

SAMHSA and DHS Best Practice Guidelines

Treatment Begins with an Assessment and Treatment Plan

The goals of a psychosocial assessment of a patient who is addicted to opioids are to establish a diagnosis and determine appropriateness for treatment. The assessment includes a psychosocial history and current ASAM dimensions. A complete assessment examines the individual's substance use history; addiction treatment history; psychiatric history; family history; medical history; social history; mental status exam; and readiness to change.

Individual Counseling

- Ideally, an assessment is completed within 7 days of initiating services. This includes recommendation for placement and a DSM 5 diagnosis. The diagnosis is confirmed by the physician.
- A Treatment Plan is developed within 14 days of Level 1 admission. It includes both treatment goals, progress and the conditions under which treatment is to be discontinued. The initial treatment plan is to be signed by the physician, the patient and the counselor.
- Treatment plan is to be reviewed every 60 calendar days, or after every 10 hours of treatment.
- Counseling progress notes will specify the type of service delivered, location of service delivery, date, time, and duration of each service rendered to the patient.
- During early stages of recovery weekly counseling may be beneficial, whereas in later stages of recovery counseling may be less frequent to as little as once per month.

Group Counseling

Group therapy can be a powerful therapeutic tool for treating substance abuse. In many cases, it is as effective as individual therapy because groups intrinsically have many rewarding traits, such as reducing isolation and enabling members to witness the recovery of others. These qualities can draw clients into a culture of recovery.

Random Drug Screens

Both scheduled and random drug screens are recommended to evaluate medication compliance.

Confidentiality and Privacy

Providers must comply with all applicable laws and regulations regarding the privacy and confidentiality of records. Addiction treatment information in the possession of substance abuse treatment provider be handled with a greater degree of confidentiality than general medical information. All records shared between the physician and counselor are subject to Regulation 42 CFR, Part 2 and HIPAA which requires a signed patient consent before disclosing information.