

| Name                             | Code   | Unit Price  | Staff Qualification  |
|----------------------------------|--------|---|--|
| <b>Recovery Support Services</b> |        |   |  |
| Care Coordination                | ATRCC  | \$5.25/15 minute                                  | ATR Approved   |
| Peer Recovery Drop-in Center     | ATRDIC | \$50.50/month                                     | ATR Approved, MRSS-P                                       |
| Recovery Coaching                | ATRRC  | \$10.10/15 minute                                 | MRSS, MRSS-P   |
| Recovery Counseling              | ATRC   | \$13.87/15 minute                                 | QSAP in Certified Treatment                                |
| Counseling Intern                | ATRCI  | \$7.07/15 minute                                  | RASAC I or RASAC II in Certified Treatment Program         |
| Spiritual Counseling             | ATRSC  | \$10.50/15 minute                                 | Qualified Clergy   |
| Group                            | ATRG   | \$3.13/15 minute                                  | MRSS, MRSS-P<br>Qualified Clergy,<br>QSAP<br>ATR -Approved |
| Transportation                   | ATRTRM | \$.51/mile/person                                 | ATR Approved with class E or CDL license                   |
| Transportation-Public            | ATRTP  | \$1.00/unit<br>Cost of public transportation pass | ATR Approved   |
| Recovery Housing                 | ATRRH  | \$20.20/day                                       | ATR Approved, MRSS-P                                       |

### Staff Qualifications;

**ATR Approved-** All staff and volunteers of recovery support programs shall meet background screening requirements in 9 CSR 10-5.190. The Missouri Department of Health and Senior Services Family Care Registry or other department-approved background screening service shall be used. All staff and volunteers who have contact with consumers shall at a minimum meet department-approved qualifications and complete six (6) hours of annual training on ethics and boundaries.

**MRSS-P-** Missouri Recovery Support Specialist-Peer (MRSS-P)—Individual who is self-identified as being in recovery and has been awarded the MRSS-P credential by the Missouri Credentialing Board. Serves as a role model to consumers in recovery, teaches life skills, and helps consumers identify options to achieve recovery goals and develop problem-solving skills.

**MRSS-** Missouri Recovery Support Specialist (MRSS)—Individual who is not self-identified as being in recovery and has been awarded the MRSS credential by the Missouri Credentialing Board. This person serves as a mentor to consumers in recovery, teaches life skills, provides support and encouragement, and helps consumers recognize their own potential and set positive goals.

**RASAC I or II-**Recognized Associate Substance Abuse Counselor I or II, a credential issued by the Missouri Credentialing Board, [www.missouricb.com](http://www.missouricb.com)

**QSAP-** Qualified substance abuse professional, a person who demonstrates substantial knowledge and skill regarding substance abuse by being one (1) of the following—

1. A physician or qualified mental health professional who is licensed in Missouri with at least one (1) year of full-time experience in the treatment of persons with substance use disorders;
2. A person who is certified or registered as a substance abuse professional by the Missouri Certification Board, Inc.; or
3. An individual who is within one (1) year of meeting one of the above criteria and has a department approved written training plan;

**Qualified Clergy-** Qualified clergy—Individuals ordained by a recognized faith group with at least one of the following credentials: MRSS; MRSS-P; Certified Alcohol and Drug Counselor (CADC); Certified Reciprocal Alcohol and Drug Counselor (CRADC); Certified Reciprocal Advanced Alcohol and Drug Counselor (CRAADC); Recognized Substance Abuse Professional (RSAP); Certified Criminal Justice Professional (CCJP); Physician; Licensed Professional Counselor (LPC); Licensed Marriage and Family Therapist (LMFT); Licensed Clinical Social Worker (LCSW); or Licensed Psychologist.

**Class E License-** For-Hire License (Class E), Missouri Department of Revenue, [www.dor.mo.gov](http://www.dor.mo.gov)

**CDL License-** Commercial Driver License (Class A, B, or C) Missouri Department of Revenue, [www.dor.mo.gov](http://www.dor.mo.gov)

#### **ATR4 Recovery Support Service Definitions;**

(A) **Care coordination.** (ATRCC) Care coordination is an individual service that consists of assisting consumers engaged in certified alcohol or drug treatment and rehabilitation and/or recovery support services in accessing the network of services and other community resources available to them in order to facilitate retention in treatment and/or sustained recovery. This may include, but is not limited to, consultation with the consumer's treatment provider, procurement of psychiatric or other medications through charitable programs, assistance in finding and securing permanent housing, and development of a social support system. Care coordination services shall be provided by ATR approved recovery support program staff.

1. Key service functions of care coordination shall include, but are not limited, to:
  - a. Arranging and referring for services and resources and, when necessary, advocating for the services and quality of services to which the consumer is entitled;
  - b. Monitoring service delivery by providers external to the program and ensuring communication and coordination of services;
  - c. Locating and coordinating services and resources to resolve a crisis
  - d. Providing experiential training in resource acquisition; and
  - e. Employment development activities that assists the consumer to obtain employment.
2. When funded by the department, care coordination may involve the provision of bus passes to eligible consumers.

*Documentation; includes a description of the service provided, the rendering practitioner, the date of the service and the beginning and ending time the service was provided. This documentation is entered in the CIMOR recovery support billing system*

**(B) Peer recovery drop-in center.** (ATRDIC / Month) Peer recovery drop-in center service emphasizes the peer-to-peer relationship, consumer choice, respect and recovery. Each center shall be managed by a MRSS or MRSS-P and fifty-one (51%) to one hundred percent (100%) of staff and volunteers who self-identify as peers in recovery from a substance use disorder. A peer recovery drop-in center shall meet the following requirements:

1. The drop-in center shall create a comfortable home-like atmosphere that encourages informal peer-to-peer helping relationships and includes separate space for groups to meet;
2. The drop-in center shall provide coffee, tea or other free or low-cost beverages and may offer free or low-cost healthy food items;
3. The drop-in center shall have a living room type space for informal peer-to-peer conversations with comfortable chairs, couches and lighting;
4. The drop-in center shall offer types of social-interaction-inducing recreational activities, such as playing cards and other games;
5. The drop-in center shall be accessible, physically and emotionally safe, and located conveniently for consumers to walk or ride public transportation; if the center's location is not convenient, the program shall provide or arrange for transportation;
6. The drop-in center hours of operation shall be geared to the needs of consumers and include evening and weekend hours, at a minimum five (5) days per week for four (4) hours per day;
7. Participation in drop-in center services shall be voluntary, have no time limits for participation, be individualized and be free;
8. Formal peer coaching relationships and structured life skills group educational opportunities shall be provided;
9. A calendar of groups, educational opportunities and recreational activities shall be posted and updated at least monthly; and
10. Drop-in center services shall provide linkage to and coordination with social service support agencies in the community, as well as traditional mental health, substance abuse and physical health care service providers.

*Documentation; includes dates the consumer visited the drop in center during the past 30 days (minimum of 7 days necessary for billing), the drop in center activities the consumer participated in. The MRSS-P responsible for monitoring the drop in center will be listed as the rendering practitioner. The documentation is entered in the CIMOR recovery support billing system. The consumer should sign in each day they visit the drop in center. The consumer sign in log will be maintained by the recovery support provider for review during monitoring visits.*

**(C) Recovery coaching** (ATRRC, 15 minute,) Recovery coaching is an individual service that involves the development of a supportive peer relationship with the consumer to aid in developing recovery-oriented problem solving skills over an extended period of time.

1. Recovery coaching is future-, action-, and recovery-oriented coaching that may occur before, after, or concurrently with any department-funded certified alcohol or drug treatment and rehabilitation program.
2. Recovery coaching is a one-to-one service and may be delivered face-to-face or, with department approval, through tele-health.
3. Recovery coaching shall not be considered a substitute for certified alcohol or drug treatment and rehabilitation, counseling or therapy.
4. Recovery coaching shall be provided by a MRSS. Peer support recovery coaching shall be provided by a MRSS-P.
5. Examples of recovery coaching services and activities include, but are not limited, to:
  - a. Helping consumers connect with other consumers and their communities at large in order to develop a network for information and support;
  - b. Sharing lived experiences of recovery, sharing and supporting the use of recovery tools, and modeling successful recovery behaviors;
  - c. Helping consumers to make independent choices and to take a proactive role in their recovery;
  - d. Assisting consumers with identifying strengths and personal resources to aid in setting and achieving recovery goals; and
  - e. Conducting recovery management check-ups over time, and assessing victories, strengths, challenges, and setbacks.
6. Wellness coaching is recovery coaching focused on relevant physical health factors previously identified as problematic, including:
  - a. Low levels of physical activity/sedentary lifestyle;
  - b. The use of tobacco and other addictive substances;
  - c. The lack of nutrition and dietary education;
  - d. Diet and glucose monitoring for diabetes prevention and management;
  - e. Oral hygiene/dental health practices; and/or
  - f. Use of medications which contribute to metabolic syndrome, obesity, and other health conditions.
7. Employment coaching is recovery coaching that assists consumers in finding and maintaining competitive and gainful employment and may include, but is not limited to:
  - a. Assisting consumers in identifying tasks and activities geared toward career exploration and planning;
  - b. Assisting with job searching and preparation; and/or
  - c. Assisting in the development of self-management skills, interpersonal skills for the workplace, social and communication skills and job maintenance.

*Documentation; includes the primary focus of the coaching; recovery, spiritual, wellness, or employment, a description of the recovery coaching service provided, the rendering practitioner, and the date of the service, beginning and ending time of the service. This documentation is entered in the CIMOR recovery support billing system.*

**(D) Recovery Counseling** (ATRC, 15 minute) Individual Counseling is a structured goal-oriented therapeutic interaction between a consumer and a counselor designed to resolve problems related to alcohol and or drugs which interfere with the clients' functioning. Individual

counseling services are delivered by a QSAP. Individual counseling service is available to recovery support providers that are also certified clinical treatment programs.

*Documentation; includes a description of the counseling service provided, the rendering practitioner, and the date of the service, beginning and ending time of the service. This documentation is entered in the CIMOR recovery support billing system.*

(E) **Counseling Intern** (ATRCI, 15 minute) Counseling Intern is a structured goal-oriented therapeutic interaction between a consumer and a RASAC-I or RASAC-II designed to resolve problems related to alcohol and or drugs which interfere with the clients' functioning. Counseling intern services are delivered by a RASAC-I or II under the supervision of an MCB approved supervisor. Counseling Intern service is available to recovery support providers that are also certified clinical treatment programs.

*Documentation; includes a description of the counseling service provided, the rendering practitioner, and the date of the service, beginning and ending time of the service. This documentation is entered in the CIMOR recovery support billing system.*

(F) **Spiritual counseling.** (ATRSC, 15 minute) Spiritual counseling is an individual service helping consumers explore problems and conflicts from a spiritual perspective. A consumer's spiritual beliefs, morals, ideas, values, and conflicts are explored in a safe and non-judgmental manner. Spiritual counseling services shall be provided by qualified clergy and shall include one (1) or more of the following:

1. Establishing or reestablishing a relationship with a higher power;
2. Developing personal connectedness with a spiritual, religious or faith-based entity;
3. Acquiring skills needed to cope with life-changing incidents;
4. Adopting positive values or principles;
5. Identifying a sense of purpose and mission for one's life;
6. Achieving serenity and peace of mind;
7. Finding life purpose;
8. Overcoming emotional, social, mental or physical obstacles; and/or
9. Putting pain and grief into perspective.

*Documentation; includes a description of the counseling service provided, the rendering practitioner, and the date of the service, beginning and ending time of the service. This documentation is entered in the CIMOR recovery support billing system.*

(G) **Group.** (ATRG, 15 minute) Support, educational, or life skills groups provide support for consumers in recovery by offering mutual encouragement and connections with others who share similar experiences. Group services shall address recovery, employment, spiritual and/or wellness issues relevant to the needs of the consumers served.

1. Groups may be formed around shared identity such as common cultural or religious affiliation, shared experiences, and/or goals such as community re-entry following incarceration, HIV status, or challenges in parenting.

2. Group sessions may consist of the presentation of general information and application of the information to participants through group discussion designed to promote recovery and enhance social functioning.
3. Key service functions of support groups may include, but are not limited to:
  - a. Classroom-style didactic lecture to present information about a topic and its relationship to substance abuse and recovery;
  - b. Presentation of educational audiovisual materials with required follow-up discussion;
  - c. Promotion of discussion and questions about the topic presented to the consumers in attendance;
  - d. Generalization of the information and demonstration of its relevance to recovery and enhanced functioning;
  - e. Facilitating disclosure of issues that permits generalization of the issue to the larger group;
  - f. Promoting positive help-seeking and supportive behaviors; and
  - g. Encouraging and modeling productive and positive interpersonal communication.
4. A support, educational, or life skills group session shall include a qualified facilitator and at least two (2) and no more than thirty (30) consumers per group in order to promote participation.

*Documentation; includes the type of group service, the group plan, a description of the group service provided, individual consumer's response to the group service, the rendering practitioner, and the date of the service, beginning and ending time of the service. This documentation is entered in the CIMOR recovery support billing system. Each consumer participating shall sign a group participation log. The provider shall maintain group sign in logs with original consumer signatures.*

**(H) Transportation.** (ATR/TM, /mile) Transportation assists consumers in achieving and sustaining recovery goals when they do not have the means to provide personal transportation.

1. Transportation shall be limited to specific destinations and/or appointments as defined by the department. Allowable transportation services shall include:
  - a. To and from certified alcohol or drug treatment and rehabilitation programs;
  - b. To and from recovery support services;
  - c. To and from doctor's appointments, dental appointments, or appointments with other healthcare providers;
  - d. To and from probation and parole, court or other criminal justice agencies; and
  - e. To and from employment-seeking activities and/or active employment.
2. Staff or volunteers who provide transportation services shall meet the background screening requirements in 9 CSR 10-5.190 and hold a class E chauffeur's license, or if transporting more than fifteen (15) passengers, a CDL license.
3. The vehicle used for transportation shall be currently licensed, properly insured and provide safe and reliable transportation for consumers.

*Documentation; includes the consumer name, the date of transportation, the originating location name and address, the destination name and address, miles traveled, the purpose of the travel, the rendering practitioner (Driver). This documentation is entered in the CIMOR recovery support billing system. Each consumer being transported shall sign a transportation log. The provider shall maintain transportation logs with original consumer signatures.*

**(I) Transportation-Public** (ATRTP, \$1.00/unit actual cost of buss pass) Consumers must be actively engaged in treatment, recovery or spiritual support services to be eligible for transportation services. Eligible transportation services include; to and from treatment, recovery support services, physician visits, dental appointments, probation and parole, court, employment seeking, and employment. The contractor may distribute bus passes daily, weekly, or monthly.

1. Provider may utilize care coordination service to obtain and issue transportation public bus passes.

*Documentation in CIMOR includes; public transportation system name, serial number of the bus pass, purchase price of the bus pass, length of bus pass (Daily, weekly, monthly), date pass was issued and staff member issuing the bus pass.*

**(G) Recovery Housing.** (ATRRH,/day) Recovery housing is a direct service with multiple components that provides supervised, short-term housing to individuals with substance use disorders or co-occurring mental and substance use disorders. Consumer must have access to the housing facility 24 hours per day. Housing provides or arranges for food and basic necessities.

1. To be eligible for recovery housing, the consumer shall be participating in a department certified and contracted alcohol or drug treatment and rehabilitation program or a recovery support program.

2. Recovery housing levels of support and supervision of consumers shall include one (1) of the following:

- a. Peer-run: At least weekly house meetings facilitated by staff; or
- b. Monitored: At least a daily monitoring visit by staff; or
- c. Supervised: 24-hour supervision of consumers by staff, with a minimum of three (3) different staff members providing supervision per 24-hour period.

3. Each recovery housing provider that offers a consumer the self-pay option shall have a written consumer rental agreement policy that includes, at a minimum, the following requirements:

- a. An explanation of the housing arrangements shall be posted in all housing units;
- b. The grounds for termination of the rental agreement;
- c. The terms of the agreement shall be established and explained to each consumer at admission to housing services; and
- d. If a consumer enters into a rental agreement for housing with the recovery support organization, a signed copy of that rental agreement shall be kept in the consumer record.

4. Recovery housing properties shall:

- a. Provide proof of an initial successful Housing Quality Standards (HQS) inspection conducted by an HQS inspector;

- b. Provide proof of a successful annual fire inspection; and
- c. Provide proof of meeting all local government occupancy/safety requirements

such as:

- 1. Occupancy permit;
- 2. Zoning approval; and/or
- 3. Other correspondence showing approval from the local municipal or

county governing body.

- d. Maintain all utilities and climate control.

5. Recovery housing properties inspected and approved as meeting standards of a state/local/regional/national provider organization such as the National Association of Recovery Residences shall be exempt from requirements in section (5)(G)(4).

*Documentation; includes a housing log with a dated original consumer signature for each night the consumer stayed in housing overnight. The housing log will be maintained by the provider. Documentation in CIMOR includes the consumer name, date of the overnight stay (date at 11:59 pm) and rendering practitioner will be the name of the staff member responsible for monitoring the housing that evening.*