

## Substance Use Disorders (SUDs) Case Scenario

Charlie is a 23-year-old male who is seeking treatment for his substance abuse issues at Serenity Place Treatment Services. He is voluntary and wants to get help. Facility is seeking Residential Treatment 3.5 level of care. Charlie reports his drug of choice is Alcohol and he consumes a 12 pack of beer a day and has been drinking since age 13 with his drinking progressing as he has gotten older. Charlie reports drinking to intoxication and reports he has had blackouts before. Charlie also reports feeling hungover each morning and has the “shakes”. Charlie has also used Marijuana, Cocaine and Stimulants off and on for the past 7 years. Charlie reports hanging around with the “wrong” crowd but relates this to his need to feel accepted as he grew up without a father. He reports his mother is supportive, but she lives in another state. Charlie does not have any siblings. Charlie reports being diagnosed with ADHD in elementary school and had poor grades and eventually dropped out of school at age 16. This is when Charlie feels his substance usage became worse. Charlie also reports feeling hopeless and helpless and feels if he does not get help, things will only continue to get worse for him. Charlie denies any thoughts of self-harm but reports having thoughts in the past of “why should I keep on living”. Charlie shared his father is an alcoholic, so he is fearful he is one as well. Charlie denies any legal issues. Charlie does not have a stable living environment and currently has been living with friends sleeping on their couch. His friends also drink and use drugs. Charlie is working part time at a convenience store nearby where his friends live. Charlie reports poor sleep and appetite and does report being diagnosed with Type 1 Diabetes but he has not had his insulin in over a month. Charlie admits going to an Outpatient provider for his ADHD as a teenager and went to an Intensive Outpatient Program when his mother caught him drinking after school, but he stopped going and resumed drinking and did not have any other follow up appointments. Charlie has limited insight other than he knows he needs to stop drinking and his longest period of sobriety has been a few days. The facility is requesting an initial 30 days of Residential Treatment (ASAM 3.5) with a stepdown to a lower level of care in either an ASAM 2.5 (Partial Hospitalization) or ASAM 2.1 (Intensive Outpatient) depending on Charlie’s engagement with the program. The facility advised the lower levels of care are over two hours away from where Charlie lives currently.

## **Applying the ASAM Dimensions:**

### **Dimension 1: Acute Intoxication and/or withdrawal potential**

Charlie has mild to moderate signs and symptoms of withdrawal which interfere with daily functioning but do not pose an imminent danger to self or others.

### **Dimension 2: Biomedical Conditions and Complications**

Charlie has uncontrolled Type 1 Diabetes Mellitus and will be evaluated to resume Insulin. No other biomedical signs or symptoms are present.

### **Dimension 3: Emotional, Behavioral or Cognitive Conditions and Complications**

Charlie reports history of harmful ideation but no current thoughts. He has a history of ADHD as diagnosed in elementary school. Social functioning is impaired with continues substance abuse and feelings of hopelessness and helplessness which are causing him to feel depressed.

### **Dimension 4: Readiness to Change**

Charlie has never followed through with any treatment and knows he wants to stop drinking but does not know if he can follow through with treatment recommendations.

### **Dimension 5: Relapse, continued use, or continued problem potential**

Charlie has little to no understanding of substance abuse relapse and has poor coping skills and is uncertain he can remain sober without getting help.

### **Dimension 6: Recovery Environment**

Charlie's environment is not supportive, and he currently lives with friends who are active substance users.

### **Clinical Rational**

Based on the clinical information provided, Charlie appears to meet ASAM level 3.5 based on he needs the structure of a 24-hour supportive treatment in a contained, safe, and structured environment to help him initiate a recovery process that has failed to progress at this time. Charlie will learn new skills for a successful transition from active addiction to a stable, recovery-positive lifestyle. The residential setting will provide structure, supervision, and support Charlie in his efforts. He will receive a range of services including therapy, medication, and patient education helps to ensure that patient needs have been fully addressed.