



## Alcohol and Other Drug

### Best-Practice Intervention Strategies\*

#### Assessment Components

The six ASAM Placement Criteria dimensions:

- transmissible infectious diseases and other bio-medical history (provide targeted risk-reduction counseling as indicated)
- co-occurring mental health or behavioral problems (ensure concurrent AOD and mental health treatment, as indicated)
- potential for withdrawal symptom severity and the need for medications
- motivation for change (using the Prochaska Stages Of Change model)
- protective factors and risk factors in the recovery environment
- potential for relapse

#### Treatment Components

- Drug testing during treatment to provide incentive for, and monitor, abstinence
- Utilize Motivational Interviewing as part of a non-confrontational, solution-focused approach to treatment engagement and retention in order to facilitate optimum outcomes
- Consider age, gender, maturity/developmental level, and culture in all phases of assessment, treatment and service delivery
- Education regarding the effects of substance use, what to expect in the course of treatment, and the expected effects of treatment
- Open-ended questions and exploration of values, past successes, and empathic reflection of thoughts and feelings to support self-realization of the need for change
- Identification of routine triggers for substance use and understanding relapse as a process
- Identification and modification of social and other barriers to abstinence
- Support for self-efficacy, effective coping and problem-solving skill sets for current and future stressors
- Inclusion of the relevant support system (e.g., family members) in both treatment planning and service delivery (unless contraindicated) to reduce family-based risk factors and enhance protective factors
- Development of a long-term sober support system
- Consistent collaboration with other relevant service providers (e.g., legal, health, school)