# Recovery Residences and the Fourth Edition of the ASAM Criteria

- Paul H. Earley, M.D., DFASAM
- Beth Fisher Sanders LCSW, LCAS, MAC, CCS
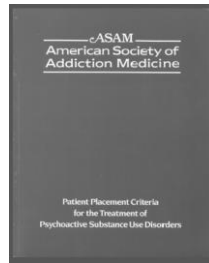- 1 February 2024

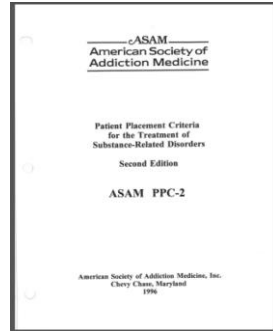## Objectives: Upon webinar completion participants will:

1. Have introductory knowledge of the ASAM Criteria and how it is used for level of care placement.

2. Contrast medical/clinical services to social model recovery support services and understand how both are optimally utilized in a continuum of care.

3. Identify the different types of recovery residences and how they are implemented to align with individual treatment and recovery needs.
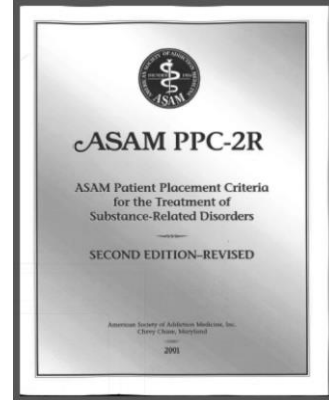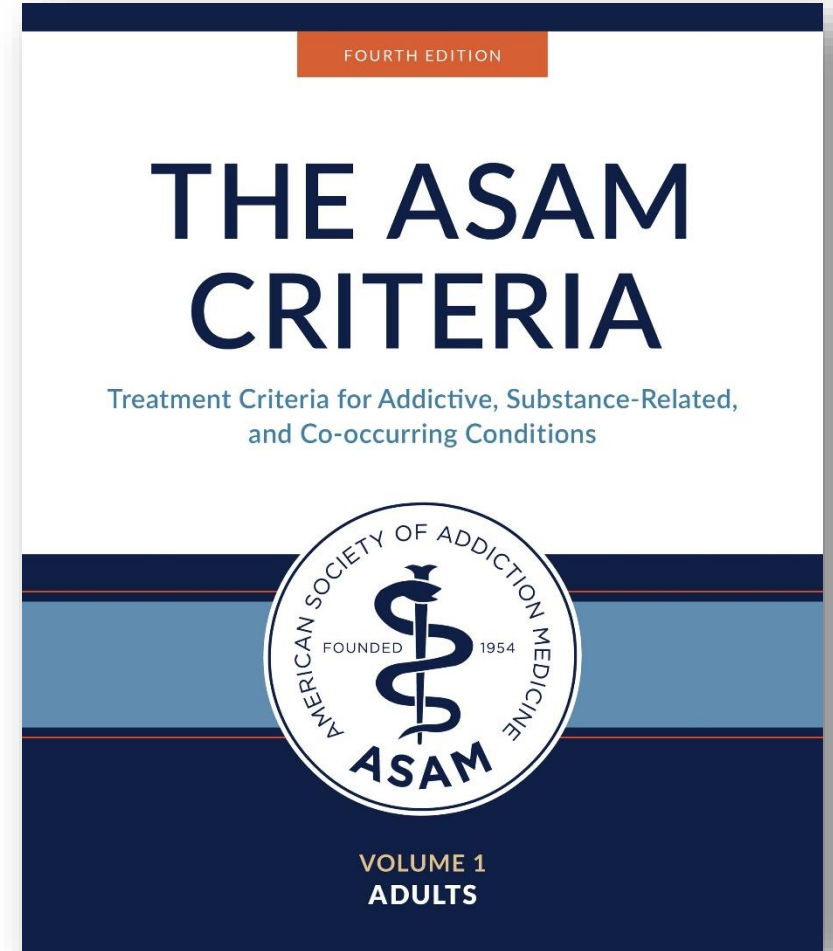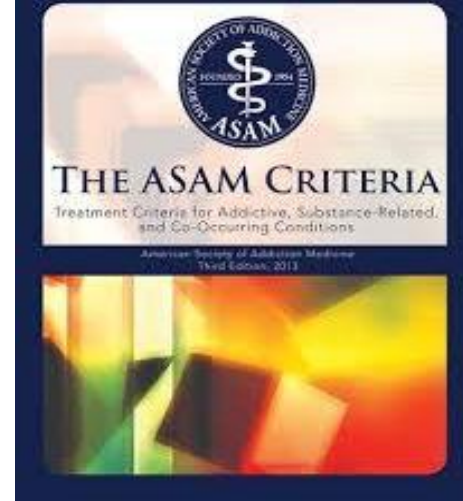
# History of The ASAM Criteria

**1991**

**1996**

**2001**

**2013**



FOURTH EDITION

# THE ASAM CRITERIA

Treatment Criteria for Addictive, Substance-Related, and Co-occurring Conditions

VOLUME 1
ADULTS

# The ASAM Criteria structure care and provide consistency by:

Assessing patients' biopsychosocial circumstances to identify the appropriate level of care
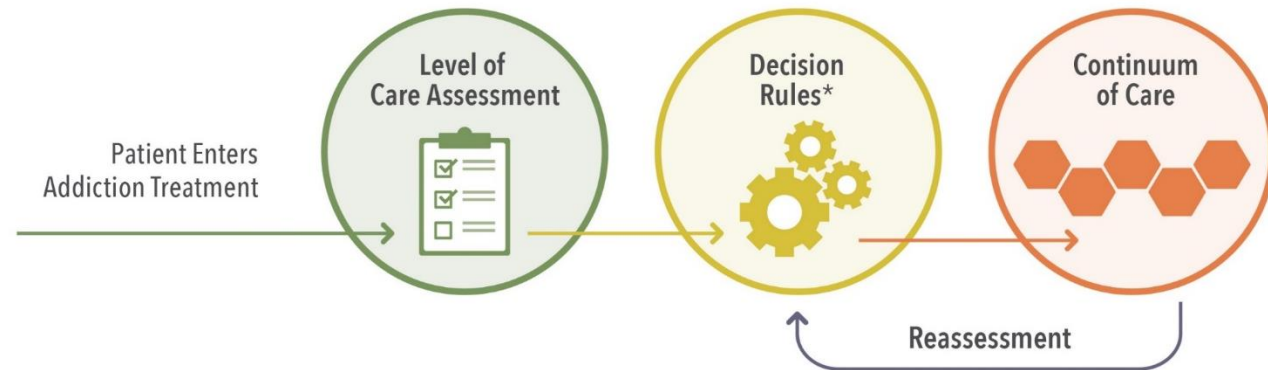
Developing holistic, individualized, and patient-centered treatment plans

Defining the services that should be available at each level of care

# The Core Components of The ASAM Criteria

## Core Components of *The ASAM Criteria*

Patient Enters Addiction Treatment → Level of Care Assessment → Decision Rules* → Continuum of Care

Reassessment

* Decision rules include the Dimensional Admission Criteria and the transition and continued service criteria.

# Principles of The ASAM Criteria

- Admission into treatment is based on patient needs, not arbitrary prerequisites

- A multidimensional assessment addresses the broad biological, psychological, social, and cultural factors that contribute to addiction and recovery

- Treatment plans are individualized and based on patient needs and preferences

- Care is interdisciplinary, evidence-based, patient-centered, and delivered from a place of empathy

- Co-occurring conditions are expected, and the care integrated, they are not an exception

- Patients move along the continuum of care based on their progress, not predetermined lengths of stay

- Informed consent and shared decision-making accompany treatment decisions

# ASAM Criteria Assessments

- The ASAM Criteria **Level of Care Assessment** is used to determine the recommended level of care at the time the assessment is administered.

- The ASAM Criteria **Treatment Planning Assessment** informs treatment planning.

- Both assessments are multidimensional and consider the patient's full biological, psychological, and sociocultural contex.

## Fourth Edition

**1** Intoxication, Withdrawal, and Addiction Medications

**2** Biomedical Conditions

**3** Psychiatric and Cognitive Conditions

**4** Substance Use-Related Risks

**5** Recovery Environment Interactions

**NEW** **6** Person-Centered Considerations

# ASAM Criteria Subdimensions

**Dimension 1:** Intoxication, Withdrawal, and Addiction Medications

- Intoxication and Associated Risks
- Withdrawal and Associated Risks
- Addiction Medication Needs

**Dimension 2:** Biomedical Conditions

- Physical Health Concerns
- Pregnancy-Related Concerns
- Sleep Problems

**Dimension 3:** Psychiatric and Cognitive Conditions

- Active Psychiatric Symptoms
- Persistent Disability
- Cognitive Functioning
- Trauma-Related Needs
- Psychiatric and Cognitive History

**Dimension 4:** Substance Use-Related Risks

- Likelihood of Engaging in Risky Substance Use[1]
- Likelihood of Engaging in Risky SUD-Related Behaviors[2]

**Dimension 5:** Recovery Environment Interactions

- Ability to Function Effectively in Current Environment
- Safety in Current Environment
- Support in Current Environment
- Cultural Perceptions of Substance Use and Addiction

**Dimension 6:** Person-Centered Considerations

- Barriers to Care
- Patient Preferences
- Need for Motivational Enhancement

# Treatment Planning Assessment
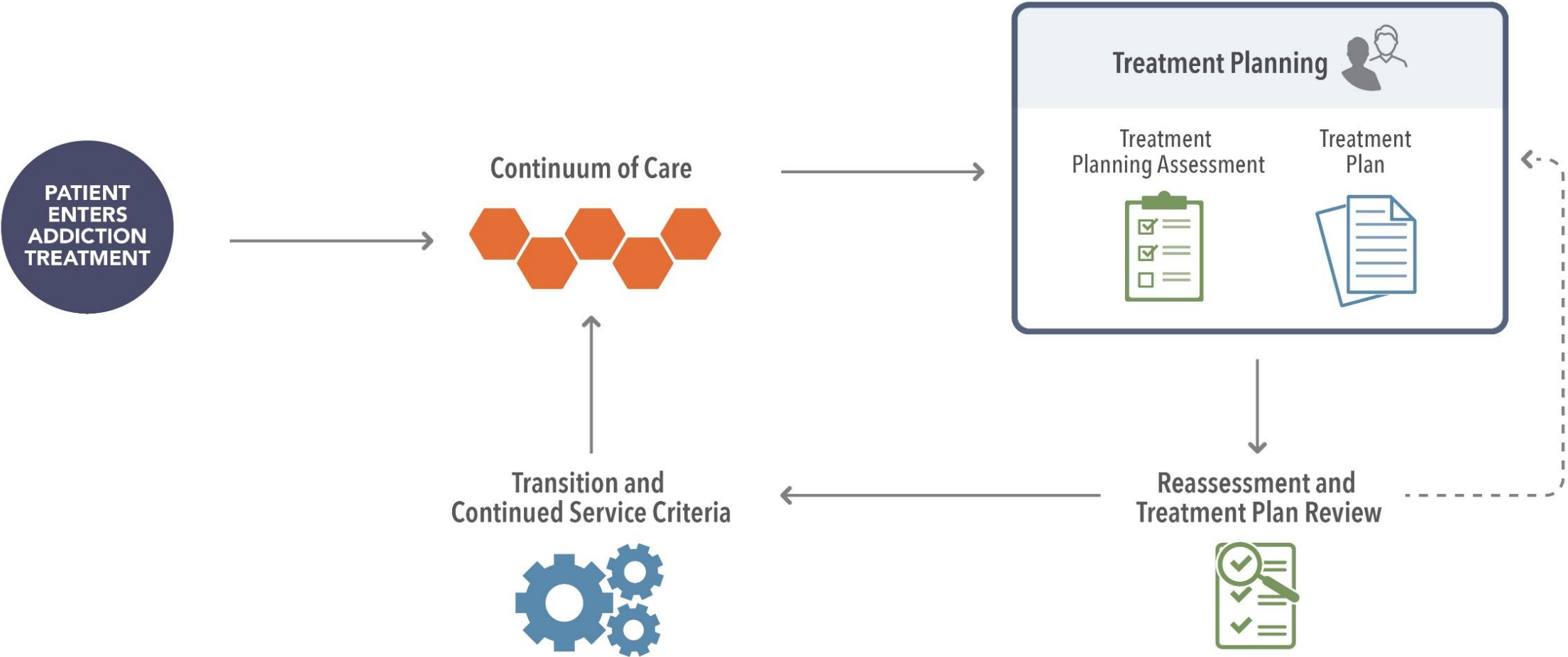
# The ASAM Criteria Continuum of Care for Adult Addiction Treatment

**Level 4: Inpatient**
- **4** Medically Managed Inpatient — 4 Psych

**Level 3: Residential**
- **3.1** Clinically Managed Low-Intensity Residential
- **3.5** Clinically Managed High-Intensity Residential — 3.5 COE
- **3.7** Medically Managed Residential — 3.7 BIO — 3.7 COE

**Level 2: IOP/HIOP**
- **2.1** Intensive Outpatient (IOP)
- **2.5** High-Intensity Outpatient (HIOP) — 2.5 COE
- **2.7** Medically Managed Intensive Outpatient — 2.7 COE

**Level 1: Outpatient**
- **1.0** Long-Term Remission Monitoring
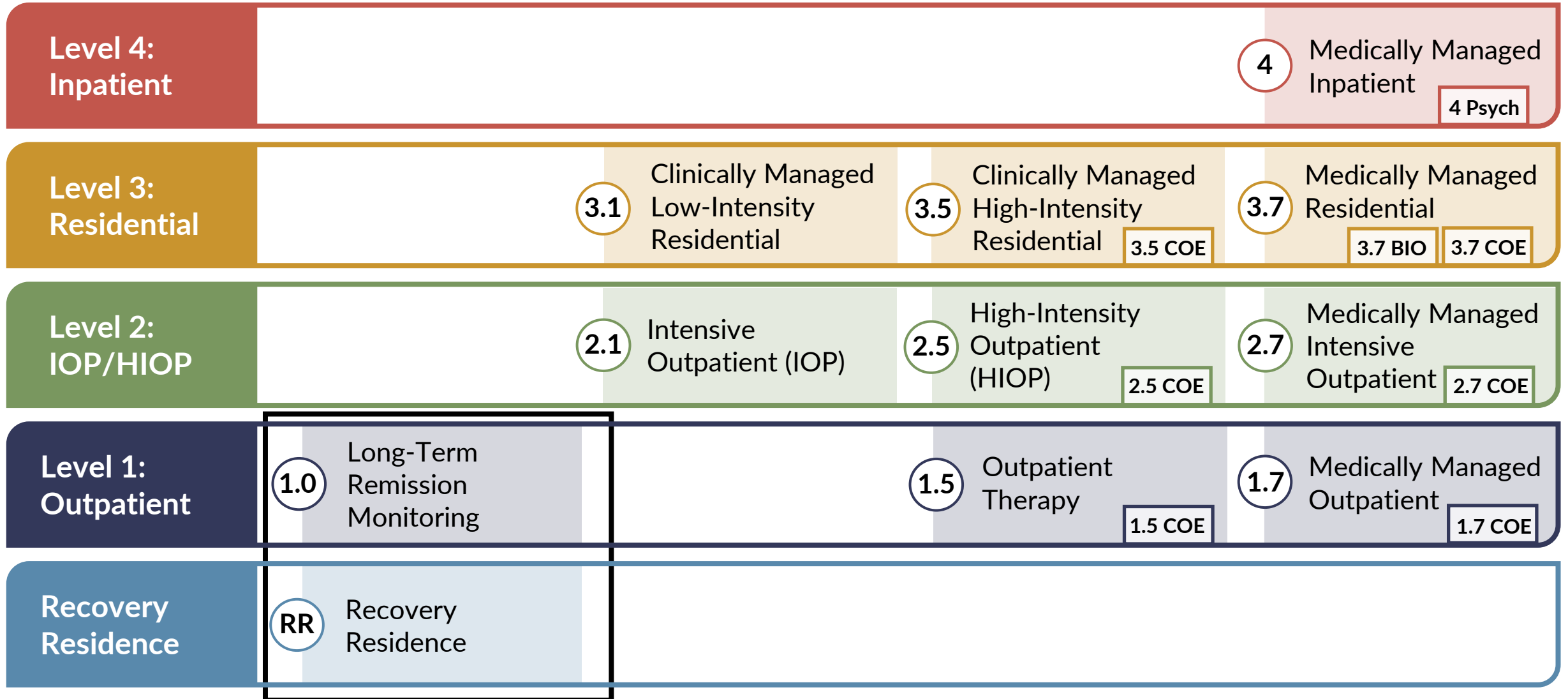- **1.5** Outpatient Therapy — 1.5 COE
- **1.7** Medically Managed Outpatient — 1.7 COE

**Recovery Residence**
- **RR** Recovery Residence

# Chronic Care Model



The ASAM Criteria Continuum of Care for Adult Addiction Treatment

**Level 4: Inpatient**
- 4 — Medically Managed Inpatient — 4 Psych

**Level 3: Residential**
- 3.1 — Clinically Managed Low-Intensity Residential
- 3.5 — Clinically Managed High-Intensity Residential — 3.5 COE
- 3.7 — Medically Managed Residential — 3.7 BIO — 3.7 COE

**Level 2: IOP/HIOP**
- 2.1 — Intensive Outpatient (IOP)
- 2.5 — High-Intensity Outpatient (HIOP) — 2.5 COE
- 2.7 — Medically Managed Intensive Outpatient — 2.7 COE

**Level 1: Outpatient**
- 1.0 — Long-Term Remission Monitoring
- 1.5 — Outpatient Therapy — 1.5 COE
- 1.7 — Medically Managed Outpatient — 1.7 COE

**Recovery Residence**
- RR — Recovery Residence

# Residential Treatment and Recovery Residence Continuum of Care*

| Level 3: Residential | | 3.1 Clinically Managed Low-Intensity Residential† | 3.5 Clinically Managed High-Intensity Residential | 3.7 Medically Managed Residential |
|---|---|---|---|---|

**Recovery Residence**

RR **Type S** (Supervised)

RR **Type M** (Monitored)

RR **Type P** (Peer-Run)

Residential treatment programs (ie, Level 3) and recovery residences provide a continuum of residential services and support. Types of recovery residences may include Type P, Type M, and Type S, with Type S recovery residences providing the greatest amount of structure and supervision.

---

\* Developed in coordination with the National Alliance for Recovery Residences (NARR).

† NARR Type C (Clinical) programs are equivalent to *The ASAM Criteria* Level 3.1 that applies the social model.

# A Continuum of Care: Clinical to Social Model Environments

**Clinical**

- Professional (licensed) staff directs and prescribes
- 'Care' setting
- Time limitations externally determined
- Treatment language and services

**Social Model**

- Peer-based community empowers, models and guides
- Home-like setting
- Length of stay is self-determined with community input and support
- Recovery language and services

# Recovery Residence

A sober, safe and healthy living environment that promotes recovery from AOD use and related problems.

**Social Model Recovery Support**

- The setting is the service
- Interconnections amongst individuals and with the environment
- Reciprocal responsibility and harmony
- Peer and community

# Recovery Residences Foster Recovery through the Social Model of Recovery

Executed properly, recovery residences:

- Provide an environment that protects the participant from substance availability, social pressures to use, and substance cues (e.g., triggers for continued use).

- Allow time for the brain to reprogram a daily routine of engagement in recovery activities, overcoming ingrained patterns of substance use.

- Sustain a social norm that eschews the use of mood- altering chemicals and addiction behaviors.

- Promote mutual aid and experiential learning to build one's sense of connection, personal meaningfulness and pro-social role taking and leadership.

- Reinforce skills learned in clinically-driven care and support efforts to improve health and wellbeing.

- Provide opportunities to practice recovery skills and entrench healthy routines supported by a community of peers in 'real world' settings.

- Facilitating a transition from an expert-driven- to self-directed recovery.

# Four Types (Levels) of RR Support

**P** Peer-Run

**M** Monitored

**S** Supervised

**C** Clinical

Recovery Housing

Social model recovery support

Formalized Recovery support services

Life skills development

Clinical
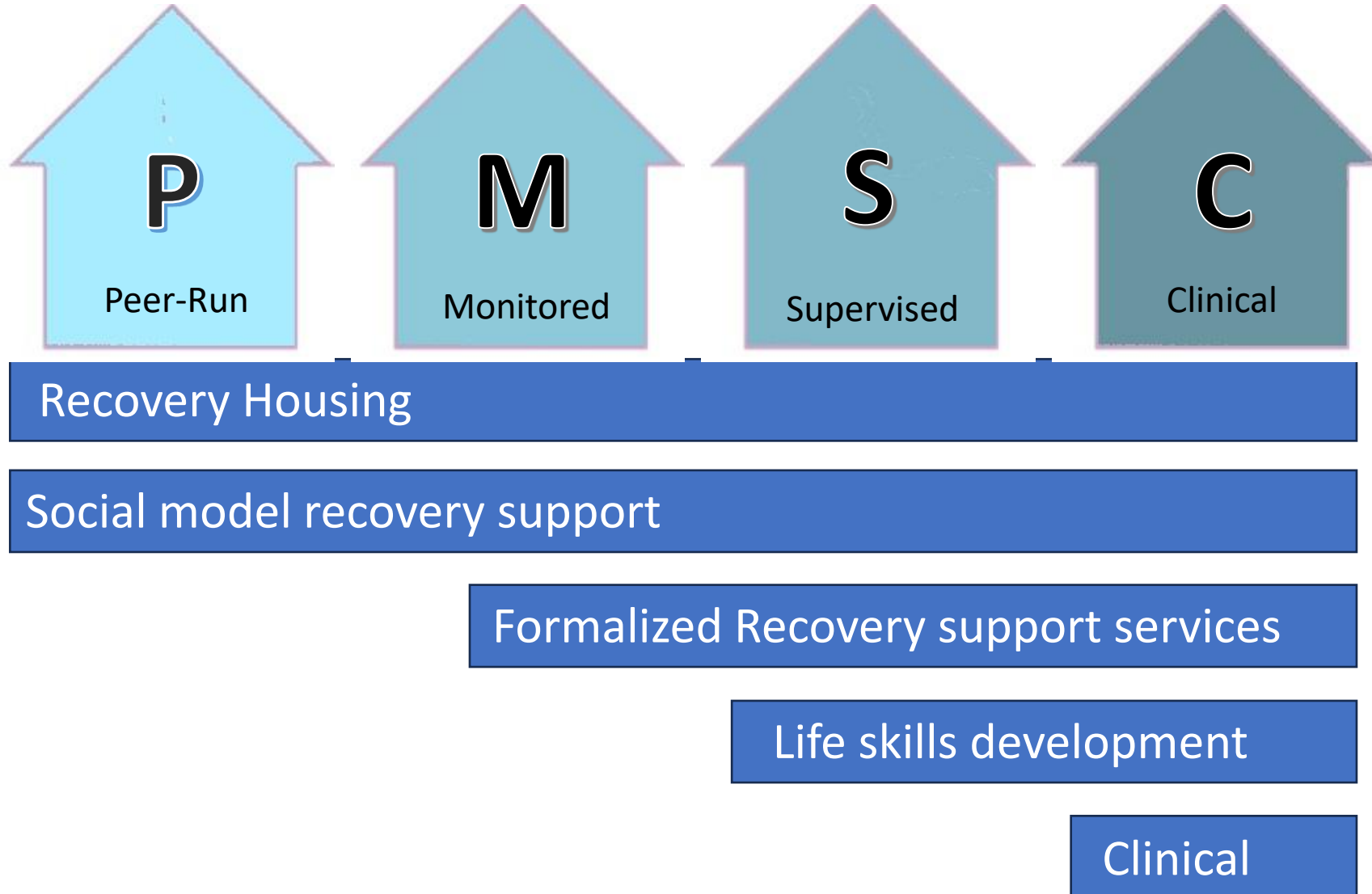
| RECOVERY RESIDENCE TYPE | | | | |
|---|---|---|---|---|
| Recovery Residence Types | NARR Type | | | |
| **Bundled Services** | P | M | S | C* |
| Living environment free from alcohol and illicit substances | X | X | X | X |
| Mutual aid and social model milieu | X | X | X | X |
| Recovery support services delivered by professional staff† | | | X | X |
| Life skills development program | | | X | X |
| Treatment services | | | | X |
| **Governance and staffing** | | | | |
| **Democratically elected leaders** | X | | | |
| **Appointed resident leaders and/or managers** | | X | X | X |
| Trained and/or credentialed peers (Type S) or staff (Type C) | | | X | X |
| Supervised staff | | | X | X |
| † Recovery support services include formalized services delivered by paid staff | | | | |
| * RR Type C programs are a subtype of the ASAM criteria level 3.1 and should meet the level 3.1 service characterics standards: Text in **bold** represents the primary differences between the two types of care. The unique addition of a governance structure within RR Type C, including resident leaders and/or managers, supports individual self-management skills and promotes each individual taking responsibility for the wider recovery community. | | | | |

# Evaluation Considerations for RR Placement

- Recovery Capital
- On-site Staffing
- Governance
- On-site support, structure and services

# Implementation

A true chronic care model that includes Recovery Residences as a RSS – stakeholders may now consider investing in recovery as well as treatment.

Types of RR's defined by NARR allow for alignment of individual need to service in the referral process.

NARR promulgates the national quality Standard for all Types of RR's, state Affiliates provide quality assurance as well as collective outcomes data through the certification process.

# Additional Tools

The ASAM Criteria

# ASAM Criteria Software

**ASAM CONTINUUM™**

A computer-guided, structured clinical interview for assessing patients plus clinical decision support for making level of care recommendations based on The ASAM Criteria.

**ASAM CO-TRIAGE®**

A computer-guided referral tool with clinical decision support designed to generate an initial level of care recommendation where a patient can receive a comprehensive ASAM assessment.

## ASAM Criteria® Navigator

ASAM has partnered with Change Healthcare to develop software for using *The ASAM Criteria* in utilization review and management workflows. *The ASAM Criteria Navigator* brings *The ASAM Criteria* into a structured, interactive tool for utilization management that helps streamline and improve the medical review process for substance use disorder patients.

https://www.asam.org/asam-criteria/asam-criteria-software

# ASAM Criteria Interview Assessment Guide

- First publicly available standardized ASAM Criteria assessment

- Free to all clinicians

- Developed by ASAM in partnership with UCLA

https://www.asam.org/asam-criteria/criteria-intake-assessment-form
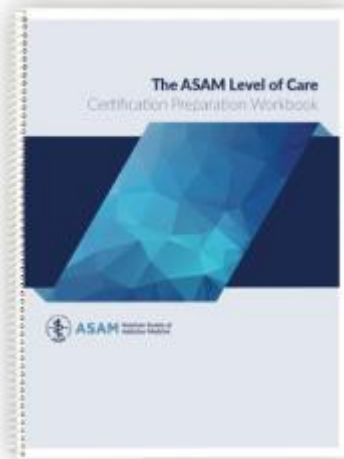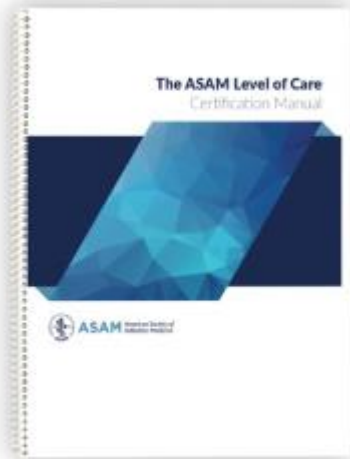
# ASAM Criteria Implementation Guide

- Guides programs to more effectively implement *The ASAM Criteria*

- Uses the evidence-based NIATx model for process improvement

- Training and Consultation available through The Change Companies in partnership with NIATx

# ASAM
## LEVEL OF CARE
## CERTIFICATION

- Administered by CARF International
- Assesses a treatment program's capacity to deliver an ASAM Level of Care
- ASAM's offers training and other educational resources to help programs prepare for certification
- CARF's accepts applications, conduct site surveys, and issues independent certification decisions

SPEAKING THE SAME LANGUAGE:
A Toolkit for Strengthening Patient-Centered
Addiction Care in the United States

# Toolkit for Policymakers and other Stakeholders

- a comprehensive list of strategies and potential pathways that interested states can pursue for integrating The ASAM Criteria;

- an overview of existing implementation tools;

- examples from current state efforts, and

- model legislative, regulatory, and contractual language from which interested states can draw.

https://www.asam.org/asam-criteria/toolkit

# ASAM Criteria Training

Training and consolation on The ASAM Criteria is available through the following designated training organizations:

# NARR Standard 3.0 (2018)

10 Principles covering four domains:

1) Administrative
2) Physical Environment
3) Recovery Support
4) Good Neighbor

**narronline.org/resources**

-

# Questions and Discussion

[www.fletchergroup.org](http://www.fletchergroup.org)