

SUBSTANCE ABUSE TREATMENT

Detoxification

The process by which the body clears itself of drugs, is designed to manage the acute and potentially dangerous physiological effects of stopping drug use. Detoxification alone does not address the psychological, social, and behavioral problems associated with addiction and therefore does not typically produce lasting behavioral changes necessary for recovery.

Substance Use Treatment Services

1. **Outpatient Treatment** programs vary in the types and intensity of services offered. Such treatment is more suitable for people with jobs or extensive social supports. Other outpatient models, such as intensive day treatment, can be comparable to residential programs in services and effectiveness, depending on the individual patient's characteristics and needs. Some outpatient programs are also designed to treat patients with medical or other mental health problems in addition to their drug disorders. The levels of outpatient treatment are as follows:

- a. **Early intervention** services are a precursor to treatment. They are designed for adults or adolescents who are at risk of developing a substance use disorder but do not display any diagnostic criteria to be admitted to rehabilitation. During early intervention, treatment focuses on the risk factors that predispose the person to addiction and educates them about the negative repercussions of drug misuse.
- b. **Level I:** Requires attendance to regularly scheduled meetings and allows individuals to carry on with their routine while receiving face-to-face services with addiction or mental health professionals. It is ideal for people who have jobs or a strong support system at home. Level I care includes evaluation, treatment and recovery follow-up services. It addresses the severity of the individual's addiction, helps implement behavioral changes and ameliorates mental functioning.
- c. **Level II.1:** Intensive outpatient treatment can accommodate medical, psychiatric and psychopharmacological consultation, medication management and 24-hour crisis services. The program provides support services such as counseling and education on mental health, substance use, childcare, vocational training and transportation.
- d. **Level II.2:** Partial hospitalization is like Level II.1 however psychiatric and medical services are provided directly along with laboratory services.

2. **Residential Treatment (Level III and IV):** Level III provides intensive 24 hours a day, generally in non-hospital settings. Treatment is highly structured with activities designed to help residents examine damaging beliefs, self-concepts, and destructive patterns of behavior and adopt new, more harmonious and constructive ways to interact with others. Level IV offers 24-hour medically directed evaluation, care and treatment, including daily meetings with a physician. The facilities are usually equipped with the resources of general acute care or psychiatric hospitals and offer substance abuse treatment that addresses co-occurring disorders. Treatment focuses on stabilization and preparation for transfer to a less robust level of care for continued monitoring.

Adapted from DFCS Child Welfare Policy Manual 19.26

Based on NIDA. (2012, December 1). Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition). Retrieved from <https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition> on 2018, January 16