



7.3.16 ADOLESCENT YOUTH TREATMENT

Issue Date: 01/05/2026

Revision History: 01/05/2026, 10/2013

References: California Department of Health Care Services Adolescent Substance Use Disorder Best Practices Guide (ABPG), 42 CFR 441.56-441.620 Early and Periodic Screening, Diagnosis, and Treatment (EPSDT) of Individuals Under Age 21

Policy Owner: Behavioral Health Division, Quality Assurance and Performance Improvement (QAPI), Quality Assurance Manager

Director Signature: **Signature on File**

I. Policy Statement

Sonoma County Department of Health Services – Behavioral Health Division (DHS-BHD), Substance Use Disorder (SUD), and Community Recovery Services will comply with all relevant state and federal laws, regulations, standards, and contractual requirements relating to the Adolescent Substance Use Disorder Best Practices Guide (ABPG) in accordance with the California Department of Health Care Services (DHCS).

II. Scope

This policy applies to all DHS-BHD Covered Persons including employees (full-time, part-time, extra-help), unpaid interns, paid interns, temporary agency workers, registered volunteers, and all individual providers contractually designated as covered persons. Covered Persons do not include Community Based Organization (CBO) staff.

III. Definitions

Not Applicable

IV. Policy

- A. SUD and Community Recovery Services will provide youth treatment services consistent with the DHCS' Adolescent Substance Use Disorder Best Practice Guide (ABPG), which can be found at the link below under "Attachments."
- B. In accordance with the Early Periodic Screening Diagnostic and Treatment (EPSDT) mandate under section 1905® of the Act, all Medi-Cal beneficiaries under age 21 who are eligible under EPSDT receive all applicable substance use services of the Act. There is nothing that limits or modifies the scope of the EPSDT mandate, and Sonoma County is responsible for the provision of SUD services pursuant to the EPSDT mandate.
- C. ABPG's Overarching Principles of Care are the foundational principles of care for addressing the needs of adolescents with SUDs. These principles are listed below. Refer to the ABPG for the complete description of all the elements and requirements associated with each principle.
 - 1. Developmentally Appropriate Care
 - 2. Cultural and Gender Competence
 - 3. Systems Collaboration Among Adolescent-Serving Agencies
 - 4. Integrated Care
 - 5. Trauma-Informed Care
 - 6. Recovery-Oriented Systems of Care (ROSC)
 - 7. Evidence-Based Practices (EBP)
- D. SUD Treatment and Recovery Service Elements. These service elements are comprehensive for adolescent treatment programs. Please refer to the Adolescent Substance Use Disorder Best Practices Guide (ABPG) for complete descriptions of each service element.
 - 1. Screening, Assessment, and Planning
 - a. Outreach, Engagement, and Retention
 - b. Screening
 - c. Assessment
 - d. Treatment and Recovery Planning
 - e. Physical Health, Education, Screening, and Referral

- f. Case Management and Care Coordination
 2. Treatment Services
 3. SUD Counseling
 - a. Individual Counseling
 - b. Family Counseling
 - c. Group Therapies
 4. Co-Occurring Substance Use and Mental Health Disorders
- E. Recovery support services are ideally incorporated at the inception of services (e.g., during engagement, assessment, treatment, and recovery planning), and continue after the adolescent's discharge from or completion of a primary treatment episode. Recovery support services should be developmentally appropriate and tailored to each adolescent and his or her family. Please refer to the ABPG for complete descriptions of each recovery support service.
1. Continuing Care and Support
 2. Education
 3. Recreational Services or Prosocial Activities
 4. Positive Adolescent Development
 5. Employment/Vocational Services
 6. Transportation
 7. Life Skills
 8. Referral to Mutual Aid Groups
 9. Peer-to-Peer Recovery Coaching/Peer Mentoring

V. Procedures

- A. All subcontracts for Adolescent Youth Treatment services shall include the requirements of the DHCS Adolescent Substance Use Disorder Best Practices Guide (ABPG). Compliance is achieved and monitored by:
1. Approval of contract as to form and legal affect by county counsel.
 2. Signature of contractor agreeing to all conditions set forth in the contract.

3. Annual fiscal audits and program monitoring reviews of contract providers.

VI. Forms

None

VII. Attachments

Attachment #1: [Adolescent Best Practices Guide OCTOBER 2020](#)