

# DEFINING TREATMENT “LEVELS OF CARE”

In Maryland, substance abuse treatment is disseminated through a network of prevention, intervention and treatment services that are publicly and/or privately funded. This continuum of care network is defined through the standards set by the American Society of Addiction Medicine (ASAM) Patient Placement Criteria 2-Revised (PPC 2-R).<sup>1</sup> Such standards ensure increased uniformity of treatment and improved cost-effective allocation of resources.

A “level of care” is a primary treatment approach or modality. Programs must meet the standards defined by ASAM Criteria. Certification procedures require programs to meet the established standards for the “level(s) of care” they deliver. A brief definition of each “level of care” available in Maryland is shown below.

**Early Intervention (0.5)** – Outpatient counseling for individuals who do not meet criteria for a substance use disorder, but who are at high risk for alcohol or other drug problems (e.g., DUI patients, school based early intervention).

**Level I - Outpatient Treatment (I)** – Nonresidential, structured treatment services for less than nine hours a week per patient. Examples include office practice, health clinics, primary care clinics, mental health clinics, and “step down” programs that provide individual, group and family counseling services.

**Opioid Maintenance Therapy (I-OMT)** – Medication assisted treatment specific to opioid addiction. Patients are medically supervised and engaged in structured clinical protocols. Services are delivered under a defined set of policies, procedures and medical protocols. Methadone maintenance programs are an example of this level of care.

**Level II - Intensive Outpatient (II.1)** – A structured therapeutic milieu in an outpatient setting that delivers nine or more hours of structured treatment services per patient, per week.

**Partial Hospitalization (II.5)** - Provides each patient with 20 or more hours of clinically intensive programming per week based on individual treatment plans. Programs have pre-defined access to psychiatric, medical and laboratory services.

**Level III - Clinically Managed Low Intensity Residential Treatment (III.1)** - Provides Level I treatment services to patients in a residential setting such as a halfway house.

**Clinically Managed Medium Intensity Residential Treatment (III.3)**- Programs provide a structured recovery environment in combination with clinical services. For example, a therapeutic rehabilitation facility offering long-term care.

**Clinically Managed High Intensity Residential Treatment (III.5)**- A structured therapeutic community providing a recovery environment in combination with intense clinical services, such as a residential treatment center.

**Medically-Monitored Intensive Inpatient Treatment (III.7)**- Programs offering a planned regimen of 24 hour professionally directed evaluation, care and treatment for addicted patients in an inpatient setting, Level III.7 care is delivered by an interdisciplinary staff to patients whose sub-acute biomedical and emotional/behavioral problems are sufficiently severe to require inpatient care.

**Level IV - Medically Managed Intensive Inpatient Services (IV)** - Much like Level III.7 this level of care has an interdisciplinary staff that attend to patients whose acute biomedical, emotional or behavioral problems are severe enough to require primary medical and nursing services. The full resources of an acute general hospital or a medically managed inpatient treatment service system are required of this service level.

<sup>1</sup>ASAM Patient Placement Criteria for the Treatment of Substance-Related Disorders, (Second Edition — Revised ): (ASAM PPC-2R) April, 2001.