

NEBRASKA LICENSEE ASSISTANCE PROGRAM

A SERVICE OF BEST CARE EAP

TREATMENT LEVELS OF CARE

The Nebraska Licensee Assistance Program (NE LAP) provided a total of fifty-seven alcohol/substance use assessments and update/recovery assessments from July 1, 2017 to June 30, 2018. Several of those assessments resulted in a recommendation for the healthcare professional to attend alcohol/substance use education, counseling, or treatment. The NE LAP follows the five levels of treatment recognized by The American Society of Addiction Medicine (ASAM). Following is a basic explanation of each level of care. For more specific information, please refer to *The ASAM Criteria: Treatment Criteria for Addictive, Substance-Related, and Co-Occurring Conditions* (ASAM) book, available at <https://www.asam.org/resources/the-asam-criteria/text>

Level 0.5: Early Intervention - Services at this level of care are for individuals who may not meet the diagnostic criteria for an alcohol/substance use disorder, but may be at risk of developing a disorder. The services include short-term educational programs such as a Driving Under the Influence class, individual or group counseling, or Screening, Brief Intervention, Referral, and Treatment (SBIRT). Individuals will identify substance-related risk factors and consequences of high-risk behaviors.

Level 1: Outpatient Services - Services at this level of care are for individuals who meet the diagnostic criteria for a mild alcohol/substance use disorder; those who are stable and for whom ongoing monitoring is appropriate; or for those that have a moderate or severe substance use disorder, and are “stepping down” from a higher level of care. Services include short-term regularly scheduled individual or group counseling (approximately six to eight weeks) less than nine hours per week and may include medication management. According to the *ASAM Criteria*, “Level 1 services must address major lifestyle, attitudinal, and behavioral issues that have the potential to undermine the goal of wellness and recovery or inhibit the individual’s ability to cope with major life tasks without the non-medical use of alcohol, tobacco, or other drugs.”

Level 2: Intensive Outpatient (IOP)/Partial Hospitalization Services (PHP) - IOP Services at this level of care are for individuals who meet the diagnostic criteria for a moderate or severe substance use disorder, or for those that are “stepping down” from a higher level of care. Services are provided during the day, evening, or on the weekend to include nine to nineteen hours of substance use education and counseling, as well as addressing mental health problems. Treatment typically lasts up to eight weeks, but may be longer depending on the treatment program.

PHP services, also known as Day Treatment, differ in that the individual attends for twenty or more hours per week, and the program has direct access to psychiatric, medical, and laboratory services.

Level 3: Residential/Inpatient Services - Level 3 encompasses four different levels of intensity, but we will focus on the overall services at Level 3. Residential treatment is for individuals who meet the diagnostic criteria for a severe substance use disorder, and may be experiencing detoxification and withdrawal symptoms. Individuals in this level of care need a safe and stable living environment in which they can develop recovery skills before returning to the “outside world” thus, they reside in the twenty-four hour facility for twenty-eight to ninety days. The services are either clinically managed by non-physician addiction specialists or are medically monitored by nurses, counselors, social workers, addiction specialists, or other health care personnel working under the direction of a physician.

Level 4: Medically Managed Intensive Inpatient - Level 4 differs from Level 3 in that the individual resides in an acute care inpatient setting and receives direct care from a physician on a daily basis, as well as care from the interdisciplinary team described in Level 3.

If you are a licensed health or health-related service professional wanting more information about sobriety and recovery, please contact the NE LAP at (800) 851-2336 or (402) 354-8055 or visit our web site at www.lapne.org. If you would like to consult with the NE LAP, or schedule an assessment or an educational presentation, please ask for Michelle Hruska, NE LAP Coordinator, or Nicole Winkler, NE LAP Counselor.

March 2019