

Treatment Levels Associated with ...

- Community Withdrawal Management
- Residential Withdrawal Management

Level I

- Client symptoms can be safely monitored by staff who are not medically trained.
- Intensity/severity of symptoms can be managed, as required, with medical consultation being provided by a physician/after hours clinic/health centre/hospital emergency department.
- Client/staff ratios do not permit high intensity symptom monitoring.
- In consultation with a physician, if necessary, consider/assess individuals for admission who are taking the following types of medication:
 - Medications for medical problems;
 - Medications for diagnosed psychiatric problems; and
 - Pain medications only for acute injuries or recent surgery.

Level II

- Client symptoms can be safely monitored by staff members who are not medically trained.
- Intensity/severity of symptoms can be managed, as required, with medical consultation being provided by a physician/after hours clinic/health centre/hospital emergency department.
- Routine medical consultation and sufficient staff resources are available to consider management of the following medications/situations:
 - All medications as listed in Level I;
 - Clients on methadone; and
 - Clients being tapered from benzodiazepines or narcotics.

Level III

- Client symptoms require monitoring by medically trained staff.
- Medical consultation and staff are available on a constant basis to monitor and manage the following medications/situations:
 - All Medications as listed in Level I;
 - Circumstances as listed in Level II; and
 - Medically-assisted withdrawal.

Source: <http://www.drugandalcoholhelpline.ca/Search/ServiceTypes>

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Giving Hope Today

Types of Drug & Alcohol Treatment

Choose a treatment centre that offers you the most appropriate treatment.

1. Initial Assessment/Treatment Planning
2. Case Management
3. Community Treatment
4. Community Day/Evening Treatment
5. Community Medical/Psychiatric Treatment
6. Residential Treatment
7. Residential Medical/Psychiatric Treatment
8. Residential Supportive Treatment
9. Community Withdrawal Management (Levels 1-3)
10. Residential Withdrawal Management (Levels 1-3)

1. Initial Assessment/Treatment Planning

The initial assessment is a process involving mutual investigation or exploration that provides the clinician with more detailed information for the purpose of determining specific client needs, goals, characteristics, problems and/or stage of change. Assessments vary in length according to the client's situation, and comprehensive assessments may be reserved for clients with more complicated histories and problems. This assessment forms the basis for initial treatment planning, a process of negotiation based on feedback from the assessment results, the client's strengths, prioritized problem areas, clinician judgment, client preferences and readiness for change, and the identification of potential barriers to treatment entry. This culminates in the development of a clear plan of action, including referrals as appropriate.

2. Case Management

A process which includes the designation of a primary worker whose responsibilities include the ongoing assessment of the client and his/her problems, ongoing adjustment of the treatment plan, linking to and coordination of required services, monitoring and support, developing and implementing the discharge plan, and advocating for the client. Case management services are offered regardless where the individual is in the system

3. Community Treatment

One to two-hour sessions in group or individual format, typically once a week or less often, while the client resides elsewhere in the community. Community counseling/treatment includes brief intervention, lifestyle and personal counseling to assist the individual to develop skills to manage substance abuse/gambling and related problems, and/or maintain and enhance treatment goals. Such activities as relapse prevention, Guided Self-change, family intervention, follow-up and aftercare are included here. Care may be provided with or without medical/psychiatric treatment. Frequency and length of sessions may vary depending on client need and program format. May be offered in a variety of settings including outreach to the client's home, school, an addiction agency or other service setting. Outreach includes activities such as early intervention but not prevention, education or public relations activities.

4. Community Day/Evening Treatment

A structured, scheduled program of treatment activities typically provided five days or evenings per week (e.g., three to four hours per day) while the client resides at home or in another setting, including residential supportive treatment services, to assist the individual to develop skills to manage substance abuse/gambling and related problems.

5. Community Medical/Psychiatric Treatment

A specific non-residential service to meet the needs of individuals with concurrent disorders. This service may be offered either through a structured day/evening program or community treatment. These services are usually part of broader hospital services and employ physicians, nurses and staff specializing in the treatment of concurrent disorders.

6. Residential Treatment

A structured, scheduled program of treatment and/or rehabilitation activities provided while the client resides in-house, to assist clients to develop and practice the skills to manage substance use and related problems. In addition to the scheduled program activities, clients have 24 hour access to support and the residential treatment milieu.

7. Residential Medical/Psychiatric Treatment

A structured, scheduled program of addictions treatment and/or rehabilitation activities provided for clients whose biomedical, emotional and/or behavioural problems are severe enough to require individualized medical/psychiatric care, while the client resides in-house. The treatment and/or rehabilitation is intended to assist the individual in stabilizing and managing his/her medical/ psychiatric problems, while also addressing the addiction problem per se, or to allow for referral to appropriate substance abuse/gambling treatment. In addition to the scheduled program of addictions treatment and rehabilitation activities clients have 24 hour access to support and the residential treatment milieu.

8. Residential Supportive Treatment

Level I: Housing and related recovery/support services such as lifestyle counseling, coaching for activities of daily living, community reintegration, vocational counseling and mutual aid, provided to clients who require a stable, supportive environment prior to, during, or following treatment, which is accessed elsewhere.

Level II: Housing/accommodation in alcohol/drug-free setting. Addiction services are not offered on-site or as part of the housing service

9. Community Withdrawal Management

Assistance with voluntary withdrawal from alcohol and/or other drugs to clients who are under the influence of these substances and/or in withdrawal or otherwise in crisis directly related to these substances. Clients may be simultaneously accessing residential support services, or they may be residing in their home, the home of a significant other or in another community setting, supervised or unsupervised. Care may be provided with or without the aid of drug therapy and/or other medical interventions. Additional support such as discharge planning and early recovery education is provided. (See Treatment Levels on back page)

10. Residential Withdrawal Management

Assistance with voluntary withdrawal from alcohol and/or other drugs to clients who are under the influence of these substances and/or in withdrawal or otherwise in crisis directly related to these substances. This care is provided in a Withdrawal Management (detox) Centre, or on an inpatient basis in a hospital. Care may be provided with or without the aid of drug therapy and/or other medical interventions. Additional support such as discharge planning and early recovery education is provided. Service is provided at three levels. (See Treatment Levels on back page)