

ASAM Technical Assistance Series

ASAM Monthly TA Call May 2023



Reminders

- Questions should be submitted 7 days in advance of the call to RA-DAASAM@pa.gov. Please feel free to submit questions in the chat.
- This call is being recorded. Please exit now if you do not want to be recorded. You will be able to review the video in its entirety on the DDAP webpage following this event.
- Suggestions for future call topics should be submitted to RA-DAASAM@pa.gov.

Disclaimers

Alignment with The ASAM Criteria is required of drug and alcohol treatment providers that receive funding for providing treatment services under agreements with Single County Authorities and/or Managed Care Organizations.

DDAP stresses the importance of reviewing the ASAM Criteria text in its entirety, attending the ASAM two-day training, and reviewing the resources available through DDAP including trainings and documents.

Today's Presenters

Betsy Martellucci, M.Ed., LPC, CAADC, Clinical Director, Mid-Atlantic Rehabilitation Services

Angela Stevens-Carr, MA, LPC, CAADC, Quality Assurance Director, Mid-Atlantic Rehabilitation Services

Molly Stanton, MS, Assistant Administrator, Lehigh County Drug and Alcohol

Learning Objectives

- List 3 ways family treatment impacts recovery.
- Be able to describe how family treatment is integrated into the ASAM's Six Dimensions and the recommended staffing for the outpatient levels of care.
- Describe 3 components of family treatment programs.



Integrating Family Services Across Outpatient Levels of Care

Betsy Martellucci, M.Ed., LPC, CAADC, Clinical Director, Mid-Atlantic Rehabilitation Services

Angela Stevens-Carr, MA, LPC, CAADC, Quality Assurance Director, Mid-Atlantic Rehabilitation Services

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The Bubblegum Family

Substance Abuse Disorder “gumming” up the system



The Winterfresh Family

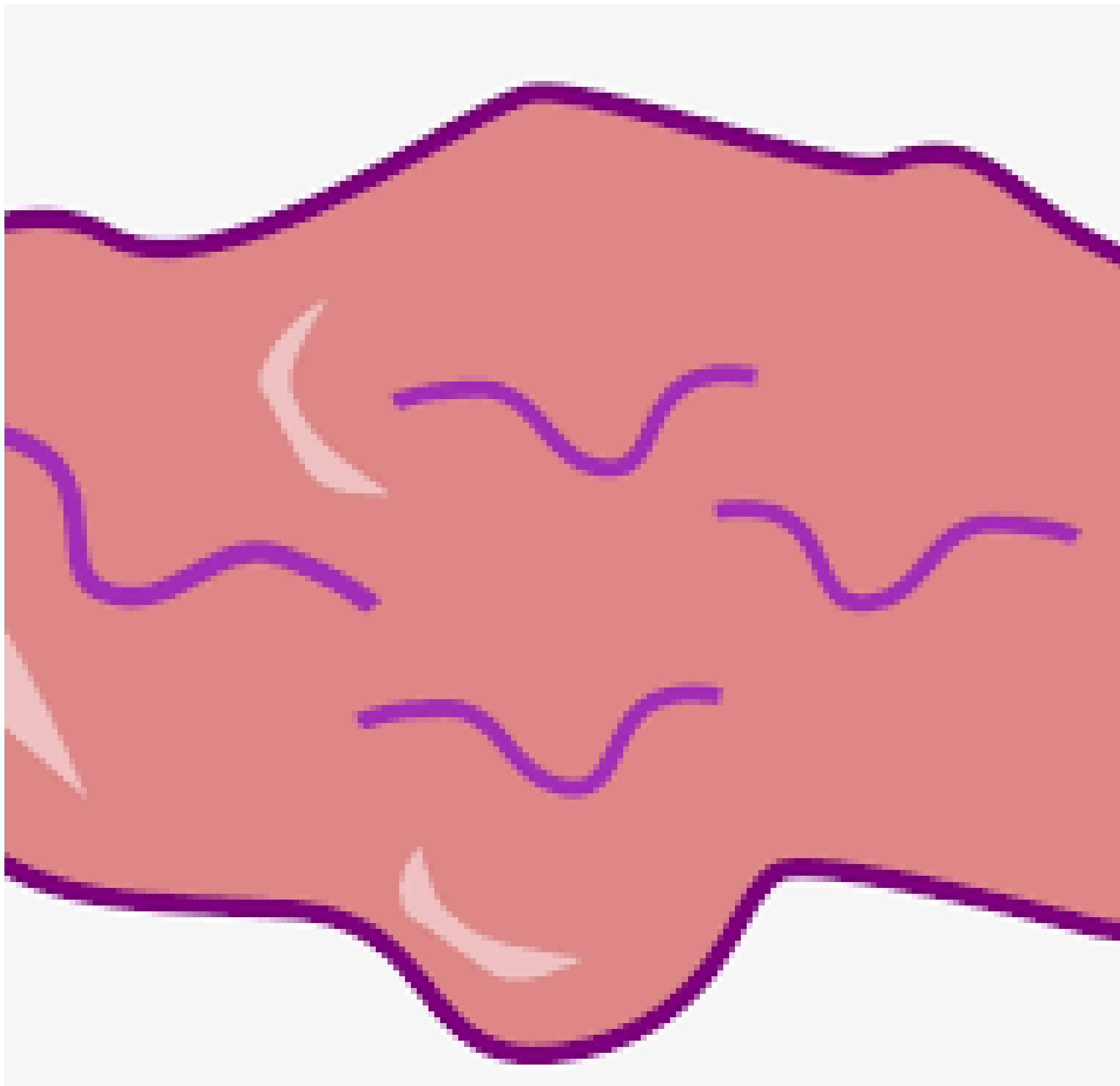


The Introduction.....



NOT MOM TOO!!





Where did the Wintergreen Family GO?



Caption

TAKE CARE



OF YOURSELF

Caption



self-care ACTIVITIES

- encourage journaling & self-reflection
- set time aside for hobbies
- talk about feelings
- find time for movement
- focus on the moment
- rest well
- video call family & friends

#selfcaresaturday

Flow & Grow
KIDS YOGA

Caption

FAMILY FOCUSED INTERVENTIONS WORK!!!

Learning How to Get Unstuck

- Edward Kaufman (1985) Family Systems and Family Therapy of Substance Abuse: An Overview of Two Decades of Research and Clinical Experience, *International Journal of the Addictions*, 20:6-7, 897-916, DOI: [10.3109/10826088509047758](https://doi.org/10.3109/10826088509047758)
- [Effects of family therapy for substance abuse: A systematic review of recent research](#)
[Jessica Esteban](#), [Cristian Suárez-Relinque](#), [Teresa I. Jiménez](#)
- [Family Therapy for Drug Abuse: Review and Updates 2003–2010](#)
[Cynthia L. Rowe](#)



Caption

How Does Family Tx Fit into ASAM?

“...Addiction is characterized by inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one’s behaviors and personal relationships, and a dysfunctionnal emotional response...” – The ASAM Criteria, p.10

The ASAM Criteria’s guiding principles also stress an interdisciplinary approach to treating addiction, including the incorporation of therapies that address the family as a system. (p. 3)

The elements of the Biopsychosocial assessment stress collection of clinical data on family history and how addiction has impacted healthy supports. (p. 40)

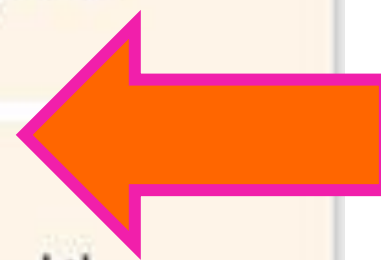


Family in the Six Dimensions of ASAM

AT A GLANCE: THE SIX DIMENSIONS OF MULTIDIMENSIONAL ASSESSMENT

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



Dimension 6 includes assessment of the people in the client's recovery environment.

Who lives with the client or are key supports?

Who is important to them?

Is there conflict? Stress?

Do they contribute to recovery?

Are they concerned?

Problems on Dimension 6 can interact with and impact the other dimensions both in terms of risk and protective factors.

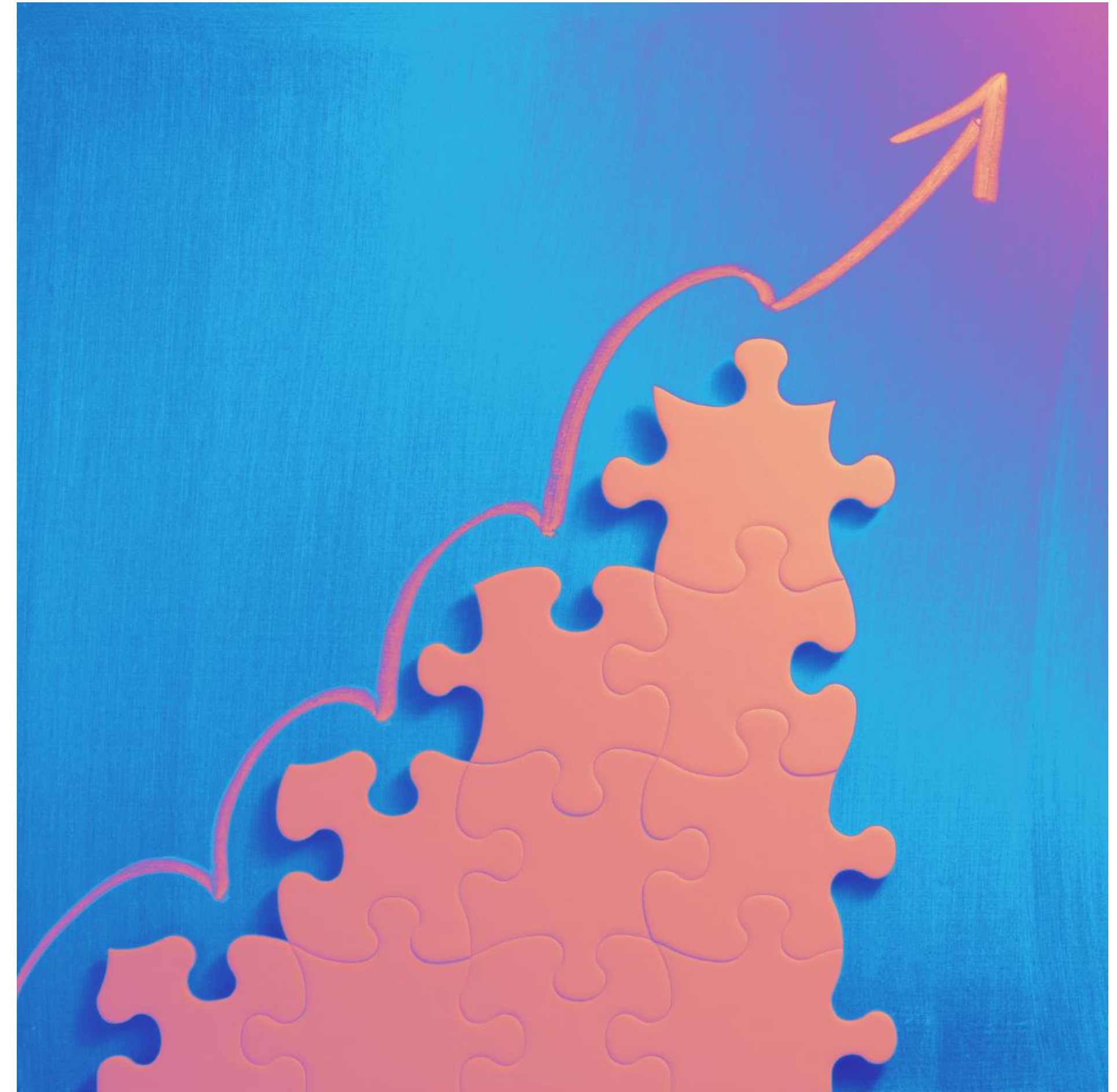


Dimension 6 Outpatient Levels of Care.

Outpatient (Level 1) – The support system may require professional interventions to improve the chance of success in treatment.

Intensive Outpatient (Level 2.1) – The support network renders recovery unlikely (a). Or the support network can jeopardize recovery. This is often because they, themselves are using substances.

Partial Hospital (Level 2.5) – The support network are not supportive of recovery goals, or are passively opposed to treatment.



Evidence for Improved Outcomes

Decades of research into the role of the family in addiction suggest:

- Family conflict plays a role in triggering/maintaining use.
- Families also play a role in whether a client enters treatment, completes treatment, and sustains treatment gains.
- Families who receive treatment with their substance using loved ones show reduced conflict, have greater family cohesion, and higher levels of family functioning.

Problems:

- Unless the target client is in treatment, many families have no support due to reimbursement rules.
- Marriage and Family Therapists often don't have the expertise to guide families of people who use substances.



Integrating Family Therapy and Support



Lehigh County recognized the needs of local families needing support.

A Request for Proposals for a comprehensive family program was developed with these guidelines:

- Offer Family Therapy as single family counseling with or without the target substance-using loved one present.
- Offer Multi-Family Group therapy that could include both a skill-building/psychoeducational component along with therapeutic interventions.
- Case Management Services for families.
- Integration of Certified Family Recovery Specialist (CFRS) services.

FORT program

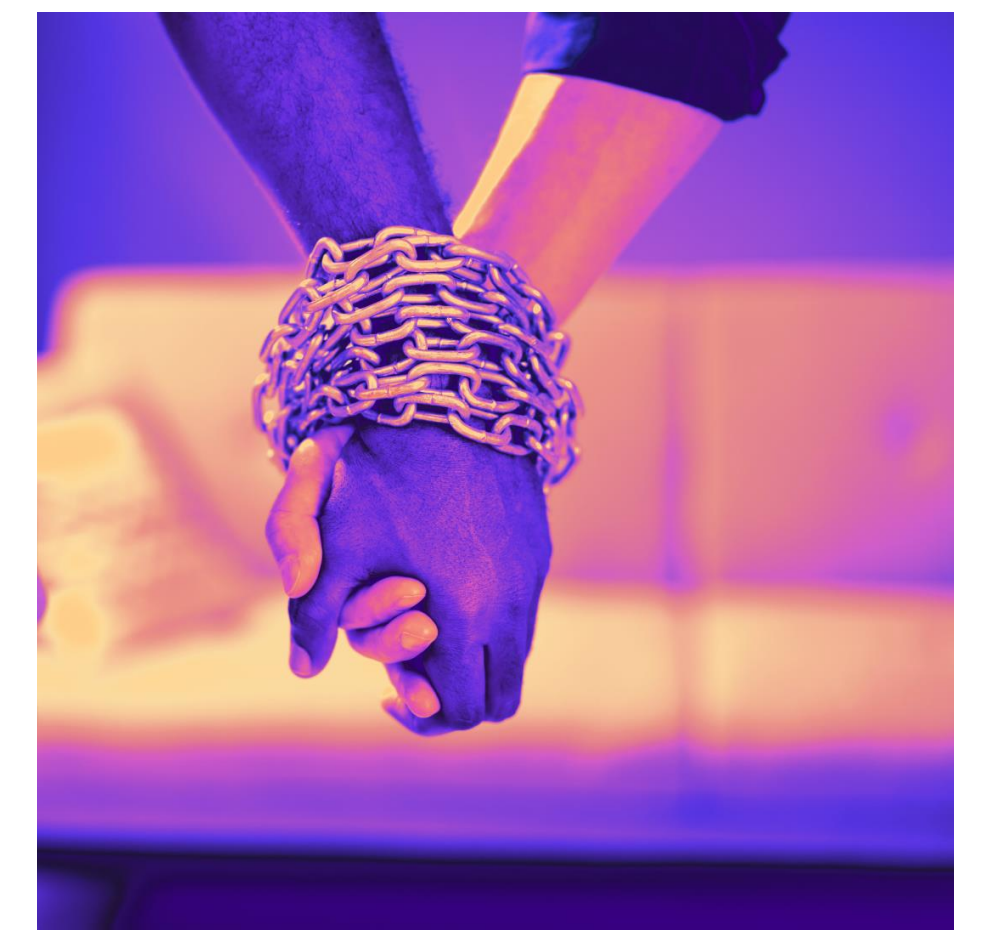
Families Obtaining Recovery Together

- Our counselors provide a multidisciplinary approach to treatment unique to each client, while simultaneously working collaboratively with the treatment team (CFRS & Case Manager) to provide a wide array of support and skills.
- Working with a counselor will allow FORT clients to develop and maintain healthy lifestyles and recovery management skills to utilize with family members and loved ones.
- All counselors hold a thorough understanding of the organization's philosophy of treating both the individual struggling with addiction through outpatient treatment, and the family experiencing their loved one's addiction through the FORT program.
- Counselors have extensive knowledge and background of substance abuse and any co-occurring diagnoses. Our counselors are responsible for ensuring that clinical services are provided for all clients in accordance with government and accreditation regulations.
- MI, Rogerian, CBT, family systems



FORT family program

What kinds of services are provided?



- **Certified Family Recovery Specialist Services (CFRS)**

A Certified Family Recovery Specialist (CFRS) utilizes their own lived experience to help empower individuals to identify their strengths, and set goals. A CFRS may have experienced some of the same challenges and could bring a valuable perspective to you.

- **Individual, Couples, and Family Counseling**

Our counselors provide a multidisciplinary approach to treatment unique to each program member while simultaneously working collaboratively with our treatment team (CFRS and Case Manager) to provide a wide array of support and skills. Working with a counselor will allow FORT program member to develop and maintain healthy lifestyles and recovery management skills to utilize with family members and loved ones. All counselors possess a thorough understanding of MARS-ATP's of treating both the individual struggling with a substance use through outpatient treatment and the family experiencing their loved one's struggle through the FORT Program. Our counselors have extensive knowledge and background of substance use and co-occurring diagnosis.

- **Case Management Services**

Case Management Services will help in expanding the network of social services available to your family and help FORT Program members access needed services. Case management offers FORT Program members a single point of contact to assist in navigating the healthcare system and the community resources.

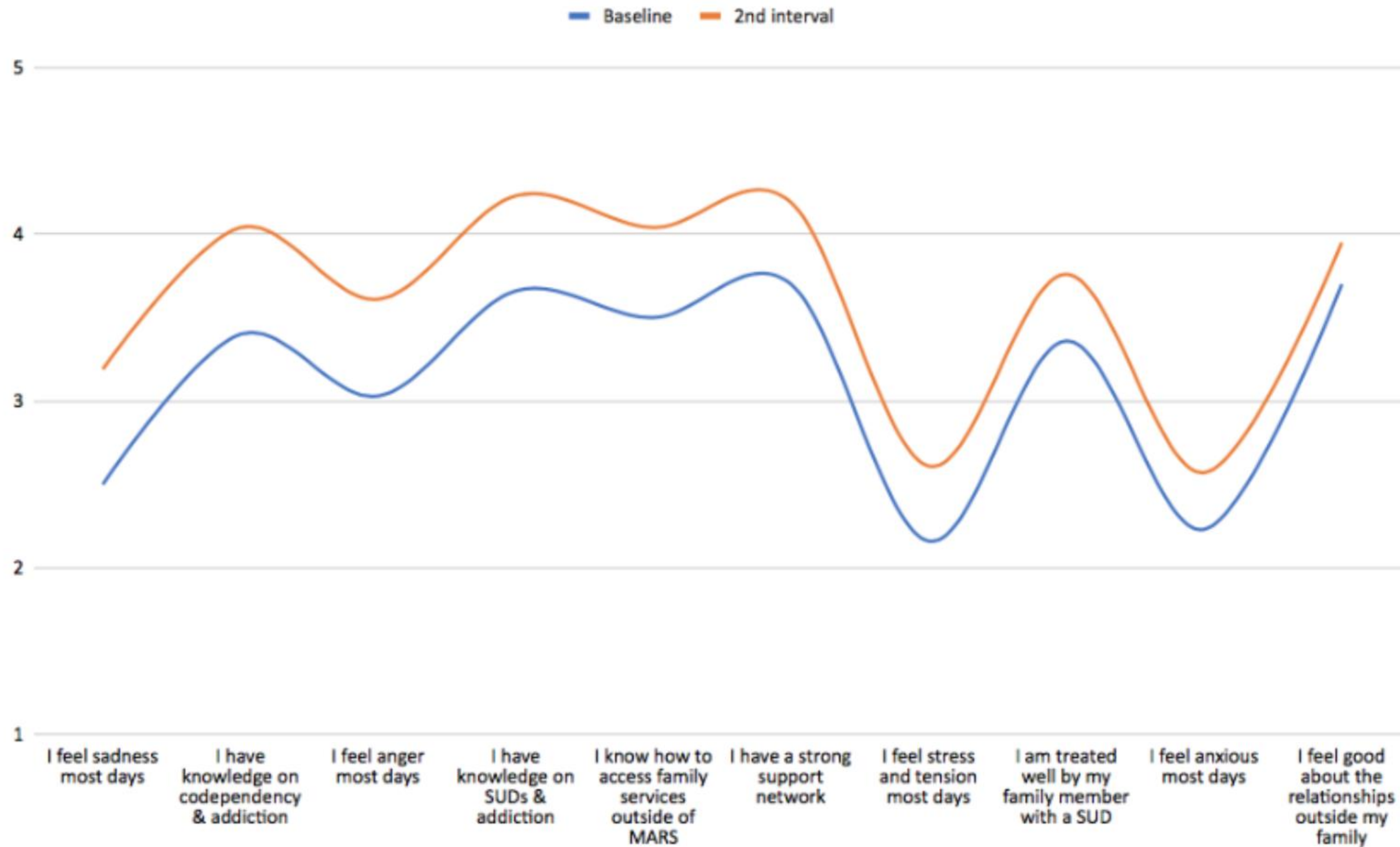
- **Codependency Groups**

Codependency group will provide you with peer support and understanding with a licensed clinical counselor who will help facilitate conversations and psychoeducation on substance use as a family disease, practicing self-care, and how to manage struggles related to your family member with a substance use disorder.

FORT

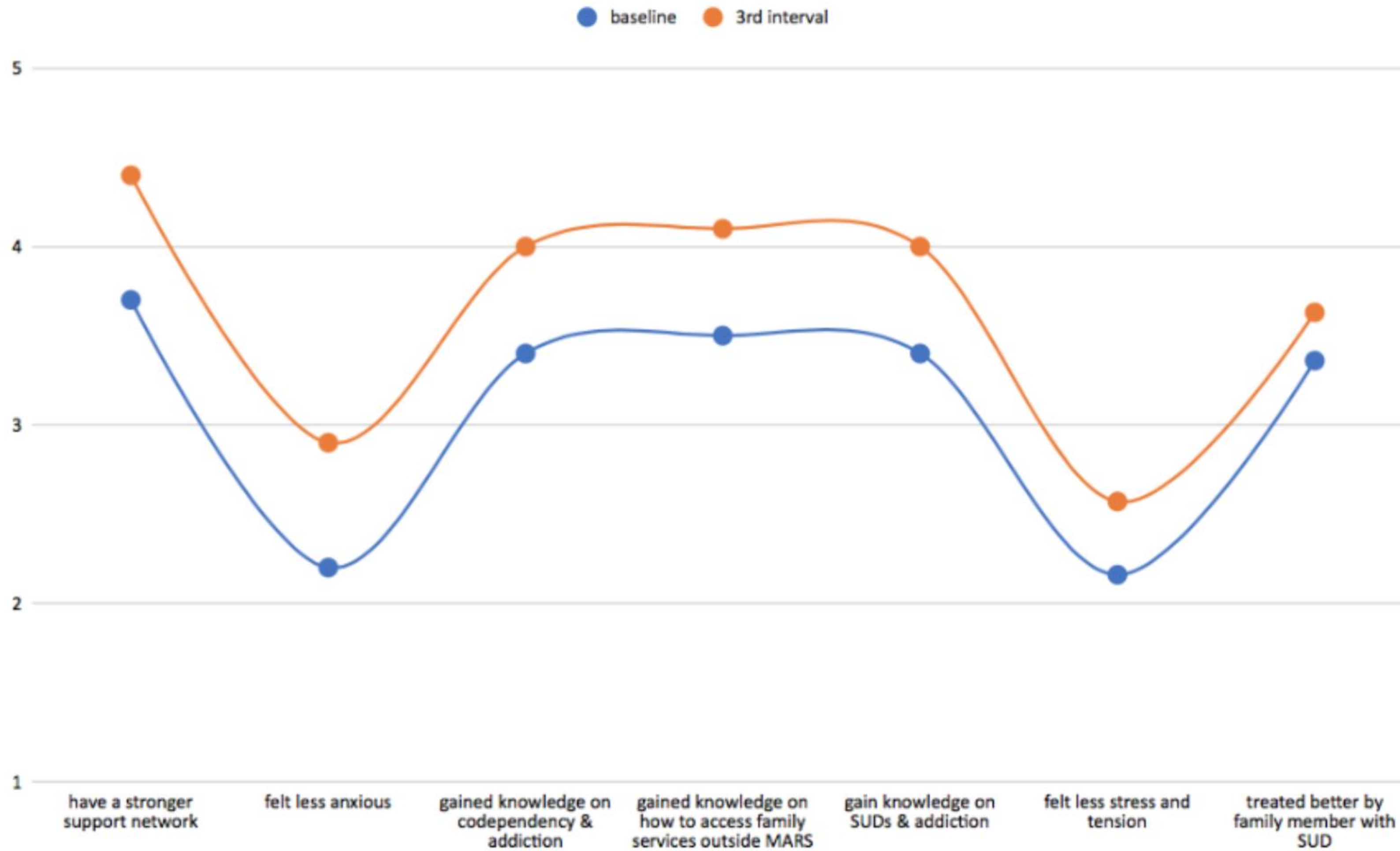
Data

Significant positive change from baseline to 2nd interval



Significant Positive Change

**higher scores indicate improvement*





Questions?



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