

# The DASIS Report

June 27, 2003

## Facilities Offering Outpatient Care

The National Survey of Substance Abuse Treatment Services (N-SSATS) is an annual survey of all facilities in the United States, both public and private, that provide substance abuse treatment. The 2000 N-SSATS asked which type of care the facilities currently offered: outpatient, residential (non-hospital), and hospital inpatient. This report examines the characteristics of

facilities offering outpatient care. Characteristics of facilities offering other types of substance abuse care were examined in previous short reports.<sup>1</sup>

Of the 13,428 facilities responding to the 2000 N-SSATS, 10,946, or 82 percent, offered outpatient care. Of the facilities offering outpatient care, 81 percent offered only outpatient care, while 19 percent also offered other types of care, including combinations of residential and outpatient care (11 percent), hospital inpatient and outpatient care (6 percent), and hospital inpatient, residential, and outpatient care (2 percent).

On a typical day, more than 887,000 outpatient clients were enrolled in treatment facilities offering outpatient care (averaging 90 outpatients per facility), with about 74,000 of these under the age of 18.<sup>2</sup> Of the outpatients in facilities offering outpatient care, 83 percent were enrolled in regular outpatient treatment, 13 percent in intensive outpatient treatment (defined as a minimum of 2 hours per day on 3 or more days per week), 2 percent in detoxification, and 2 percent in day treatment or partial

### In Brief

- Nationally, 82 percent of substance abuse treatment facilities offered outpatient care
- One of 10 outpatient facilities reported providing methadone or LAAM treatment
- Almost one-quarter of facilities offering outpatient care (24 percent) offered treatment in Spanish

hospitalization. Almost half (45 percent) of the clients in facilities offering outpatient care only were treated for both alcohol and drug abuse, while 32 percent were treated only for drug abuse, and 23 percent were treated only for alcohol abuse.<sup>3</sup>

### Primary Focus

Over half (56 percent) of facilities offering outpatient care had a primary focus of substance abuse, 28 percent had a primary focus of mental health and substance abuse, and 11 percent had a primary focus of mental health. Three percent of outpatient facilities reported a primary focus of general health care, and 2 percent reported some other primary focus of care.

### Type of Treatment

Eighty-four percent of facilities offering outpatient care provided only rehabilitation, while 16 percent provided both detoxification and rehabilitation. Less than one percent of outpatient facilities reported providing only detoxification. One of 10 outpatient facilities reported providing methadone or LAAM treatment.

### Ownership

Private non-profit organizations owned more than half (56 percent) of the outpatient facilities. Private for-profit facilities accounted for 29 percent, and local governments for 9 percent of outpatient facilities. State and Federal governments each operated 3 percent of outpatient facilities.

**Table 1. Services Provided by at Least 60 Percent of Facilities Offering Outpatient Care: 2000**

Service	Percent
Individual Therapy	96
Comprehensive Substance Abuse Assessment	95
Group Therapy	89
Referral to Other Transitional Services	82
Aftercare Counseling	82
Family Counseling	81
Discharge Planning	78
Drug/Alcohol Urine Screening	77
Relapse Prevention	75
Case Management Services	66

Source: 2000 SAMHSA National Survey of Substance Abuse Treatment Services (N-SSATS).

### Services

Facilities were asked about the provision of 26 services. The services most frequently offered in outpatient facilities were individual therapy (96 percent), comprehensive substance abuse assessment (95 percent), and group therapy (89 percent) (Table 1). Almost three-fifths (57 percent) of outpatient facilities offered at least 13 services (Figure 1).

### Special Populations Served

Facilities were also asked about the provision of treatment groups and programs for nine special populations (Table 2). Most frequently outpatient facilities provided programs or groups for persons with co-occurring disorders (52 percent), for adolescents (42 percent), and for women only (39 percent).

### Treatment Offered in a Language Other Than English

About one-third (30 percent) of facilities offering outpatient care provided treatment in a language other than English. Of the facilities providing treatment in a language other than English, 79 percent offered treatment in Spanish, 10 percent offered treatment in another language, and 11 percent offered treatment in Spanish and another language. Thus, almost one-quarter of the outpatient facilities (24 percent) offered treatment in Spanish.

### Payment

Self-payment (92 percent) and private health insurance (76 percent) were the types of payment most frequently accepted by facilities offering outpatient care. Other types of payment accepted included Medicaid (58 percent), Medicare (40 percent), Federal

military insurance (38 percent), and State-financed insurance (37 percent).

More than two-thirds (70 percent) of facilities offering outpatient care used a sliding fee scale. Almost three-fifths (57 percent) of outpatient facilities had contracts or other arrangements with managed care organizations.

**End Notes**

<sup>1</sup> Substance Abuse and Mental Health Services Administration (2003, May 23). *The DASIS Report. Facilities Offering Residential Care*. Rockville, MD: Author.

Substance Abuse and Mental Health Services Administration (2003, June 20). *The DASIS Report. Facilities Offering Hospital Inpatient Care*. Rockville, MD: Author.

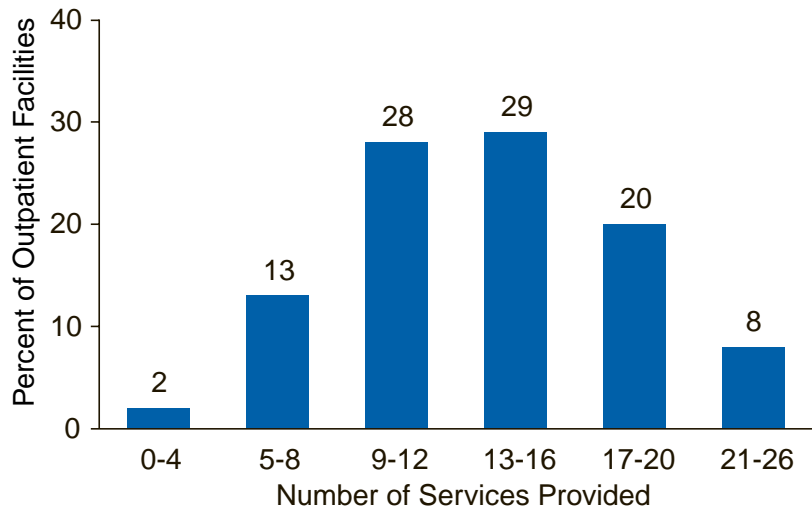
<sup>2</sup> Based on the survey response date, October 1, 2000.

<sup>3</sup> Type of substance abuse of outpatient clients could be obtained only for facilities which served outpatient clients only, since percentage of each type of substance abuse is a facility characteristic.

**Figure Note**

\* The 26 services include comprehensive substance abuse assessment/diagnosis, comprehensive mental health assessment/diagnosis, family counseling, group therapy, individual therapy, pharmacotherapies/prescription medication, relapse prevention groups, aftercare counseling, blood alcohol testing, drug/alcohol urine screening, hepatitis testing, HIV testing, STD testing, TB screening, assistance with obtaining Social Services, discharge planning, employment counseling/training, housing assistance, referral to other transitional services, case management services, child care, domestic violence—family/partner violence services, HIV/AIDS education/counseling/support, outcome follow-up, transportation assistance to treatment, and acupuncture.

**Figure 1. Percent of Outpatient Facilities Providing Specified Numbers of Services: 2000\***



**Table 2. Programs or Groups for Special Populations Provided by Facilities Offering Outpatient Care: 2000**

Program or Group	Percent
Persons with Co-Occurring Disorders	52
Adolescents	42
Women Only	39
Men Only	30
Pregnant/Postpartum Women	21
Persons with HIV/AIDS	20
Seniors	18
Other	16
Gays/Lesbians	15

The Drug and Alcohol Services Information System (DASIS) is an integrated data system maintained by the Office of Applied Studies, Substance Abuse and Mental Health Services Administration (SAMHSA). One component of DASIS is the National Survey of Substance Abuse Treatment Services (N-SSATS), an annual survey of all facilities in the United States, both public and private, that provide substance abuse treatment. N-SSATS was formerly known as the Uniform Facility Data Set (UFDS).

*The DASIS Report* is prepared by the Office of Applied Studies, SAMHSA; Synectics for Management Decisions, Inc., Arlington, Virginia; and RTI, Research Triangle Park, North Carolina.

**Information and data for this report are based on data reported to N-SSATS for the survey reference date October 1, 2000.**

Access the latest N-SSATS/UFDS reports at: <http://www.samhsa.gov/oas/dasis.htm>  
 Access the latest N-SSATS/UFDS public use files at: <http://www.samhsa.gov/oas/SAMHDA.htm>  
 Other substance abuse reports are available at: <http://www.DrugAbuseStatistics.samhsa.gov>



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