gathered together utilizing psychological methods.
9. **Family/Marriage Counseling**—A type of psychotherapy for a married couple or family for the purpose of resolving problems in the relationship.

10. **Co-Occurring Treatment/Recovery Services**—Assistance and resources provided to clients who suffer from both mental illness disorder(s) and substance use disorder(s).
11. **Pharmacological Interventions**—The use of any pharmacological agent to affect the treatment outcomes of substance-abusing clients. For example, the use of phenytoin in alcohol withdrawal and the use of buprenorphine in opioid treatment.
12. **HIV/AIDS Counseling**—A type of psychotherapy for individuals infected with and living with HIV/AIDS.
13. **Other Clinical Services (Specify)**—Other client services the client received that are not listed above.

### **CASE MANAGEMENT SERVICES**

1. **Family Services (including marriage education, parenting, and child development services)**—Resources provided by the state to assist in the well-being and safety of children, families, and the community.
2. **Child Care**—Care provided to children for a period of time.
3. **Employment Services**—Resources provided to clients to assist in finding employment.
  - A. **Pre-Employment Services**—Services provided to clients prior to employment, which can include background checks, drug tests, and assessments. These services allow employers to “check out” prospective employees before hiring them.
  - B. **Employment Coaching**—Provides tools and strategies to clients to assist in gaining employment. These strategies include implementing new skills, changes, and actions to ensure that clients achieve their targeted results.
4. **Individual Services Coordination**—Services that families may choose to use when they need help obtaining support for their mentally disabled sons or daughters to live as independently as possible in the community.
5. **Transportation**—Providing a means of transport for clients to travel from one location to another.
6. **HIV/AIDS Service**—Resources provided to clients to improve the quality and availability of care for people with HIV/AIDS and their families.
7. **Supportive Transitional Drug-Free Housing Services**—Provides rental assistance for families and individuals who are seeking to be drug-free who can be housed for up to 2 years while receiving intensive support services from the agency staff.
8. **Other Care Management Services (Specify)**—Other care management services the client received that are not listed above.

### **MEDICAL SERVICES**

1. **Medical Care**—Professional treatment for illness or injury.
2. **Alcohol/Drug Testing**—Any process used to identify the degree to which a person has used or is using alcohol or other drugs.
3. **HIV/AIDS Medical Support and Testing**—Medical services provided to clients who have HIV/AIDS and their families.
4. **Other Medical Services (Specify)**—Other medical services the client received that are not listed above.

### **AFTER CARE SERVICES**

1. **Continuing Care**—Providing health care for extended periods of time.
2. **Relapse Prevention**—Identifying each client’s current stage of recovery and establishing a recovery plan to identify and manage the relapse warning signs.
3. **Recovery Coaching**—Guidance involving a combination of counseling, support, and various forms of mediation treatments to find solutions to deal with breaking the habit of substance abuse.
4. **Self-Help and Support Groups**—Helping or improving oneself without assistance from others; and/or an assemblage of persons who have similar experiences and assist in encouraging and keeping individuals from failing.
5. **Spiritual Support**—Spiritual/religion-based support for the clients’ recovery process.
6. **Other After Care Services (Specify)**—Other after care services the client received that are not listed above.

### **EDUCATION SERVICES**

1. **Substance Abuse Education**—A program of instruction designed to assist individuals in drug prevention, relapse, and/or treatment.
2. **HIV/AIDS Education**—A program of instruction designed to assist individuals with HIV/AIDS and their families with HIV/AIDS prevention and/or treatment.
3. **Other Education Services (Specify)**—Other education services the client received that are not listed above.

### **PEER-TO-PEER RECOVERY SUPPORT SERVICES**

1. **Peer Coaching or Mentoring**—Services involving a trusted counselor or teacher to another person of equal standing or others in support of a client’s recovery.
2. **Housing Support**—Providing assistance for living arrangements to clients.
3. **Alcohol- and Drug-Free Social Activities**—An action, event, or gathering attended by a group of people that promotes abstinence from alcohol and other drugs.
4. **Information and Referral**—Services involving the provision of resources to a client that promote health behavior and/or directing a client to other sources for help or information.
5. **Other Peer-to-Peer Recovery Support Services (Specify)**—Other peer-to-peer recovery services the client received that are not listed above.

## REFERENCES

Bloom, B. L. (1997). *Planned short-term psychotherapy: A clinical handbook*. Boston: Allyn and Bacon.

Sifneos, P. E. (1987). *Short-term dynamic psychotherapy: Evaluation and technique*. New York: Plenum Medical Book Company.