



Adolescent Substance Use Disorder (SUD) Best Practices Policy

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Policy It is the policy of San Bernardino County Department of Behavioral Health (DBH) Substance Use Disorder and Recovery Services (SUDRS) to ensure County clinics and contracted providers deliver continuous and individualized support for adolescent clients entering Substance Use Disorder (SUD) treatment in accordance with the Department of Health Care Services (DHCS) Adolescent SUD Best Practices Guide.

Purpose To provide guidance to DBH and contracted provider staff for identifying the elements needed to deliver individualized and comprehensive treatment to adolescent clients entering SUDRS treatment.

Definitions
Care Coordinator- A health professional who manages a client’s treatment plan throughout the treatment episode between levels of care, and across an array of services.
Evidence-Based Practices (EBP)- The objective, balanced, and responsible use of current research and the best available data to guide policy and practice decisions.

Adolescent Treatment Best Practices Adolescents have psychological, developmental, and emotional strengths and needs that are distinct from those of adults. The *DHCS Adolescent SUD Best Practices Guide* provides elements for creating effective treatment and recovery programs for adolescents ages 12 through 17 years of age. These “Best Practices” include the following:

- Deliver an individualized and comprehensive treatment and recovery plan incorporating an appropriate level of care for each adolescent, in collaboration with all relevant parties;
- Actively encourage the involvement of the adolescent's family to maximize treatment outcomes;
- Maintain consistent coordination with mental health providers, physical health care providers, educational services, social services agencies, child welfare services, and juvenile justice services;
- Assign Care Coordinators to regularly review and update each adolescent's comprehensive support plan;

Adolescent Substance Use Disorder (SUD) Best Practices Policy, Continued

Adolescent Treatment Best Practices

- Require Care Coordinators to engage in ongoing training and professional development activities;
 - Provide developmentally appropriate care that is both culturally and gender competent;
 - Provide integrated care that addresses both substance use and co-occurring mental health disorders, and
 - Implement developmentally and age-appropriate Evidence-Based Practices (EBP) for adolescents with SUDs.
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Coordination of Care

Coordination of care is an important element of effective treatment and recovery programs for adolescents. DBH SUDRS provides coordination of services and care throughout the treatment episode between levels of care, and across an integrated array of services. Additionally, with written consent/authorization from clients, care will be coordinated with other organizations and providers.

Related Policy or Procedure

[DBH Standard Practice Manual and Departmental Forms:](#)

- [SUDRS Coordination of Care Policy \(SUDRS0228\)](#)
 - [SUDRS Coordination of Care Procedure \(SUDRS0228-1\)](#)
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Reference(s)

- [DHCS Adolescent SUD Best Practices Guide](#)
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