

Levels of Care in NH

Outpatient Treatment (American Society of Additional (ASAM) Level 1) services assist an individual or group of individuals to achieve treatment objectives through the exploration of substance use disorders and their ramifications, including an examination of attitudes and feelings, and consideration of alternative solutions and decision making with regard to alcohol and other drug related problems.

Intensive Outpatient Treatment (ASAM Level 2.1) services provide intensive and structured individual and group alcohol and/or other drug treatment services and activities that are provided according to an individualized treatment plan that includes a range of outpatient treatment services and other ancillary alcohol and/or other drug services. Services for adults are provided at least 3 hours a day and at least 3 days a week. Services for adolescents are provided at least 2 hours a day and at least 3 days a week.

Partial Hospitalization (ASAM Level 2.5) services provide intensive and structured individual and group alcohol and/or other drug treatment services and activities to individuals with substance use and moderate to severe co-occurring mental health disorders, including both behavioral health and medication management (as appropriate) services to address both disorders. Partial Hospitalization is provided to clients for at least 20 hours per week according to an individualized treatment plan that includes a range of outpatient treatment services and other ancillary alcohol and/or other drug services.

Transitional Living (non-ASAM) services provide residential substance abuse treatment services designed to support individuals as they transition back into the community. Transitional Living services must include at least 3 hours of clinical services per week of which at least 1 hour must be delivered by a Licensed Alcohol and Drug Counselor (LADC) or Master Licensed Alcohol and Drug Counselor (MLADC) or unlicensed counselor working under the supervision of a LADC or MLADC and 2 hours must be delivered by a Certified Recovery Support Worker (CRSW). The maximum length of stay in this service is 6 months. Adult residents typically work in the community and may pay a portion of their room and board.

Low-Intensity Residential Treatment (ASAM Level 3.1) services provide residential substance abuse treatment services designed to support individuals that need this residential service. The goal of low-intensity residential treatment is to prepare clients to become self-sufficient in the community. Adult residents typically work in the community and may pay a portion of their room and board.

High-Intensity Residential Treatment for Adults/ Medium Intensity Residential for Adolescents (ASAM Level 3.5) services provide residential substance abuse treatment designed to assist individuals who require a more intensive level of service in a structured setting.

Integrated Medication Assisted Treatment services provide for medication prescription and monitoring for treatment of opiate and other substance use disorders. Non-medical treatment services are provided by substance use disorder treatment professionals with medical services provided by an appropriate medical provider. Coordination of care between providers is a critical component of medication assisted treatment. “Guidance Document on Best Practices: Key Components for Delivery Community-Based Medication Assisted Treatment Services for Opioid Use Disorders in New Hampshire.” (please link to the MAT guide) provides additional information on best practices for medication assisted treatment.

Opioid Treatment Programs (sometimes referred to as methadone clinics) provide medication assisted treatment with methadone or buprenorphine in a clinic setting.

Ambulatory (ASAM, Level 1-WM) and **Residential** (ASAM Level 3.7-WM) **Withdrawal Management** services provide a combination of clinical and/or medical services utilized to stabilize the client while they are undergoing withdrawal.

Recovery Support Services are non-clinical services that reduce or remove barriers to a client entering and/or sustaining recovery. Peer recovery support services are delivered by individuals with lived experience in recovery and may include, but are not limited to, Recovery Coaching and Telephone Recovery Support services. Non-Peer recovery support services are not specifically delivered by individuals with lived experience in recovery and include services such as parenting classes, vocational services, transportation and child care.