



Chemical Dependency Treatment – Rule 31

Rule 31 is the chemical dependency treatment program licensing regulation that replaces Rules 43 and 35 and goes into effect Jan. 1, 2005.

What are the differences between the old rules and the new rule?

The old rules were prescriptive, defining where services were to be provided, the minimum number of clients to be served, staffing and number of hours per client of chemical dependency treatment services to be offered. The old rules listed various levels of care, including inpatient, outpatient, extended care and halfway house, but did not specifically describe the goals and nature of treatment.

Rule 31 represents a new and different approach to licensing chemical dependency treatment programs. It simply describes the essence of treatment and does not identify levels of care. It requires that all treatment planning be conducted using consistent categories to organize client information.

Why was this change made?

Rule 31 is designed to give providers flexibility to address individual client needs. For example, a client who does not need intensive treatment services and is appropriate for outpatient treatment does not necessarily have a safe place to live. Conversely, a person who needs to develop skills in independent living and community re-integration may have a safe place to live. By considering housing and treatment separately, providers can better mix and match structure, supervision and intensity of clinical services for a service package that best suits the client.

What is new in Rule 31?

A new assessment summary will be the basis for the treatment plan. The rule requires a goal in each of the six dimensions in which a problem is identified. The dimensions are:

- Acute intoxication and withdrawal potential
- Biomedical conditions and complications
- Emotional and behavioral conditions and complications
- Treatment acceptance, resistance
- Relapse and continued use potential
- Recovery environment.

The new assessment summary will help to establish consistency within and across programs so that any counselor can pick up a chart and quickly identify issues particular to a client.

- Providers **must** provide:
 - Individual and group counseling
 - Education on strategies to avoid inappropriate chemical use and related health problems

- Transition services to help clients integrate gains made during treatment into daily living
 - Services addressing co-occurring disorders
 - Services according to the individual's treatment plan and addressing cultural differences and special needs of clients.
- Providers **may** offer
 - One-on-one treatment to an individual in his or her own home
 - Case management
 - Relationship counseling
 - Therapeutic recreation
 - Stress management
 - Living skills development
 - Employment or educational services
 - Socialization skills development
 - Room, board and supervision at the treatment site to give the client a safe and appropriate environment in which to gain and practice new skills.
 - All professional direct service staff will be required to have 12 hours of mental health training.
 - The new rule spells out additional requirements for license holders serving:
 - Adolescents
 - Parents and their children
 - People with co-occurring chemical dependency and mental illness disorders.
 - Additional requirements also are spelled out for methadone programs and programs that provide room and board with their treatment services.

Will providers change services because of the new rule?

Some providers already have made changes and others will use this opportunity to offer more flexible, innovative services. Some will not make many changes.

How is DHS helping providers to take advantage of the new rule?

The Department of Human Services Chemical Health Division is in the midst of two statewide training programs. One training focuses on doing treatment planning using the six dimensions described above. The other is the 12 hours of mental health training required by Rule 31. Each of these trainings will be offered at least 50 times state-wide.

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