

Substance Abuse Intensive Outpatient Program: Concurrent Review Questions



CIGNA Behavioral Health

Diagnosis with DSM-IV codes (include any changes):

- AXIS I: Clinical Disorders
AXIS II: Personality Disorders – Mental Retardation
AXIS III: General Medical Conditions
AXIS IV: Psychosocial And Environmental Problems
AXIS V: Global Assessment of Functioning rating, was MH assessment completed?
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The Client's Current Stage of Engagement in Substance Abuse Treatment:

List information for the following areas:

- Pre-Contemplation: (Patient is not yet considering Change)
- Contemplation: (Patient is ambivalently weighing the pros and cons of change)
- Determination/Preparation: (Patient makes a beginning commitment to the change process)
- Action: (Patient is taking specific steps toward accomplishing change)
- Maintenance: (Patient is maintaining the changes made)
- Relapse: (Patient temporarily returns to pre-change behaviors)

Outline plan to engage internal/external motivators to gain commitment to next Stage of Engagement

Patient's Current Status:

Provide answers to the following questions:

- Is the client attending a 12 Step Program?
 - Is the client connected with a 12 Step Sponsor?
 - Have external motivators (work, church, legal, family, friends) been involved in treatment? If no, when are you planning for them to be?
 - Have the relapse triggers been identified?
 - Is the client actively working a relapse prevention plan?
 - Are outreach attempts made to assess and engage the client when there is a "no show"?
 - Is the program utilizing urine drug screens?
 - Has the client remained clean/sober?
 - Identify the client's reasons for wanting sobriety?
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Current Medications:

- List all medications being used by: name, dosage, frequency, start date, and end date. List who prescribed the medication.
 - Identify the Primary Care Physician and care coordination between practitioners.
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Aftercare Planning Information:

- Identify provider(s): name, phone number, credential level, and follow-up appointment date and time.
- Identify utilization of community resources
- Will you need assistance with aftercare planning?