

Guide to Substance Use Disorder Treatment and Recovery



Course Overview

In this course you will gain an understanding of substance use disorder (SUD) treatment and recovery practices and principles. The course will review the signs and symptoms of SUD and how the process of screening and assessment helps determine the next steps and the required level of care.

In addition, participants will learn how the process of change can contribute to interrupting the addiction cycle and achieving recovery. The course will define effective, clinically proven treatment principles and the importance of providing an individualized, multi-faceted approach to treatment and continuum of care.

What People Are Saying

"Learning about the cycle of addiction and stages was eye opening. With an understanding that setbacks are an expected part of the process toward recovery, therefore working with the client on their recovery plan is as important as the treatment plan."

- Identify DSM-5 signs & symptoms of SUD. ASAMs 6 dimensions of multidimensional assessment & explain their relation to ASAM's level of care.
- Discuss: How the process of change contributes to interrupting the addiction cycle and achieving recovery. ASAMs four levels of care and explain the difference between levels 1-4. What a setback (or relapse) is, what it means for treatment plans, & what the stages of setback entail.
- Explain: The importance of an individualized, multi-faceted approach to assessment, treatment, and recovery. The four dimensions of recovery & their alignment to the ten guiding principles of recovery.
- Identify: Evidence-based treatment services and identify available resources.

"My biggest takeaway was the recognition of addiction as a chronic, remitting, and relapsing disease. The need to continue treatment and interventions even when someone has been in recovery for a long time, and to utilize proper support systems."

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Online Course Meets DEA MATE Act Training Requirements

Course Outline

- I. Brief Review of Substance Use Disorder (SUD)
 - A. Definition
 - B. Cause and Risk Factors
- II. Screening and Assessment
 - A. The Process and Purpose
 - B. Screening, Brief Intervention & Referral to Treatment
 - C. PCP and Addiction Specialist Assessment
 - D. ASAM's Six Dimensions of Multidimensional Assessment
 - E. Other Common SUD Screenings
- III. DSM-5 Signs and Symptoms of SUD
 - A. DSM 5 Signs and Symptoms
 - B. Determining the Severity
- IV. Cycle of Addiction and Stages of Change
 - A. Cycle of Addiction and Denials Role
 - B. Stages of Change
- V. SUD Treatment and Levels of Care
 - A. Treatable Disorder
 - B. Continuum of Care
 - C. ASAM's Levels of Care
 - D. Multi-faceted Approach to SUD Treatment
 - E. Principles of Effective Treatment
- VI. Recovery
 - A. Definition
 - B. Four Dimensions of Recovery
 - C. Ten Guiding Principles
- VII. Relapse, or Setback
 - A. Definition
 - B. Stages of Relapse
 - C. Relapse Prevention
- VIII. Resources and Support

Course Subject Matter Expert

Dean Babcock received his Bachelor of Science degree in Public Affairs and Master of Social Work degree from Indiana University. He is a Licensed Clinical Social Worker and Licensed Clinical Addiction Counselor, and has spent his professional career working in health care and mental health care systems. Dean is a published author on numerous research publications and gives lectures and trainings locally / nationally related to evidence-based practices in addiction treatment.

CE Credit and Certificate Program

In partnership with Purdue University College of Pharmacy, Office of Continuing Education, Overdose Lifeline offers continuing education online courses for clinicians and professionals and a 20 credit professional certificate program on Addiction / Substance Use Disorder with an Opioid Specialization.

The course meets the following CE accreditations: Accreditation Council for Pharmacy Education (ACPE), Accreditation Council for Continuing Medical Education (ACCME), American Nurses Credentialing Center (ANCC), and Other, *AMA PRA Category 1 Credit(s)*™ (ACCME) which will service all other clinical, professional, and layperson credits.

Law Enforcement: As an approved Law Enforcement Training Board training provider (#47-1333720), Overdose Lifeline online training courses meet annual in-service training requirements for Indiana Law Enforcement officers and support personnel.

Online Course 3.0 CE Credits

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