

FACILITY LICENSING AND INVESTIGATIONS SECTION

BLAST FAX 2025-20

TO: Private Freestanding Facilities for the Care or Treatment of Substance Abusive or Dependent Persons

FROM: Jennifer Olsen-Armstrong, MS, RD
Department of Public Health (DPH)
Section Chief, Facility Licensing and Investigations Section

CC: Adelita Orefice, MPM, JD, CHC, Deputy Commissioner, DPH
Lorraine Cullen, MS, RRT, RRT-ACCS, Branch Chief, HQSB
Kim Hriceniak, RN, Public Health Services Manager, FLIS
James Augustyn, Public Health Services Manager, FLIS

DATE: October 16, 2025

SUBJECT: Waivers for the Regulations of the Connecticut State Agencies, Section 19a-495-570 (m) Service Operations (5) Physical Examinations

Please be advised that Connecticut General Statutes, **Sec. 19a-495(c)** provides in relevant part:

The commissioner may waive any provisions of the regulations affecting an institution or a clinical laboratory, licensed pursuant to section 19a-30, if the commissioner determines that such waiver would not endanger the health, safety or welfare of any patient or resident. The commissioner may impose

conditions, upon granting the waiver, that assure the health, safety and welfare of patients or residents, and may revoke the waiver upon a finding that the health, safety or welfare of any patient or resident has been jeopardized. . . .

Waiver requests should be submitted through the eLicense portal. Waivers are granted for the period of the license. At or before the time of the renewal, the facility must reapply for all waivers they wish to remain in place.

The Regulations of the Connecticut State Agencies, Section 19a-495-570(m)(5) provides in relevant part:

(A) Residential Detoxification and Evaluation, Chemical Maintenance, and Ambulatory Chemical Detoxification Facilities

- i. Each client shall receive **within twenty-four (24) hours of admission** a medical history and physical examination, by a physician, physician's assistant or registered nurse practitioner. Any physical examination that is performed by a physician assistant or registered nurse practitioner shall be dated and countersigned by a physician within seventy-two (72) hours signifying his or her review of and concurrence with the findings.
- ii. Each client shall receive within seventy-two (72) hours of admission diagnostic tests as determined by the physician.

(B) Medical Triage Facilities

- i. Each client received shall have a physical examination performed by a physician, physician's assistant or registered nurse **at the time of acceptance for triage. . . .**

(C) Intensive Treatment, Intermediate and Long-Term Treatment and Rehabilitation and Care and Rehabilitation Facilities

- i. Each client shall have a documented physical examination, performed by a physician licensed in the State of Connecticut, physician's assistant or registered nurse practitioner **not more than one (1) month prior to or an appointment scheduled not later than five (5) days after admission.** Any client receiving uninterrupted treatment or care in a licensed facility shall require only the documentation of the initial physical examination.

The Department is aware that, in some cases, these regulations may impact the ability for individuals to receive care for their substance use disorder in a timely manner, potentially impacting access to care and/or treatment. For example, recently hospitalized clients who transition from acute hospital services to outpatient services may have had a recent physical examination during their acute stay. Through the waiver process, recent physical examinations may be considered in lieu of the examinations required by the regulations.

Notably, there have also been changes to the [code of federal regulations](#) that also confound these requirements.

Should you be interested in submitting a waiver, please submit it through the eLicense portal (<https://www.elicense.ct.gov>) by following these steps:

1. Log into [eLicense](#) utilizing the facility user ID and Password.
2. Select "License Maintenance" under Activities.

3. Select "Start"
4. Select "Request a Regulation Waiver" From the drop-down menu.
5. Complete all questions and select "Submit".

The following must be included when requesting a waiver:

1. The exact section of the Public Health Code you are requesting waived.
2. The reason/rationale for the waiver includes describing and providing any alternate policies in place to assure the health, safety, and welfare of the patients or residents.
3. The specific relief the facility is seeking.
4. Any additional supporting documentation that supports the request for the waiver (e.g. copies of policies and procedures that will drive the process)

It is important to provide as much detail as possible that will help inform the waiver review committee.

If you need assistance with the on-line submission, please contact DPH.FLISLPU@ct.gov.

For other questions, please do not hesitate to contact Alice Martinez at (860) 509-7948 or email at alice.martinez@ct.gov.