

**RESIDENTIAL AND DAY TREATMENT  
DESCRIPTION OF SERVICES  
State Negotiated Net Amount (NNA) Perinatal  
Alcohol and Drug Treatment and Recovery Services  
FLAT RATE AGREEMENT  
FY 2011/12**

Contractor will provide the following alcohol and drug treatment and recovery services at a mutually agreed upon location in San Mateo County. Contractor will possess and maintain the appropriate licensure and/or certification required to provide the services described below. Contractor will admit individuals, hereinafter referred to as “consumers” to these services. All San Mateo County residents will have priority for admission over all other people who are waiting to be admitted to Contractor’s State NNA funded alcohol and drug treatment programs.

**I. NNA PERINATAL ALCOHOL AND DRUG TREATMENT AND RECOVERY SERVICES**

Contractor’s NNA perinatal program will comply with all aspects of the most current State of California Alcohol and Drug Programs (ADP) Perinatal Guidelines, and the most current State of California Standards for Drug Treatment Programs as they pertain to the NNA perinatal program. Consumers being admitted into the perinatal program must be either pregnant substance using, or parenting, with an identified impairment in her ability to care for a child, ages birth through seventeen (17) years of age, due to substance use per fiscal year. Parenting woman is also including those who are attempting to regain the legal custody of their children.

**A. NNA Perinatal Residential Alcohol and Drug Treatment and Recovery Services**

1. Contractor will provide food, shelter, and other basic needs. Contractor’s basic NNA perinatal residential alcohol and drug treatment program will include:
  - a. Sufficient case management to ensure that women and their children have access to primary medical care, primary pediatric care, gender-specific substance abuse recovery and treatment, and other needed services.
  - b. Provide a minimum of twenty (20) hours of individual and group counseling.

**B. NNA Perinatal Day Treatment Alcohol and Drug Treatment and Recovery Services**

1. Contractor's basic NNA perinatal Day Treatment alcohol and drug treatment program will include:
  - a. Sufficient case management to ensure that women and their children have access to primary medical care, primary pediatric care, gender-specific substance abuse recovery and treatment, and other needed services.
  - b. This modality provides AOD treatment services in an outpatient setting to each client for two or more hours, but less than 24 hours per day, for three or more days per week.

**C. Additional Requirements**

1. Intake and assessment (utilizing the Addiction Severity Index [ASI]), recovery planning, relapse prevention, discharge planning and case management services for each consumer.
2. Ancillary services include, but are not limited to, off-site child care, primary medical care, primary pediatric care, dental care, social services, community services, and educational and vocational training.
3. Provide or arrange for services addressing psychological and trauma-informed services.
4. Curriculum which will include:
  - a. Vocational education, job readiness, resume writing and continued education;
  - b. Conflict resolution and anger management;
  - c. Parenting skills and family workshops;
  - d. Child development information;
  - e. Socialization and communication skills;
  - f. Alcohol and drug-free leisure activities;
  - g. Physical fitness, nutrition and cooking, art therapy, hypnotherapy;
  - h. Health education, including utilizing medical services and TB, AIDS/HIV, HEP A.B.C, and STD awareness;
  - i. Self esteem;
  - j. Stress management; Court procedures;
  - k. Infant massage therapy.
5. Provide parenting skills education including parenting styles, discipline, communication and self-esteem building, child abuse prevention, male involvement, and infant care.
6. Consumers will be expected to attend Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and/or other self-help groups during their participation in the program.

7. Address family reunification issues so consumers may work to maintain family structure and may have a family base to return to upon completing Contractor's program
8. Review medical and special needs of consumers and make appropriate referrals as required.
9. Provide or facilitate at least one alcohol and drug free socialization activity for participants.
10. Children Services shall included:
  - a. A separate assessment of children to identify developmental and medical issues.
  - b. Develop individual treatment plans for both adult program participants and their child(ren).
  - c. Develop a children's therapeutic program which, at a minimum, will include therapeutic child care, appropriate developmental activities, age appropriate children's groups, and individual services with perinatal and family counselors.
  - d. Child care in accordance to the ADP perinatal guidelines.

**D. Interim Services**

Provide interim services to pregnant women. Provide the following services no later than 48 business hours after a pregnant woman seeks treatment. These services will be provided whether or not the individual is admitted to the contractors program. At minimum interim services includes counseling and education about:

1. HIV and TB;
2. The risk of needle sharing;
3. The risk of transmission to sexual partners and infants;
4. Steps that can be taken to ensure that transmission does not occur;
5. Referral for HIV or TB treatment if necessary;
6. Counseling on the effects of alcohol and drug use on the fetus as well as referral for prenatal care.

**E. Priority Admission**

Contractor will work collaboratively with the County to provide treatment services to the following San Mateo County priority population listing:

1. Pregnant injection drug users;
2. Pregnant substance users;
3. Pregnant Intravenous Drug Users (IDU);
4. Parenting injection drug users;
5. Parenting substance users.