

# ASAM Monthly Technical Assistance Series

## Operationalizing Individualized Care

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# Reminders

- Questions should be submitted 7 days in advance of the call to [RA-DAASAM@pa.gov](mailto:RA-DAASAM@pa.gov). Please feel free to submit questions in the chat.
- This call is being recorded. Please exit now if you do not want to be recorded. You will be able to review the video in its entirety on the DDAP webpage following this event.
- Suggestions for future call topics should be submitted to [RA-DAASAM@pa.gov](mailto:RA-DAASAM@pa.gov).



# Disclaimers

*Alignment with The ASAM Criteria is required of drug and alcohol treatment providers that receive funding for providing treatment services under agreements with Single County Authorities and/or Managed Care Organizations.*

*DDAP stresses the importance of reviewing the ASAM Criteria text in its entirety, attending the ASAM two-day training, and reviewing the resources available through DDAP including trainings and documents.*



# Learning Objectives

1. Reminder about existing resources related to this topic.
2. Reviewing principles of ASAM related to individualized care/programming.
3. Reviewing different ways of providing individualized daily programming.



# Review of Resources

**November 2021:** MAT Across the Continuum of Care

[View Slides](#) | [View Recording](#)  | [Q&A](#)

**December 2021:** Individualized Documentation Considerations

[View Slides](#) | [View Recording](#)  | [Q&A](#)

**January 2022:** Therapies

[View Slides](#) | [View Recording](#)  | [Q&A](#)

**February 2022:** Co-Occurring Capability

[View Slides](#) | [View Recording](#)  | [Q&A](#)

**March 2022:** Special Populations

[View Slides](#) | [View Recording](#)  | [Q&A](#)

**April 2022:** ASAM Myths and Facts

[View Slides](#) | [View Recording](#) 

**May 2022:** Support System

[View Slides](#) | [View Recording](#) 

**June 2022:** Staffing

[View Slides](#) | [View Recording](#) 

**July 2022:** ASAM Alignment Document Review

[View Slides](#) | [View Recording](#) 

**August 2022:** ASAM Alignment Review Provider Perspective & Record Review

[View Slides](#) | [View Recording](#) 

**September 2022:** Withdrawal Management

[View Slides](#) | [View Recording](#) 

Program Driven (p.426)	Individualized Treatment (p. 420)
<p>“Services received and the anticipated length of stay are determined primarily by the philosophy, design and model of treatment rather than on the individual’s multidimensional assessment and treatment outcomes. Such programs are often for a fixed length of stay from which a patient graduates and is said to have completed treatment.”</p>	<p>“Treatment that is person – centered and collaborative designed to meet a particular patient’s needs and preferences guided by services that are directly related to a specific unique patient assessment.”</p>



Program Driven Schedule	Patient Driven Schedule
Two counselors offering the same exact group format or topic.	Providing options on groups patients can attend. Example: Living in Balance <u>or</u> Seeking Safety <u>or</u> Comprehensive Opioid Response with the 12 Steps (COR12) <u>or</u> Co-Occurring
All patients must attend AA or NA.	Patients are offered a variety of recovery support group options.
Few or no opportunity for patients to meet with interdisciplinary (counselor, doctor, rec therapist, nutritionist, CRS, etc.) team on 1:1 basis.	Variety of times patients can speak with interdisciplinary team (counselor, doctor, rec therapist, nutritionist, CRS, etc.)
Offering only one type of evidence based therapeutic technique.	Offering a variety of evidence based therapeutic techniques or modalities.
A rigid, uniform schedule all patients must attend.	Offering the patient choices in the daily programming they attend.
Abstinence only philosophy and programming based only on this philosophy.	A philosophy that patient centered and considerate and respectful of the patient's requests and goals (including harm reduction programming, etc.)



# Interdisciplinary Team

- Technicians
- Certified Recovery Specialists
- Case Managers
- Utilization Review Specialists
- Nursing
- Counselor Assistants
- Counselors
- Clinical Supervisors
- PA/NP/MD



# Individual Therapy Sessions

- Many patients will need more than one individual session a week and it is **CRITICAL** we provide that to them.
- Effective individual sessions **are not** 20 minutes, rushed, void of evidence based clinical interventions, just focusing on reviewing patient homework like workbooks.
- Effective individual sessions **are** 45 + minutes, usually planned and written into the patient schedule. Involves clinical skill, evidence-based interventions, allows patient to safely process what they need to process.



# Case Management

- Is separate from clinical interventions
- Should be included as part of the treatment plan
- Bridges the gap between clinical and non-clinical services
- Constantly being evaluated to determine need/change in need
- Coordination of health care, mental health, social, vocational and housing services to meet individual needs
- Aids in the transfer to other levels of care and aftercare planning
- Should be done by working directly with client



# Population Specific Programming

- Gender Specific
- LGBTQIA Specific
- Culture Specific
- Trauma Specific
- Co-Occurring Specific
- Substance Specific



# Evidence Based Groups/Interventions to Consider

- Matrix Model
- Seeking Safety
- Comprehensive Opioid Response Through the 12 Steps
- Living in Balance
- The Relapse Prevention Program (Swanson & Cooper)
- Integrated Treatment for Co-Occurring Disorders EBP Kit
- 12 Step Facilitation
- Contingency Management
- Community Reinforcement Approach (CRA)
- Dialectical Behavioral Therapy (DBT)



# Operationalizing Individualized Programming



ASAM Monthly TA Call October 2022

	Technicians	CRS	Case Manager	Counselor Assistant/Counselor/Clinical Supervisor	Nurse
Individual Counseling**	No	No	If the CM is licensed or Certified as a Counselor & Meets Requirements of PA 704	Yes	Yes
Group Counseling**	No	No	If the CM is licensed or Certified as a Counselor & Meets Requirements of PA 704	Yes	Yes
Family Counseling**	No	No	If the CM is licensed or Certified as a Counselor & Meets Requirements of PA 704.	Yes	Yes
Psychoeducation Group**	No	No	If the CM is licensed or Certified as a Counselor & Meets Requirements of PA 704.	Yes	Yes
Psychoeducation	Yes	Yes	Yes	Yes	Yes
Relapse Prevention	Maybe*	Maybe*	Maybe*	Yes	Yes
Life Skills/ADLs/Interpersonal Choices/Prosocial Skills	Maybe*	Maybe*	Maybe*	Yes	Yes
Art Therapy**	No	No	If the CM is licensed or Certified as a Counselor & Meets Requirements of PA 704	Yes	Yes
Art	Yes	Yes	Yes	Yes	Yes
Rec Therapy**	No	No	If the CM is licensed or Certified as a Counselor & Meets Requirements of PA 704.	Yes	Yes
Recreation	Yes	Yes	Yes	Yes	Yes

\*\*ASAM Criteria, 3<sup>rd</sup> Edition, 2013 defines these interventions as “Skilled Treatment Services”(p.429)

\*These non-clinical therapeutic interventions may be facilitated by staff other than therapists, such as counselor aides, behavioral health technicians, certified recovery specialists, or case managers. Programs should consider the following when determining the appropriateness of staff working within their scope of practice when facilitating any of the above therapies: the therapy/intervention itself, the level of skill and formal training required to correctly employ the intervention, the overall group milieu, individual patient problem areas and symptoms, the likelihood of the therapy resulting in a challenging emotional response, and individual payor guidelines regarding who can and cannot facilitate certain types of programming. DDAP recommends reaching out to individual payors for information specific to credentialing requirements for facilitators of group and individual clinical/therapeutic interventions.

All staff acting in a counselor role must meet requirements set forth in PA Code 704. <http://www.pacodeandbulletin.gov/Display/pacode?file=/secure/pacode/data/028/chapter704/chap704toc.html&d=>

# Skilled Treatment Services

“Such services may include individual and group counseling, medication management, family therapy, educational groups, occupational and recreational therapy, and other therapies. Attendance at self or mutual help meetings such as Alcoholics or Narcotics Anonymous; Volunteer activity; Or homework assignments involving watching videos, journaling, and workbooks do not represent ‘skilled treatment services’ for the purpose of clinical service hours for each level of care” (p.430).



Clinical Services/Therapies	1 LOC	2.1 LOC	2.5 LOC	3.1 LOC	3.5 LOC	3.7 LOC	4 LOC
	Available up to 9 hours per week (p.188)	Available 9-19 hours per week (p.199-p.200)	Available 20+ hours per week (p.210)	Available at least 5 hours per week (p.225-p.226)	Available Daily (p.251-p.252)	Available Daily (p.269)	Available 16 hours a day (p.283-p.284)
Individual Therapy	X	X	X	X	X	X	X
Group Therapy	X	X	X	X	X	X	X
Motivation Interviewing/Enhancement Therapy	X	X	X	X	X	X	X
Family Therapy	X	X	X	X		X	
Education Groups	X	X	X	X	X		
Occupational/recreational Therapy	X	X	X	X	X		
Psychotherapy	X	X	X				
Pharmacotherapy/Medication Management	X	X	X	X	X	X	X
Drug Screens				X	X	X	
Recovery Support Services				X	X		
Family Support Services				X	X	X	X
Focus on ADLs, recovery, personal responsibility/appearance/punctuality				X			
Focus to stabilize and maintain stability of SUD symptoms, application of recovery skills, relapse prevention, interpersonal choice and recovery/social support network				X	X		
Develop and practice prosocial behaviors					X		
Counseling/Clinical Monitoring for successful involvement in regular productive daily activities such as work or school, successful reintegration into family living				X	X	X	
Planned clinical activities focused on increasing understanding/acceptance of SUD/MH					X	X	X
Planned community reinforcement of prosocial values/community living skills					X	X	
Appropriate medical and nursing services						X	X
Focus on stabilization of SUD/MH symptoms						X	X
Health education services						X	X
Acute symptom management						X	X
Biomedical, emotional, behavioral, management/treatment							X
Other Therapies	X	X	X	X	X	X	X

# Don't forget these count towards daily clinical services . . .

- Medication Management.
- Random drug testing.
- Health education services.
- Medical services.
- Nursing services.
- Planned community reinforcement.



# Example #1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am – 8am	Wake Up/Breakfast/Meds						
8am -- 9am	Meditation Group						
9am – 10am	Process Group	Outside AA/NA	Spiritual Services of Choosing				
10am – 11am							
11am-12pm	Smoke Break/Free time						
12pm-1pm	Lunch						
1pm-2pm	Rec Outing						
2pm-3pm							
3pm-4pm	Life Skills Group						
4pm-5pm	Gym/Walk/Yoga	Gym/Walk/Yoga	Gym/Walk/Yoga	Gym/Walk/Yoga	Gym/Walk/Yoga	Gym/Walk/Yoga	
5pm-6pm	Dinner						
6pm-7pm	Community Meeting						
7pm-8pm	AA/NA						
8pm-9pm	Evening Meditation						
9pm-10pm	Lights Out						

# Example #2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am – 8am	Wake Up/Breakfast/Meds/	Wake Up/Breakfast/Meds	Wake Up/Breakfast/Meds	Wake Up/Breakfast/Meds	Wake Up/Breakfast/Meds	Wake Up/Breakfast/Meds	Wake Up/Breakfast/Meds
8am -- 9am	<u>Clinical Time:</u> - Individual	<u>Clinical Time:</u> - Individual	<u>Clinical Time:</u> - Individual				
9am – 10am	- Counseling	- Counseling	- Counseling				
10am – 11am	- Psychiatric or Psychological Evals and Testing	- Specialty Groups (Seeking Safety, COR 12, Matrix, Gender Specific)	- Specialty Groups (Seeking Safety, COR 12, Matrix, Gender Specific)				
11am-12pm	- Specialty Groups (Seeking Safety, COR 12, Matrix, Gender Specific) - Med Management - Lab or UDS - H&P/Med Appts	- Specialty Groups (Seeking Safety, COR 12, Matrix, Gender Specific) - Med Management - Lab or UDS - H&P/Med Appts	- Specialty Groups (Seeking Safety, COR 12, Matrix, Gender Specific) - Med Management - Lab or UDS - H&P/Med Appts	- Specialty Groups (Seeking Safety, COR 12, Matrix, Gender Specific) - Med Management - Lab or UDS - H&P/Med Appts	- Specialty Groups (Seeking Safety, COR 12, Matrix, Gender Specific) - Med Management - Lab or UDS - H&P/Med Appts	- Med Management - Lab or UDS <u>OR</u> <u>Family Programming</u>	- Med Management - Lab or UDS <u>OR</u> <u>Family Programming</u>
12pm-1pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1pm-2pm	Small Process Group	Small Process Group	Small Process Group				
2pm-3pm							
3pm-4pm	<u>Skill &amp; Resource Building</u> - Case Management - Occupational Therapy - Rec Therapy - Art. Music, Movement Therapy - Physical Therapy - Voc Rehab	<u>Skill &amp; Resource Building</u> - Case Management - Occupational Therapy - Rec Therapy - Art. Music, Movement Therapy - Physical Therapy - Voc Rehab	<u>Skill &amp; Resource Building</u> - Case Management - Occupational Therapy - Rec Therapy - Art. Music, Movement Therapy - Physical Therapy - Voc Rehab	<u>Skill &amp; Resource Building</u> - Case Management - Occupational Therapy - Rec Therapy - Art. Music, Movement Therapy - Physical Therapy - Voc Rehab	<u>Skill &amp; Resource Building</u> - Case Management - Occupational Therapy - Rec Therapy - Art. Music, Movement Therapy - Physical Therapy - Voc Rehab	<u>Family Programming or CRS or Case Management or Individual Counseling</u>	<u>Family Programming or CRS or Case Management or Individual Counseling</u>

# Example #2(Cont.)

5pm-6pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6pm-7pm	<u>Lifestyle Skills</u> - Decision Making - Relapse Prevention - Social Network Development - Interpersonal Choices - Individual Counseling	<u>Lifestyle Skills</u> - Decision Making - Relapse Prevention - Social Network Development - Interpersonal Choices - Individual Counseling	<u>Lifestyle Skills</u> - Decision Making - Relapse Prevention - Social Network Development - Interpersonal Choices - Individual Counseling	<u>Lifestyle Skills</u> - Decision Making - Relapse Prevention - Social Network Development - Interpersonal Choices - Individual Counseling	<u>Lifestyle Skills</u> - Decision Making - Relapse Prevention - Social Network Development - Interpersonal Choices - Individual Counseling	<u>Lifestyle Skills</u> - Decision Making - Relapse Prevention - Social Network Development - Interpersonal Choices - Individual Counseling <u>Or Family Programming</u>	<u>Lifestyle Skills</u> - Decision Making - Relapse Prevention - Social Network Development - Interpersonal Choices - Individual Counseling <u>Or Family Programming</u>
7pm-8pm	<u>Recovery Support Group</u> AA/NA Smart Recovery Celebrate Recovery	Gym/Yoga/Walk	<u>Recovery Support Group</u> AA/NA Smart Recovery Celebrate Recovery	Gym/Yoga/Walk	<u>Recovery Support Group</u> AA/NA Smart Recovery Celebrate Recovery	Gym/Yoga/Walk	<u>Recovery Support Group</u> AA/NA Smart Recovery Celebrate Recovery
8pm-9pm	Evening Meditation or Guided Prayer	Evening Meditation or Guided Prayer					
9pm-10pm	Lights Out	Lights Out					

# Example #3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am – 8am	Wake Up/Breakfast/Meds	Wake Up/Breakfast/Meds	Wake Up/Breakfast/Meds	Wake Up/Breakfast/Meds	Wake Up/Breakfast/Meds	Wake Up/Breakfast/Meds	Wake Up/Breakfast/Meds
8am -- 9am	Nutrition/Gym /Yoga/Walk	Nutrition/Gym/ Yoga/Walk	Nutrition/Gym/ Yoga/Walk	Nutrition/Gym/ Yoga/Walk	Nutrition/Gym /Yoga/Walk	Nutrition/Gym /Yoga/Walk or Outside Recovery Support Group	Nutrition/Gym /Yoga/Walk or Spiritual Service
9am – 10am	Process Group or Specialty Group or Individual Therapy	Process Group or Specialty Group or Individual Therapy	Process Group or Specialty Group or Individual Therapy	Process Group or Specialty Group or Individual Therapy	Process Group or Specialty Group or Individual Therapy	Process Group or Specialty Group or Individual Therapy or Family Programming	Process Group or Specialty Group or Individual Therapy or Family Programming
10am – 11am							
11am- 12pm	CRS/Case Management/Lab & UDS	CRS/Case Management/Lab & UDS	CRS/Case Management/Lab & UDS	CRS/Case Management/Lab & UDS	CRS/Case Management/Lab & UDS	CRS/Case Management/Lab & UDS	CRS/Case Management/Lab & UDS
12pm- 1pm	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1pm- 2pm	Individual Therapy or Medical Appt	Individual Therapy or Medical Appt	Individual Therapy or Medical Appt	Individual Therapy or Medical Appt	Individual Therapy or Medical Appt	Individual Therapy or Medical Appt	Individual Therapy or Medical Appt
2pm- 3pm							
3pm- 4pm	Life Skills Group, Coping Skills, or Relapse Prevention	Life Skills Group, Coping Skills, or Relapse Prevention Group	Life Skills Group, Coping Skills, or Relapse Prevention	Life Skills Group, Coping Skills, or Relapse Prevention	Life Skills Group, Coping Skills, or Relapse Prevention	Life Skills Group, Coping Skills, or Relapse Prevention or Family Programming	Life Skills Group, Coping Skills, or Relapse Prevention or Family Programming
4pm- 5pm	Individual Therapy or Therapeutic Homework	Individual Therapy or Therapeutic Homework	Individual Therapy or Therapeutic Homework	Individual Therapy or Therapeutic Homework	Individual Therapy or Therapeutic Homework	Gym/Walk/Yoga	Gym/Walk/Yoga
5pm- 6pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6pm- 7pm	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting	Community Meeting
7pm- 8pm	Recovery Support Group or Family Programming	Recovery Support Group or Family Programming	Recovery Support Group or Family Programming	Recovery Support Group or Family Programming	Recovery Support Group or Family Programming	Recovery Support Group or Family Programming	Recovery Support Group or Family Programming
8pm- 9pm	Evening Meditation/Individual Prayer	Evening Meditation/Individual Prayer	Evening Meditation/Individual Prayer	Evening Meditation/Individual Prayer	Evening Meditation/Individual Prayer	Evening Meditation/Individual Prayer	Evening Meditation/Individual Prayer

# What is necessary to operationalize example schedules 2&3?

1. Management/Executive support and commitment to individualized programming.
2. Strong and flexible interdisciplinary team.
3. Strong and consistent Clinical Supervision.
  - Time for staff to complete paperwork and documentation.
  - Time for staff to have breaks.
  - Flexibility and creativity.

# Reminders

Next ASAM TA Call = Monday, November 7, 2022  
10am-11am

Topic = Summary of ASAM Alignment Pilot  
Reviews June '22 – Oct '22

