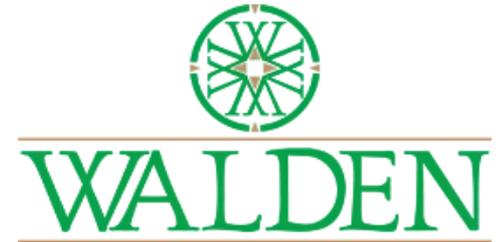


Treatment & Recovery Modalities



**Meet Kori Olszewski,
LCSW-C, CAC-AD**

- Clinical Manager
Lexington Park Walden site-
Outpatient Adolescent and
Adult Services



Meet Laura Webb. M.A.-ACE

- Recovery Support Director
Walden's Recovery
Community Center &
Adolescent Clubhouse



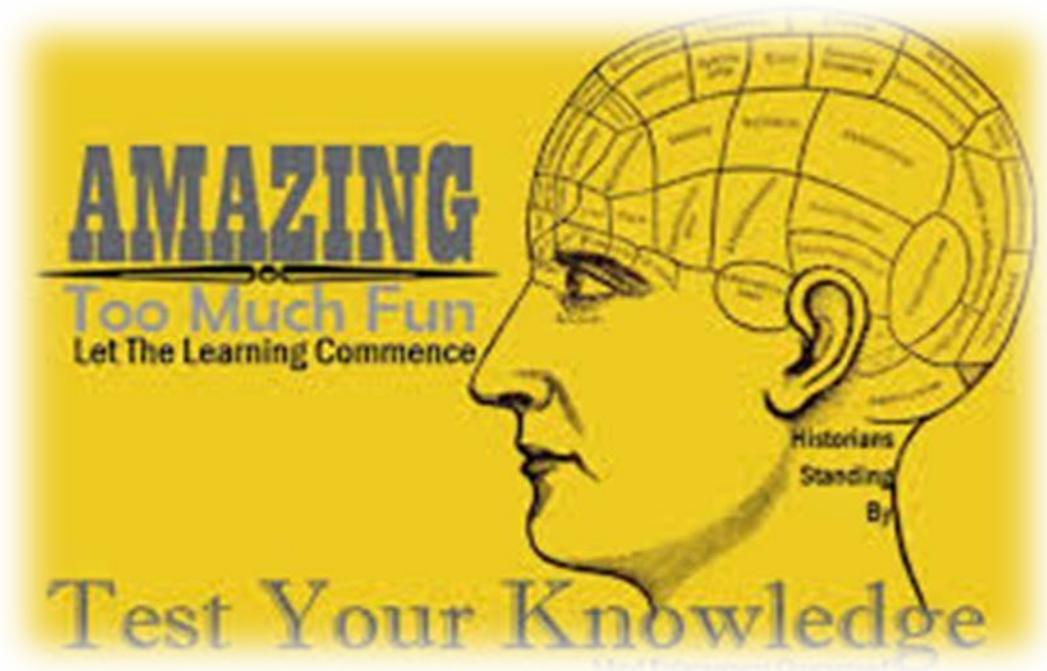
Where are we headed today?

- Acronyms & Terms of Treatment 101: *What Does It Stand For?*
- Role of Screening & Assessments in Determining Levels of Care
- Linking Evidence-based Practices to Levels of Care
- Incorporating Environmental Awareness into Treatment
- Recovery Capital: the Recovery Support Role in Complementing Treatment
- One Size Does Not Fit All: Multiple Pathways of Recovery
- Pieces of a Mosaic: *Pathways of Recovery Tiles*
- *Closing Q & A*

What Does It Stand For?

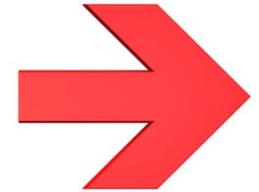
Instructions:
please take a few
minutes to look
at your handout,
*What Does It Stand
For?* Match one
of the **terms**
with the **description**
you feel best matches it.

We will be going over this together as a group in just a moment to accurately complete the matches & as a springboard to some of our discussion.



See our handout.

Assessments: aligning with need



Full assessment determining ASAM Level



SBIRT vs. Assessment:

What's the difference?

- **SBIRT:** Screening, Brief Intervention and Referral to Treatment
- Quickly assesses the severity of substance use and identifies the need for treatment.
- Focuses on increasing insight and awareness regarding substance use and motivates behavioral change.
- Refer as needed to more extensive treatment.

- **Assessment** In depth bio/psycho/social, diagnostic interview using:
 - Addiction Severity Index (Multi-dimensional Assessment Tool)
 - ASAM-PPC2 Criteria (American Society of Addiction Medicine, Patient Placement Criteria)
 - DSM-V Criteria (Diagnostic and Statistical Manual of Mental Disorders, 5th ed.)

ASAM: Levels of Care

ASAM: American Society of Addiction Medicine

- Level 1: Traditional outpatient programming
- Level 2.1: Intensive outpatient programming
- Level 2.5: Partial hospitalization
- Level 3.1: Low intensity residential
- Level 3.5: Medium intensity residential
- Level 3.7: Medically monitored inpatient

Inpatient Care is appropriate when....

Samantha is a 32 year old woman with a 5 year-old son. She came for an assessment and reported that she has been using heroin intravenously daily for the past 5 months. She was referred by the Department of Social Services after a report of child neglect. She reports no medical concerns but states she has severe anxiety due to the removal of her son by CPS. She is living with her boyfriend who is also an IV drug user. She thinks she might be pregnant.

Intensive Outpatient care is appropriate when...

Johnny is a 45 year old man coming in for an assessment because he has been court ordered after a DUI. Johnny reports that he has been drinking regularly for the past year. Over the past 3 months is now consuming about a ½ pint of vodka per day and more on weekends. He does not consider his alcohol use a problem, as it helps him relax. He does report lapses in memory and frequent arguments with wife. Johnny was able to complete a treatment program about 2 years ago, but he has been able to return to sobriety after a relapse around the time of his father's death.

Outpatient Care is appropriate when...

Toni is 16 years old. She was caught at prom with marijuana and under the influence of alcohol. She completed a screening (SBIRT) with the school counselor and was referred for an assessment. At the time of the assessment, she reported that night was the first time she had ever used alcohol. She reports using marijuana a few times socially with friends. She has good grades, but her relationships with her parents has changed over the past few months. She reports several good friends who all smoke marijuana, including her boyfriend.

Motivational Interviewing

- A widely used practice to encourage and support change:

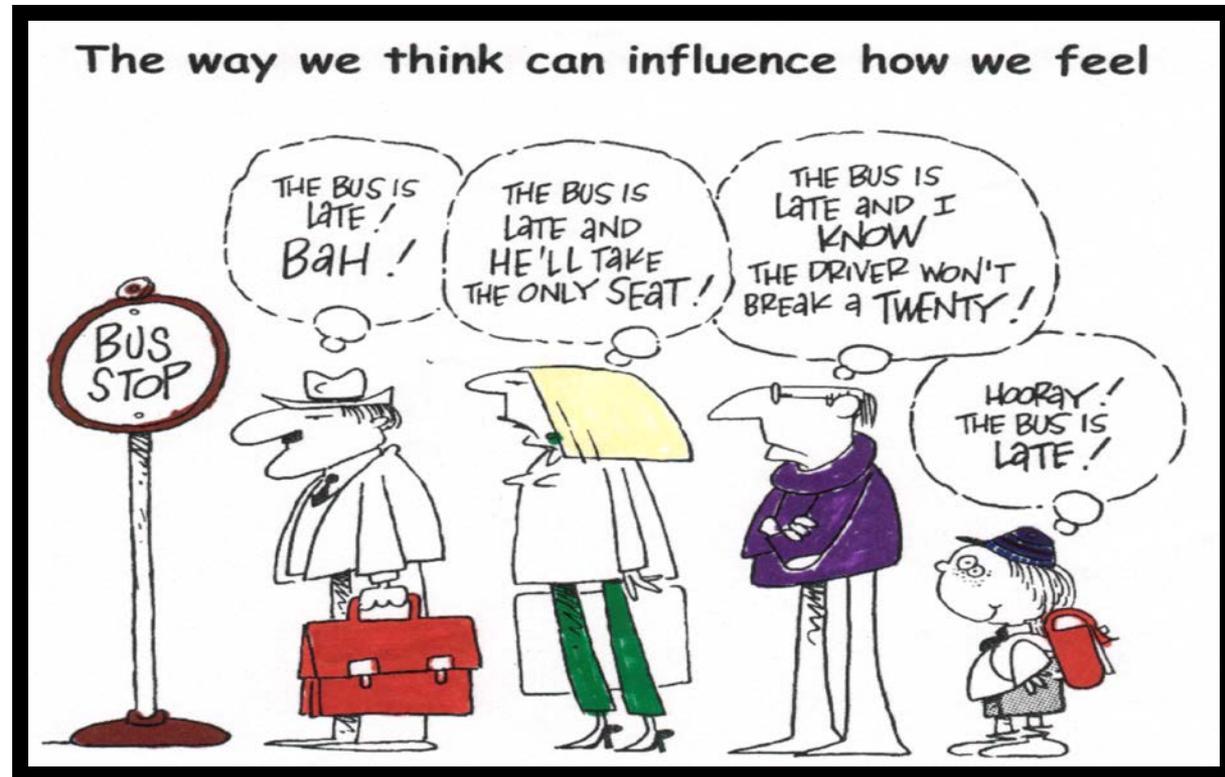
[https://www.youtube.com/watch?v= KQr9TFJvBk](https://www.youtube.com/watch?v=KQr9TFJvBk)

Matrix Model

- This model is designed for adults in intensive outpatient programs and offers an adolescent version. Its objectives are to give patients knowledge, structure and support to achieve and maintain abstinence.
- The program includes early recovery skills, relapse prevention, family education, and social support groups.

Cognitive Behavioral Therapy

- Cognitive behavioral therapy helps a patient to identify their personal negative thinking



patterns and learn to recognize the thinking to help them adjust future behavior outcomes.

See our handout.

Medication Assisted Therapy



- Recognizing that there are biological and brain-based impacts of addictive disease, medications that assist with cravings such as methadone, suboxone and Vivitrol can be useful components to healthcare.
- We recommend that MAT is utilized in conjunction with other treatment modalities such as IOP, individualized counseling or inpatient.

Trauma Focused

- Trauma focused programs incorporate assessment and curricula to identify and respond to the experience of trauma in patient's lives, its contributory role in behavioral health issues, and the need to begin healing trauma as part of the treatment experience.
- Examples of trauma-focused EBPs and recommended practices include Seeking Safety, TREM (Trauma Recovery Empowerment Model), and Risking Connection. Individuals may also be identified as in need of individualized therapy.



Environmental Factors & Treatment

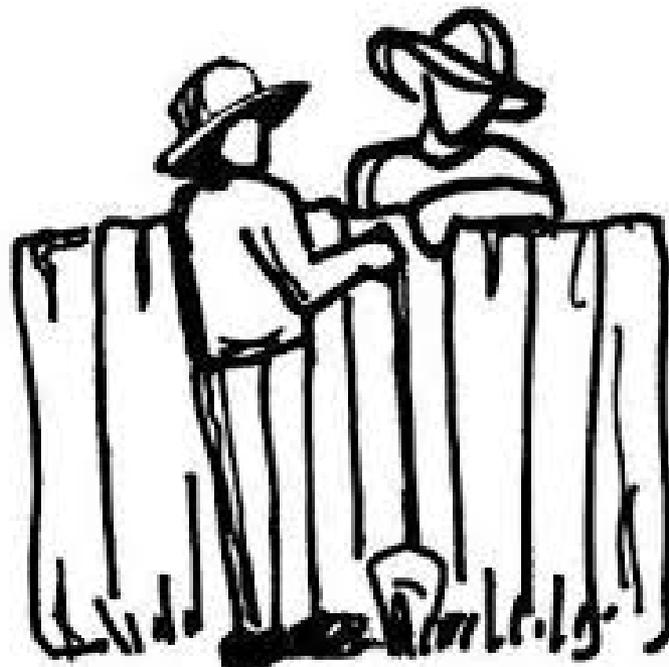


All patients, at wherever level of care they receive treatment, should receive support **while in treatment** to cope with the **environmental factors** in their lives that may cause them stress or contribute to urges to use.

Recovery Capital: debits & credits

Question for discussion with your “neighbor”: Other than access to treatment....

What do **YOU** think are the things that influence a person or family’s success with managing behavioral health issues the **MOST**?



Multiple Pathways of Recovery

One size
does *not*
fit all;
nor does
it need to
try!



Finding the **Fit**: Multiple Pathways

- Places to seek out for support on Recovery Community Support in your area:

Peer Support Specialists
Recovery Community
Centers
Adolescent Clubhouses
On Our Own centers



Putting the Pieces Together

Instructions: We will be matching up your recovery pathway tile with its description on the poster. Your hand-out will serve as a reminder of all these options.



See our handout.

Thank *you!*

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