



Recovery Centers *of* America

When Abstinence is Not the Patient's Goal

Karen Wolownik Albert

107622



95000



13%



Why might someone not engage treatment for a Substance Use Disorder?



Barriers to Treatment



ABSTINENCE



HARM REDUCTION



RECOVERY



Establishing Goals of Treatment



Let's Practice!

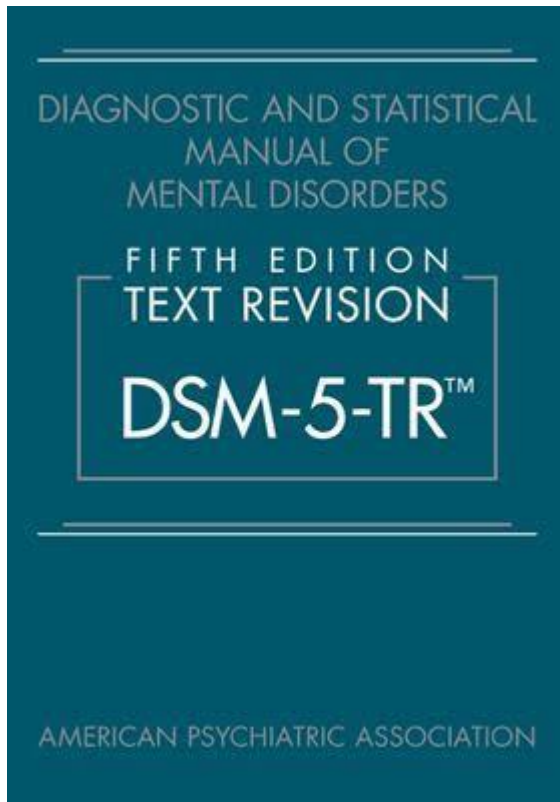


Safety

**What does patient
need to be safer?**



Addressing the Symptoms of Substance Use Disorder



CATEGORIES OF SUD SYMPTOMS <p>Symptoms of substance use disorders in the DSM 5 fall into four categories: 1) impaired control; 2) social problems; 3) risky use, and 4) physical dependence.</p>			
Impaired Control	Social Problems	Risky Use	Physical Dependence
<p>Using more of a substance or more often than intended</p> <p>Wanting to cut down or stop using but not being able to</p>	<p>Neglecting responsibilities and relationships</p> <p>Giving up activities they used to care about because of their substance use</p> <p>Inability to complete tasks at home, school or work</p>	<p>Using in risky settings</p> <p>Continued use despite known problems</p>	<p>Needing more of the substance to get the same effect (tolerance)</p> <p>Having withdrawal symptoms when a substance isn't used</p>



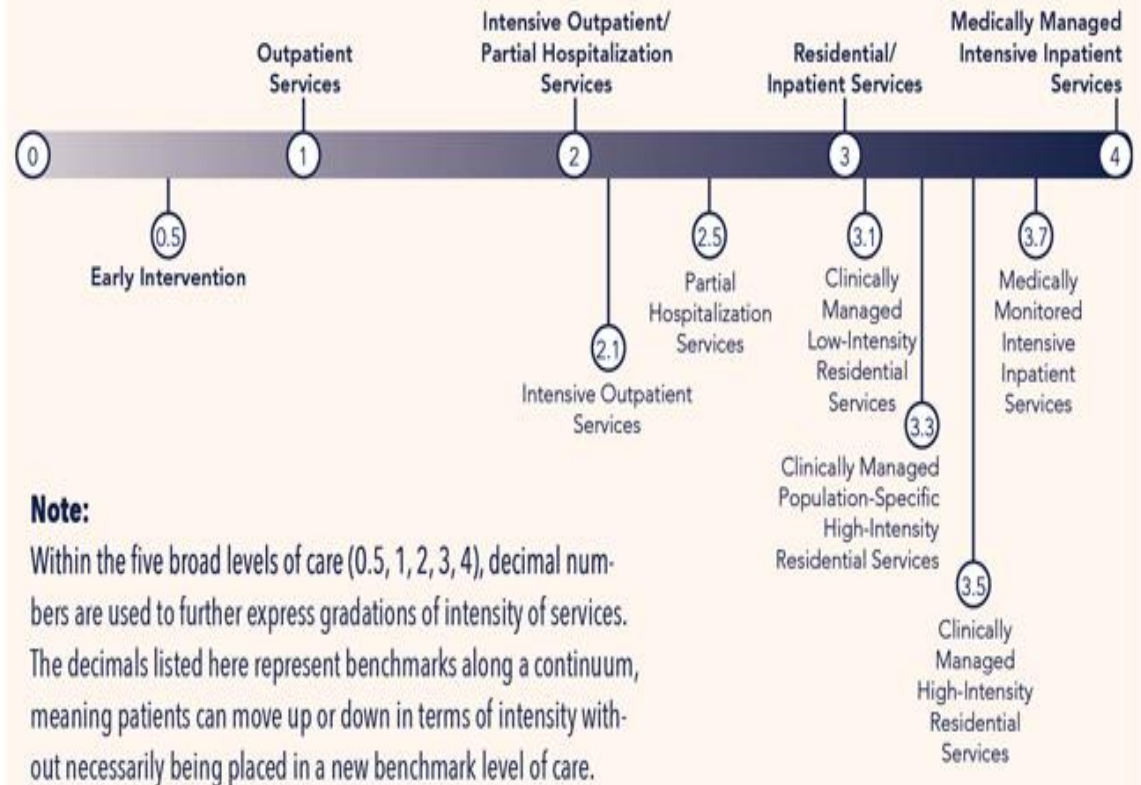
ASAM

AT A GLANCE: THE SIX DIMENSIONS OF MULTIDIMENSIONAL ASSESSMENT

ASAM's criteria uses six dimensions to create a holistic, biopsychosocial assessment of an individual to be used for service planning and treatment across all services and levels of care. The six dimensions are:

1	DIMENSION 1	Acute Intoxication and/or Withdrawal Potential Exploring an individual's past and current experiences of substance use and withdrawal
2	DIMENSION 2	Biomedical Conditions and Complications Exploring an individual's health history and current physical condition
3	DIMENSION 3	Emotional, Behavioral, or Cognitive Conditions and Complications Exploring an individual's thoughts, emotions, and mental health issues
4	DIMENSION 4	Readiness to Change Exploring an individual's readiness and interest in changing
5	DIMENSION 5	Relapse, Continued Use, or Continued Problem Potential Exploring an individual's unique relationship with relapse or continued use or problems
6	DIMENSION 6	Recovery/Living Environment Exploring an individual's recovery or living situation, and the surrounding people, places, and things

REFLECTING A CONTINUUM OF CARE





- .5 Early Intervention
- 1 Outpatient Services
- 2.1 Intensive Outpatient Services
- 2.5 Partial Hospitalization Services
- 3.1 Clinically Managed Low-Intensity Residential Services

- 3.3 Clinically Managed Population-Specific High-Intensity Residential Services
- 3.5 Clinically Managed High-Intensity Residential Services
- 3.7 Medically Monitored Intensive Inpatient Services
- 4 Medically Managed Intensive Inpatient Services

Staying in the Continuum of Care



MAT – An effective, proven tool

- “For some people, medication will be unnecessary. For others, it may be a helpful tool for recovery. For still others, medication will be a crucial component of treatment without which the prognosis for recovery is very poor. In all cases, the use of addiction medications should be considered and supported as a viable treatment strategy in conjunction with other evidence-based practices and as a path to recovery for individuals struggling with substance use disorders”.

Consensus Statement on the Use of Medications in Treatment of Substance Use Disorders. National Association of State Alcohol and Drug Abuse Directors (NASADAD) 2013



Treatment of Co-Occurring Medical and Mental Health

- Assessment and Referral
- Establishing Medical Care, PCP, Specialty Care
- Mental Health Treatment & Psychiatry
- Trauma Therapy, Family Therapy, Couples Therapy



Peer Support

- AA, NA, CA, HA, FA, DRA, ACOA
- SMART Recovery
- Refuge Recovery
- Celebrate Recovery
- Dual Recovery
- Recovery Coaching

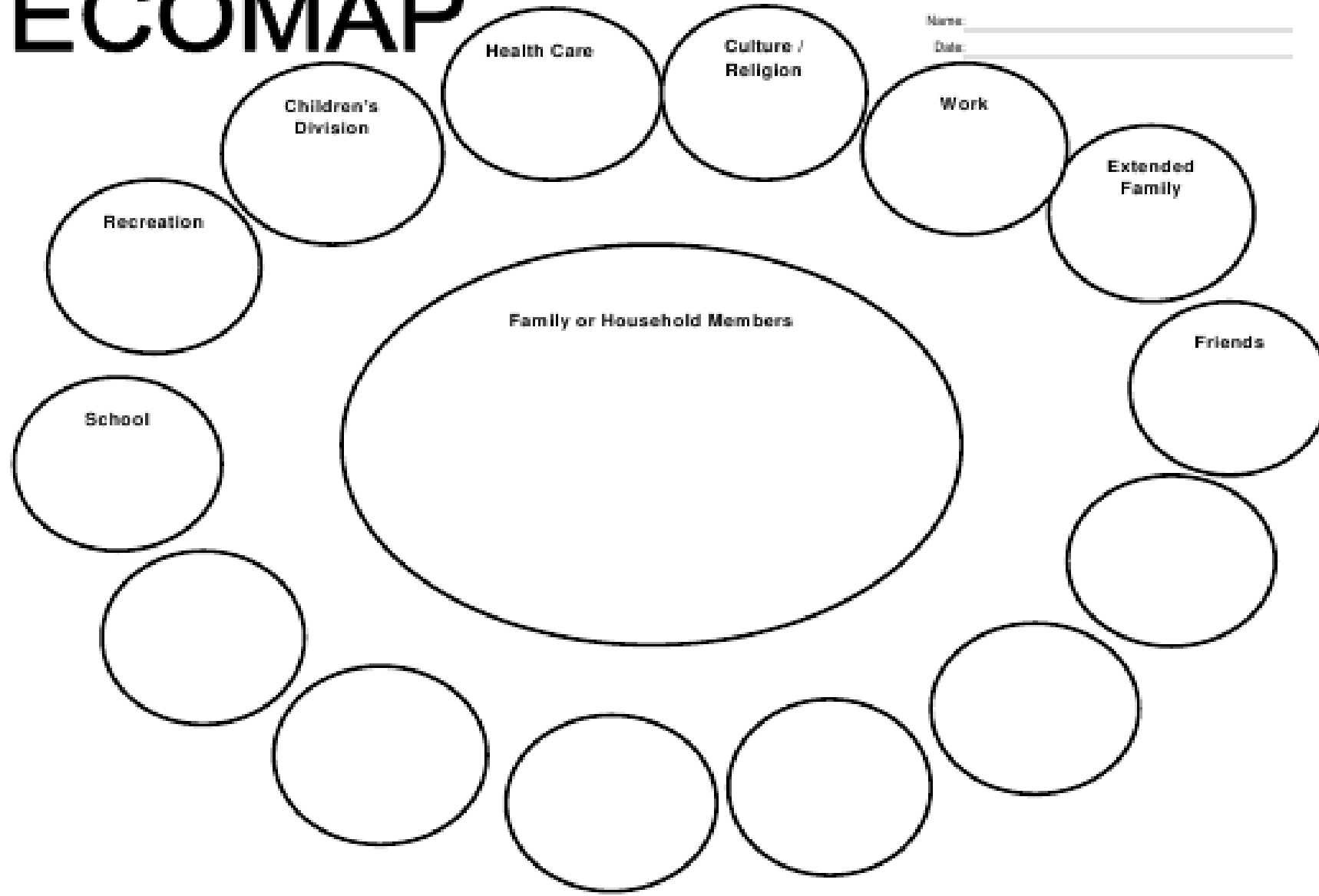


Individualized Recovery Planning

ECOMAP

Name: _____

Date: _____



CD-14H (REV 10-13)



Lapse Planning

- **Avoid, Plan, Escape**
 - **Who will you call?**
 - **Where will you go?**
 - **What can you do?**
 - **Abstinence**
 - **Violation Effect**
- **NEVER Alone!**
 - **Start low, go slow**
 - **Have Narcan Available**



Reducing Shame and Stigma



RECOVERY

“Recovery from mental disorders and substance use disorders is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.”



QUESTIONS?

Karen Wolownik Albert, LCSW

Kwolownikalbert@recoverycoa.com

630-940-1134

www.recoverycentersofamerica.com

1-800-RECOVERY – 24/7/365



Resources

- www.cdc.gov
- www.nih.gov
- www.drugfree.org
- www.samhsa.gov
- www.recoverycentersofamerica.com

