Levels of Care:
Insuring successful transitions and positive outcomes for young people and their families
Centerpoint provides a full array of treatment & educational supports and programs to teens, young adults, and their families faced with emotional, behavioral, mental health, substance abuse, or special learning needs. Centerpoint clients receive a comprehensive plan of services that may include:

- Psychiatric and mental health evaluation
- Immediate Access substance abuse screening and assessment
- Integrated special education and mental health day treatment services through the Centerpoint School
- Outpatient counseling for mental health and substance abuse concerns
- Family counseling and parent support
- Group therapy
- Intensive outpatient (IOP) treatment programs and plans
- Gender-affirmative treatment services
- Art Therapy, limbic, and body-based treatment services
- Trauma-focused treatment and support
- School-based substance abuse and mental health services
- Truancy intervention services
- Screening, brief intervention, and access to services and supports (SBIRT) through CHECKPOINT
- Life skills training and proficiency-based education plans through the Centerpoint Cooperative
- Therapeutic Driver Education and Training
- Community wellness and recovery support
- Services for youth involved through juvenile justice and the legal system
- Counseling services for the college and transition-aged student
- Prevention and early intervention programs
- Training and Consultation

Centerpoint’s services are provided on-site and within community settings throughout Northwestern Vermont, with centrally-located clinic and school campus locations in Chittenden County:

**Centerpoint’s South Burlington Campus**
1025 Airport Drive, South Burlington, VT 05403

**Centerpoint’s Winooski Campus**
94 West Canal St. Winooski, VT 05404
Severity of Substance Use in the Lives of our Clients

Diagnostic

<table>
<thead>
<tr>
<th>DSM V Diagnostic Criteria</th>
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<tbody>
<tr>
<td>Mild: 2-3 items</td>
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<tr>
<td>Moderate: 4-5 items</td>
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<tr>
<td>Severe: 6 or more items</td>
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</tbody>
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A problematic pattern of use leading to distress, as manifested by:

1. taken in larger amounts or over longer period than intended
2. persistent desire or unsuccessful efforts to cut down
3. great deal of time spent to obtain, use, or recover from effects
4. craving, strong desire, urge to use
5. failure to fulfill major role obligations
6. causing or exacerbating recurrent/persistent social/interpersonal problems
7. abandoned or reduced social/occupational/recreational activities
8. creating physical hazards, recurrent
    causing or exacerbating persistent or recurrent physical/psychological problems
9. tolerance: increased amount or diminished effect
10. Withdrawal symptoms, or use to alleviate symptoms

Functional Significance

Social/Recreational
Symptomatic
Problematic
Chemical Dependence*
Levels-of-Care and ASAM Patient Placement Criteria: Developmental Considerations

ASAM’s criteria uses six dimensions to create a holistic, biopsychosocial assessment of an individual to be used for service planning and treatment across all services and levels of care. The six dimensions are:

1. **Dimension 1**: Acute Intoxication and/or Withdrawal Potential
   - Exploring an individual’s past and current experiences of substance use and withdrawal

2. **Dimension 2**: Biomedical Conditions and Complications
   - Exploring an individual’s health history and current physical condition

3. **Dimension 3**: Emotional, Behavioral, or Cognitive Conditions and Complications
   - Exploring an individual’s thoughts, emotions, and mental health issues

4. **Dimension 4**: Readiness to Change
   - Exploring an individual’s readiness and interest in changing

5. **Dimension 5**: Relapse, Continued Use, or Continued Problem Potential
   - Exploring an individual’s unique relationship with relapse or continued use or problems

6. **Dimension 6**: Recovery/Living Environment
   - Exploring an individual’s recovery or living situation, and the surrounding people, places, and things

### TABLE: Summary of the American Society of Addiction Medicine Patient Placement Criteria

<table>
<thead>
<tr>
<th>Recommended treatment level</th>
<th>Matching patient</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.5—Early Intervention: Explore and address risk factors related to substance use and help patient identify harmful consequences of use</td>
<td>Requires intervention</td>
</tr>
<tr>
<td>I—Standard outpatient services: Regular scheduled sessions to help achieve permanent change; lifestyle, behaviors, and attitude issues can undermine goal of treatment</td>
<td>Requires less than 9 hours a week of care</td>
</tr>
<tr>
<td>II—Intensive outpatient: Provide education and treatment programs while patient applies new skills in real-world environment; program can offer psychiatric, medical, and psychopharmacological consultation as well as 24-hour crisis line service</td>
<td>Requires 9 to 19 hours a week of care</td>
</tr>
<tr>
<td>III—Partial hospitalization: Provide education and treatment programs while patient applies new skills in real-world environment; program can offer psychiatric, medical, and psychopharmacological consultation as well as 24-hour crisis line service</td>
<td>Requires more than 20 hours a week of care</td>
</tr>
<tr>
<td>IV—Residential/Inpatient services: Provide organized live-in care, 24 hours; services aimed at preventing imminent danger and developing sufficient recovery skills to be transitioned to less intensive levels</td>
<td>Imminent risk of relapse or continued use</td>
</tr>
<tr>
<td>IV—Medically managed intensive inpatient services: 24-hour medically supervised care staffed by physicians with credentials in treating addiction; treatment is specific to mental and substance use disorders</td>
<td>Imminent risk of intoxication; withdrawal; or biomedical, emotional, behavioral, or cognitive changes</td>
</tr>
</tbody>
</table>

This client would benefit from the ASAM Level of Care Treatment Services identified below:

- **Level 0.5**: Early Intervention services in a school or community setting: appropriate for young people with “risk factors” related to unhealthy behaviors or substance use but with “no identifiable mental health or substance-related disorder.”

- **Level 1**: Individual Counseling in a community setting: appropriate for young people who are “cooperative with treatment but may need monitoring and motivating strategies.” They are able to “maintain healthy choices and behaviors with minimal support between weekly counseling sessions. They spend their time in homes, school, work, and social settings that offer a “supportive and healthy environment.” These youth have “skills to cope” with the stress in their lives.

- **Level 1**: Group Counseling in a community setting: appropriate for youth who benefit from community-based outpatient counseling, but designed for those who are more responsive to peer group influence, peer relations, and experiential learning styles.

- **Level 2**: Intensive Treatment (IOP) in a community setting: appropriate for youth with coexisting emotional, behavioral, or mental health challenges that have “the potential to distract from treatment, recovery, and efforts to achieve health.” Their “resistance to treatment requires structured programming and there is a high likelihood of continued unhealthy choices and behaviors without close monitoring and support.” These youth often live, work, and attend school in “environments that are unsupportive of healthy choices, but with structure and support, [they] can cope” with the stress in their lives.

- **Level 3**: Intensive Treatment (RT) in a residential setting: appropriate for youth with “moderately severe” co-existing emotional, behavioral, and mental health concerns that may require stabilization in a 24-hour structured setting. These youth have “high resistance” to treatment and need “intensive 24-hour intervention” to support them. They are “unable to control their emotions and behaviors despite participation in less intensive services.” Their homes or community environment may be “compromised their recovery or well-being, necessitating removal from their environment.”

- **Level 4**: Intensive Treatment in a hospital or secure setting: appropriate for youth with mental health, emotional, or behavioral needs that place themselves or others at risk. Facility or staff safety is necessary to maintain safety of the client or the community. While these safety concerns may be primary, treatment needs remain indicated.

(This information is adapted from the American Society of Addiction Medicine Levels-of-Care Criteria)
- Improving Access
- Increasing Efficiency
- Enhancing Quality
- Expanding Partnerships
Integrated Treatment & Support

Developmentally-designed for adolescence, young adulthood, and family systems

including

varying levels of care matched to strengths & needs

and

multiple modalities

with

specialized models

based on an

integrative and compensatory understanding

of the process of growth and change
Multiple Modalities & Models: Promoting Health & Wellness

Group Services and Supports are an evidence-based and effective approach for counseling teens and parents. Skillful use of peer influence and group dynamics allows change to occur more quickly and sets the stage for longer-lasting progress through the establishment of natural peer-based supports. Specialty groups are developed based on emerging needs and trends, and are offered within clinics and a variety of school/community sites.
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MitchB@CenterpointServices.org
www.CenterpointServices.org
Building the Bridge: Effective Referral to Treatment & Support
An Integrative & Compensatory Model of Change

Developmentally-matched to adolescence and young adulthood
An Integrative & Compensatory Model of Change

Motivation

Capacity

Skill

why? why bother?

Change, Growth, and Positive Outcomes

what? learning and rehearsing NEW* skills

how? accommodated support and differentiated interventions

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