



CAT Team

1. CAT Team Cx Assessments (NSP Contract) 3.10.4 An initial assessment is completed within 30 days of admission with the young person and their family to identify treatment needs, strengths and preferences for the purpose of developing an individualized Plan of Care. Providers are encouraged to use a variety of reliable and valid screening and assessment tools as part of the assessment process, with emphasis on co-occurring mental health and substance use disorders. The initial assessment must also be completed for individuals transferred from another program to the CAT team within the same agency

2. CAT Team Cx Assessments (NSP Contract) 3.10.5 Within 30 days of an individual's admission to services, the Provider shall complete the North Carolina Family Assessment Scale for General Services and Reunification® (NCFAS-G+R) as the required initial assessment to assist in identifying areas of focus in treatment.

3. CAT Team Cx Assessments (NSP Contract) 3.10.4.1 The initial assessment shall include the following with client input:
 - a. Presenting problem(s);
 - b. Client's perception of strengths/abilities related to potential recovery;
 - c. Social history: Support, family, peer relationships, and current living conditions;
 - d. Emotional or mental health;
 - e. Substance use;
 - f. Medical history;
 - g. Educational level;
 - h. Past or current sexual, psychological, or physical abuse or trauma;
 - i. Cultural or spiritual influences;
 - j. Legal history and status;
 - k. Involvement in leisure and recreational activities;
 - l. Services agencies with whom the client has been involved; involvement or need for involvement in social support systems;
 - m. A clinical summary, with analysis of the assessment results and recommendations for care.

4. CAT Team Cx Assessments (NSP Contract) 3.10.5.2 The Provider shall ensure the initial assessment process includes participation by the individual receiving services and his or her family, including parents, legal guardians and caregivers. Refer to the CAT Guidance Document for considerations in serving young adults.
3.10.5.3 In addition, the Provider shall work with the individual receiving services and their parent/legal guardian as part of the assessment process to obtain information from other key entities, such as child welfare, the Department of Juvenile Justice, Department of Corrections, and Department of Education. Efforts to coordinate with other key entities during the assessment process shall be documented in progress notes. See the CAT Guidance Document for guidance regarding coordination with other key entitie

5. CAT Team Cx Discharge (NSP Contract) 3.10.15 Within seven days of an individual's discharge from services, the Provider shall complete a Discharge Summary containing the following items, at minimum:
 - 3.10.15.1 The reason for the discharge;
 - 3.10.15.2 A summary of CAT services and supports provided to the individual;
 - 3.10.15.3 A summary of resource linkages or referrals made to other services or supports on behalf of the individual; and
 - 3.10.15.4 A summary of the individual's progress toward each treatment goal in the Master Plan of Care.

6. CAT Team Cx Intake (NSP Contract) 3.10.2.1 The file contains basic demographic information, which includes; Name, address, telephone number, marital status, sex, race, date of birth, names and addresses of client's next of kin or guardian, referral source and presenting problem



CAT Team

7. CAT Team Cx Orientation (NSP Contract) 3.10.1.2 The following orientation information shall be provided to the client and his or family:
- Introduction to CAT;
 - A description of services to be provided;
 - CAT programmatic goals;
 - Information on client rights;
 - HIPPA and limits to confidentiality;
 - Program rules;
 - Client grievance procedures
8. CAT Team Cx Plan of Care (NSP Contract) 3.10.7 Within 30 days of an individual's admission to services, the Provider shall complete an Initial Plan of Care to guide the provision of services by the CAT team. At a minimum, the Initial Plan of Care shall:
- 3.10.7.1 Be developed with the participation of the individual receiving services and his or her family, including caregivers and guardians;
 - 3.10.7.2 Specify the CAT services and supports to be provided by CAT Team members, to include a focus on engagement, stabilization and a safety planning if needed; and
 - 3.10.7.3 Include a brief initial discharge planning discussion to include general goals to be accomplished prior to discharge.
9. CAT Team Cx Plan of Care (NSP Contract) 3.10.10 Once established at 60 days, the Master Plan of Care must be reviewed and revised as needed every three months thereafter until discharge, or more frequently as needed to address changes in circumstances impacting treatment and discharge planning. All reviews and updates to the Master Plan of Care must include active participation of the individual receiving services and his or her family, and other key entities serving the individual as appropriate. See the CAT Guidance Document for guidance regarding coordination with other key entities.
10. CAT Team Cx Plan of Care (NSP Contract) 3.10.11 The Initial Plan of Care, the Master Plan of Care and all updates must be signed by the person receiving services and his or her parent/ legal guardian, if applicable. If the individual receiving services or their parent/legal guardian refuses to sign, the Provider shall document on the Plan that they refused to sign and why.
11. CAT Team Cx Plan of Care (NSP Contract) 3.10.12 The initial Plan of Care, the Master Plan of Care and subsequent reviews and updates must be completed for individuals transferred from another program to the CAT team within the same agency.
12. CAT Team Cx Plan of Care (NSP Contract) 3.10.8 Within 60 days of admission, the Initial Plan of Care shall be reviewed at a minimum and updated, if needed to include consideration of the NCFAS-G+R initial assessment and other information gathered since admission. Once the Initial Plan of Care is reviewed (and updated if needed) at 60 days, it will be referred to as the Master Plan of Care thereafter and shall:
- 3.10.8.1 Be reviewed and updated, if needed with the participation of the individual receiving services and his or her family, including caregivers and guardians as appropriate;
 - 3.10.8.2 Be strength-based and build on assets and resources;
 - 3.10.8.3 Be individualized, developmentally appropriate to age and functioning level;
 - 3.10.8.4 Consider and address needs in various life domains, as appropriate;
 - 3.10.8.5 Integrative of substance abuse and mental health treatment when indicated;



CAT Team

13. CAT Team Cx Plan of Care (NSP Contract) 3.10.8.6 Specify measurable treatment goals and target dates for the CAT services and supports;

3.10.8.7 Specify the staff member(s) responsible for completion of each treatment goal; and

3.10.8.8 Inclusive of a plan for discharge, to include how CAT services will provide the resources and tools for successful transition from CAT services.

14. CAT Team Cx Plan of Care (NSP Contract) 3.10.9 If the Provider develops an Initial Plan of Care within 30 days that meets the requirements of the Master Plan of Care and considers the results initial NCFAS-G+R assessment, the Initial Plan of Care is not required to be revised. However, it must be reviewed within 60 days of admission with the individual receiving services and their parent/legal guardian. The Provider must document that the Initial Plan of Care was reviewed with the individual being served and their parent/ legal guardian and request that they sign the plan at the time of review. Once the Initial Plan of Care is reviewed at 60 days, it becomes the Master Plan of Care

15. CAT Team Cx Pre-Admission (NSP Contract) 3.10.1.1 Providers conduct a pre-admission assessment to gauge the client's commitment to CAT prior to or upon placement into CAT.

16. CAT Team Cx Progress Notes (NSP Contract) 3.10.13.1 The file contains documentation of progress notes at least monthly, unless the client's care plans indicates less frequent need.

3.10.13.2 The progress notes contain the dates of contact with client, and as needed, client's family, natural supports, and involved service or resource agencies.

3.10.13.3 The progress notes contain a description of client progress, or lack thereof, relative to the care plan.

3.10.13.4 The progress notes contain a description of any modification to the care plan resulting from such factors as changes in client's needs, changes in resources and new assessment findings.

17. CAT Team Cx ROI (NSP Contract) 3.10.2.2 The file contains, if applicable, a timespecific statement authorizing release of confidential information, signed and dated by the client or guardian, which designates the agency to receive the information, purpose of the disclosure, how much and what kind of information to be disclosed, statement that the consent is subject to revocation at any time and date which consent will expire if not revoked before.