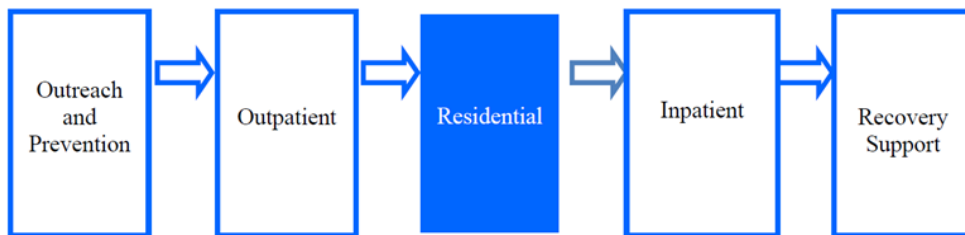


WHAT IS RESIDENTIAL SUBSTANCE USE DISORDER TREATMENT?

Treatment in a residential setting is a critical part of the continuum of care for substance use disorders. There are many variables that exist from State to State, including length of stay, staffing, and licensing requirements – however, treatment in a residential setting is typically person-centered and peer driven, longer in duration than medically managed inpatient/hospital settings, and typically integrates evidenced-based behavioral management. Treatment in a residential setting is often needed for individuals with more severe levels of addiction, often accompanied by fewer social supports.

While there are many credentialing bodies nationally that provide program guidance for residential programs, the American Society of Addiction medicine offers a level structure with the following definition; level 3 programs offer organized treatment services that feature a planned and structured regimen of care in a 24-hour residential setting. Within level 3, several subcategories provide additional guidance. Additionally, individuals who are appropriately placed in clinically managed levels of care have minimal intoxication, withdrawal, and addiction medication needs.

CONTINUUM OF CARE



WHY RESIDENTIAL TREATMENT IS NEEDED

Residential treatment for SUD is essential for individuals facing severe addiction challenges, lacking the motivation or social support necessary for recovery on their own. This form of treatment, typically lasting six to ten months, may combine residential care with subsequent phases in recovery residences or step-down components that include ongoing recovery support services. By tailoring services to individual needs, residential treatment can be effective for a wide array of individuals, including those with co-occurring disorders.

Residential SUD treatment offers structure, community, and focus that fosters recovery in a way other treatment types may not. By integrating individualized treatment plans that cater to specific needs and making necessary adaptations for special populations, residential treatment not only adheres to the principles of effective addiction treatment but also supports a path to recovery that is both inclusive and flexible.

RESIDENTIAL TREATMENT: SERVICES & ENVIRONMENT OF CARE

Two of the most crucial components of an effective residential substance use disorder (SUD) treatment program are the environment of care (EOC) and the services offered to participants. An EOC refers to the design and safety considerations of a treatment program and is focused primarily on three-dimensional drivers that influence an individual's recovery journey including:

- Physical
- Social
- Psychological

KEY ELEMENTS IN RESIDENTIAL TREATMENT

- Strengths-Based Case Management
- Individual, group, and family therapy
- Housing
- Cognitive Behavioral Interventions
- Medication Assisted Treatment
- Health Screening & Medical Services
- Life Skills Development
- Integrated Screening and Assessment
- Education & Career Readiness
- Linkages to Medical & Psychiatric services
- Withdrawal Management
- Recreation and Wellness
- Community Resource Navigation

FINANCIAL BENEFITS

Substance misuse and substance use disorders cost more than \$400 billion annually in crime, health, and lost productivity

-The National Center on Addiction and Substance Abuse