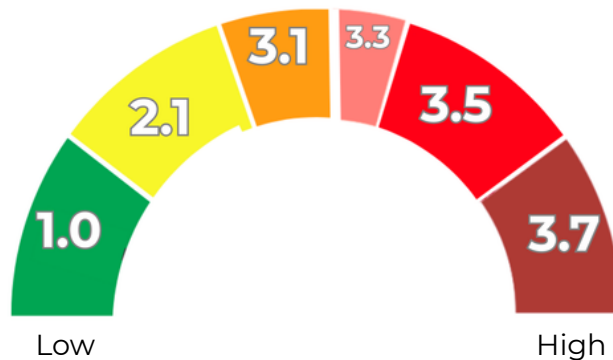


## Overview of Substance Use Disorder Treatment Levels of Care Plain Language Guide (ASAM Levels 1.0 through 3.7)

This guide explains each level of care used in substance use treatment. These levels help determine how much support someone needs based on safety, withdrawal risk, mental health symptoms, daily functioning, and potential for relapse.



### Levels of Care

#### Level 1.0 — Outpatient

- *Low-intensity counseling while residing at home.*

#### Level 2.1 — Intensive Outpatient (IOP)

- *Structured therapy sessions several times a week.*

#### Level 3.1 — Low-Intensity Residential

- *Supportive sober housing with a daily structured routine.*

#### Level 3.3 — Population-Specific Residential

- *Slower-paced residential care tailored for individuals with cognitive or functional needs.*

#### Level 3.5 — High-Intensity Residential

- *24-hour structured treatment with intensive therapy provided.*

#### Level 3.7 — Medically Monitored Residential

- Residential care featuring 24-hour medical supervision.  
Detox (3.7-WM / 4.0)
- Short-term medical withdrawal management for safe detoxification.



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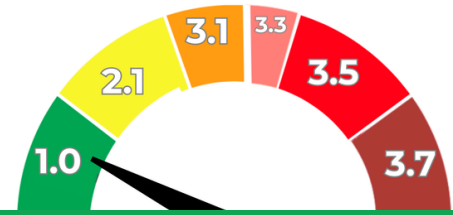
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# Level 1.0

## Outpatient Treatment (OP)



### Level 1.0 — Outpatient Treatment (OP)

#### Who It's For:

- Individuals with mild to moderate substance use challenges
- Those who do not require daily structure
- People who are stable and safe at home, capable of managing urges with minimal support

#### What It Offers:

- Flexibility
- Lower cost
- Support while balancing work or family responsibilities
- A low-intensity program designed for individuals who can safely live at home, work, and handle daily tasks while attending treatment

#### What to Expect:

- Treatment typically ranges from 1 to 8 hours per week
- Individual and/or group counseling sessions
- Education on addiction, mental health, coping skills, triggers, and relapse prevention
- Random drug screenings may be implemented, depending on the provider



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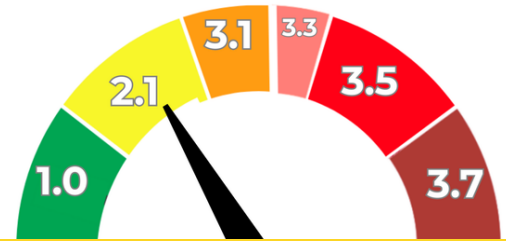
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# Level 2.1

## Intensive Outpatient Program (IOP)



### Level 2.1 — Intensive Outpatient Program (IOP)

#### What It Is:

A structured program that offers more support than standard outpatient care while still allowing individuals to live at home.

#### Who It's For:

- Individuals seeking more accountability and structure than outpatient programs provide
- Those with co-occurring mental health symptoms
- Anyone who has recently experienced substance use or relapse but does not need 24-hour care

#### What It Offers:

- Enhanced support without interrupting work or home life
- A step-down option from residential programs
- A step-up option if outpatient care proves insufficient

#### What to Expect:

- **Typically** 9–15 hours per week, spread over 3–5 days
- **Main format** involves group therapy
- **Individual therapy**, peer recovery support, mental health services, and family services may also be included
- **Focus areas** include coping skills, relapse prevention, mental health, and building a support network

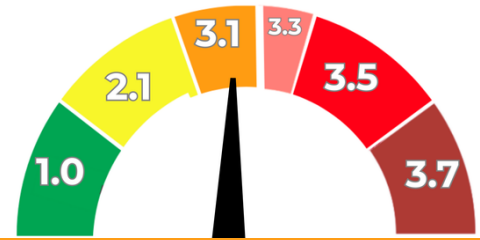


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# Level 3.1

## Clinically Managed Low-Intensity Residential



### Level 3.1 — Clinically Managed Low-Intensity Residential

#### What It Is:

A residential program designed to provide a structured, sober environment with lower clinical intensity.

#### Who It's For:

- Individuals in need of a safe, sober living space
- Those not currently prepared for independent living
- People transitioning from more intensive residential treatment
- Individuals who can benefit from life skills “hacks” or support
- Those seeking a stable home environment

#### What It Offers:

- Safe housing while promoting independence
- Community support
- Living on-site with staff assistance, but without 24-hour medical care
- Daily structure focused on life skills, relapse prevention, and recovery support
- Less therapy compared to levels 3.5 or 3.7, but with increased ongoing support and stability

#### What to Expect:

A supportive environment that fosters recovery and personal development.



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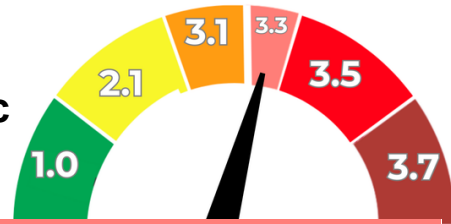
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# Level 3.3

## Clinically Managed Population-Specific High-Intensity Residential



### Level 3.3 — Clinically Managed Population-Specific High-Intensity Residential

*(Availability may vary; primarily focuses on cognitive or functional impairments. Currently, there is only one location within a 100-mile radius of the Twin Cities.)*

#### What It Is:

A residential treatment program tailored for individuals requiring a supportive environment.

#### Who It's For:

- Individuals with brain injuries, cognitive impairments, developmental disabilities, or severe mental health challenges
- Older adults needing simplified treatment
- Those unable to keep pace with fast-track traditional 3.5 programs

#### What It Offers

- Emotional safety
- Simplified curriculum
- Day-to-day support at a slower pace
- 24-hour staff assistance
- Smaller group sizes
- Extended program duration
- Treatment customized for cognitive limitations, age-related needs, or developmental considerations

#### What to Expect

- A nurturing environment focused on individual needs and progress.

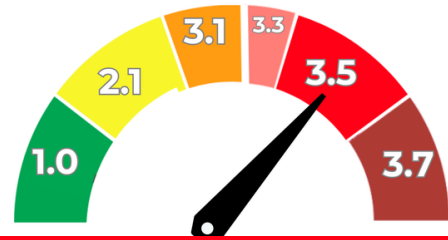


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# Level 3.5

**Clinically Managed High-Intensity Residential  
(Traditional Residential Treatment)**



## **Level 3.5 — Clinically Managed High-Intensity Residential (Traditional Residential Treatment)**

### **What It Is:**

This is a highly structured residential program that provides intensive therapy along with 24-hour support.

### **Who It's For:**

- Individuals with moderate to severe substance use disorders
- Those in need of stability, safety, and a break from triggers
- People who cannot maintain sobriety without a fully structured environment

### **What It Offers:**

- **24-hour staff supervision**
- **Daily therapy sessions:** group, individual, and potentially family
- **Skills training, relapse prevention, and education**
- **Peer support and a structured daily schedule**
- May include medical or mental health professionals, depending on the facility

### **What to Expect:**

- A safe environment that is separated from triggers
- Intensive treatment and peer support
- An excellent option for those in early recovery or following a relapse

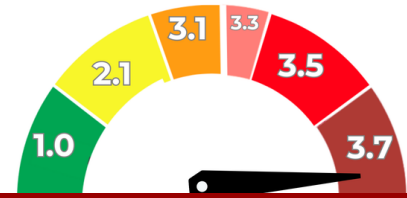


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# Level 3.7

## Medically Monitored High-Intensity Residential



### Level 3.7 — Medically Monitored High-Intensity Residential

#### What It Is:

A residential program with **24-hour medical monitoring**, often used for people with high withdrawal risk or complicated medical/psychiatric needs.

#### This program is designed for:

- Individuals at risk of dangerous withdrawal
- Those experiencing significant medical or psychiatric instability
- People with severe addiction patterns for whom outpatient care or lower levels of treatment are unsafe

#### What to Expect

- 24-hour nursing supervision
- Daily medical evaluation
- Ability to manage withdrawal symptoms
- Intensive therapy
- Co-occurring mental health treatment
- Highly structured environment
- High medical oversight
- Ability to address medical and psychiatric crises
- Intensive stabilization and support



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