

# Addiction Treatment- Where do I Start?

Presented by Aspen Ridge Recovery

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Boulder Community Health

# Your Speakers



Danny San Filippo, LPC LAC –  
AspenRidge Recovery Program Director

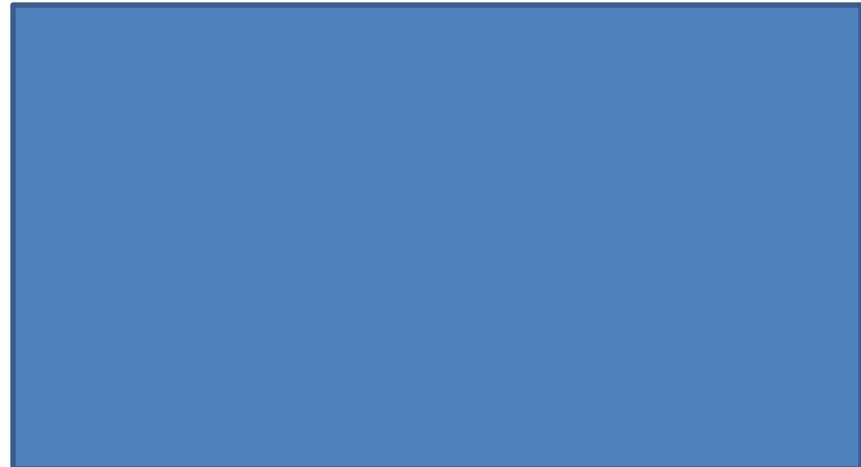


Steve Sarin – Marketing Manager

# What is Addiction?

*Addiction* is defined as a chronic, relapsing disorder characterized by compulsive drug seeking, continued use despite harmful consequences, and long-lasting changes in the brain. It is considered both a complex brain disorder and a mental illness.

National Institute on Drug Abuse, July, 2018



# Spectrum of Addiction



- Casual, recreational, limited use

- Use is for the purpose of getting drunk or high

- Frequent use in spite of impaired functioning

- Daily use required to function or feel "normal"

# Substance Use Disorder Criteria

1. Taking the substance in larger amounts or for longer than you're meant to.
2. Wanting to cut down or stop using the substance but not managing to.
3. Spending a lot of time getting, using, or recovering from use of the substance.
4. Cravings and urges to use the substance.
5. Not managing to do what you should at work, home, or school because of substance use.
6. Continuing to use, even when it causes problems in relationships.
7. Giving up important social, occupational, or recreational activities because of substance use.
8. Using substances again and again, even when it puts you in danger.
9. Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance.
10. Needing more of the substance to get the effect you want (tolerance).
11. Development of withdrawal symptoms, which can be relieved by taking more of the substance.

2-3 symptoms = mild substance use disorder

4-5 symptoms = moderate substance use disorder

6+ symptoms = severe substance use disorder

# Dual-Diagnosis

A term used to describe a person who is diagnosed with a mental illness and a substance use disorder at the same time.

- More than half of persons who have a serious mental illness also have a substance use or abuse disorder.
- Dual diagnosis is sometime referred to as co-occurring disorders or comorbidity.
- They can occur at the same time or one after the other
- The more severe the mental illness, the greater the likelihood that the person will also use or abuse an illicit substance.
- Males ages 18 to 44 are at greatest risk.

# Treatment Levels of Care

## TREATMENT LEVELS OF CARE

Addiction treatment requires different levels of care to safely support the needs of each individual along the recovery process.

Detox/Withdrawal Management

Residential/Inpatient

Partial Hospitalization

Intensive Outpatient

Outpatient

High



Acuity/Intensity



Low

# Where to Start?

## **For Individuals:**

- Connect with and seek support from those who have your best interest in mind. This may be family members, friends, co-workers, or professionals you already have a relationship with.
- Make the call. Picking up the phone will likely be a daunting task, and it's a huge step in taking back your health and mental health. Your supports can help you.
- Support groups such as 12-step, SMART Recovery, 8-step, Wellbriety, The Phoenix

## **For Family & Friends:**

- Take care of yourself. Sacrificing your wellbeing will not heal someone else.
- Support is helping people to remove barriers and doing certain things with or for them that they are unable to do given their current state. Shielding people from consequences is not support.
- Acknowledge this is a systemic issue and be ready to do your own work. Examples include being part of their treatment, doing your own, and/or attending support groups for family members.

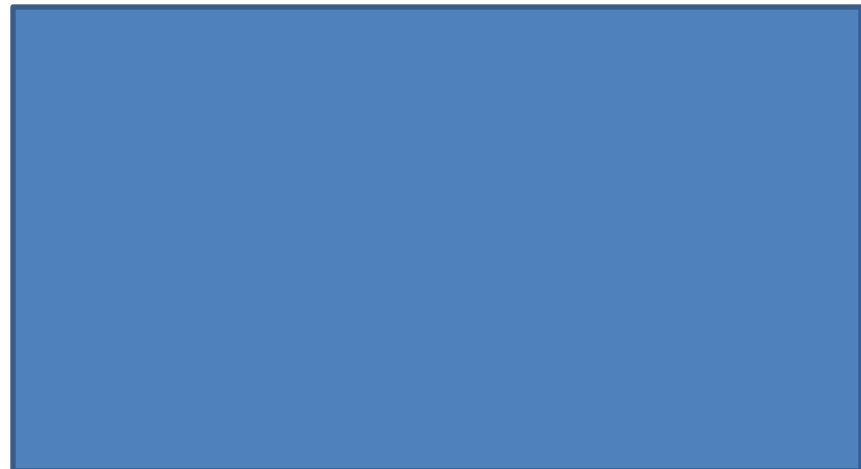


# Where to Start?

## For Professionals:

- Have screening tools to help determine necessary referrals. Having a strong relationship with a client can be the difference in the client being open to a referral.
- Engage in partnerships with addictions specialists, so you can refer with confidence.
- Be familiar with support group options such as 12 step, 8-step (Recovery Dharma; Refuge Recovery), SMART recovery, and The Phoenix.
- Encourage engagement of family and loved ones whenever appropriate, healthy, and safe to do so.

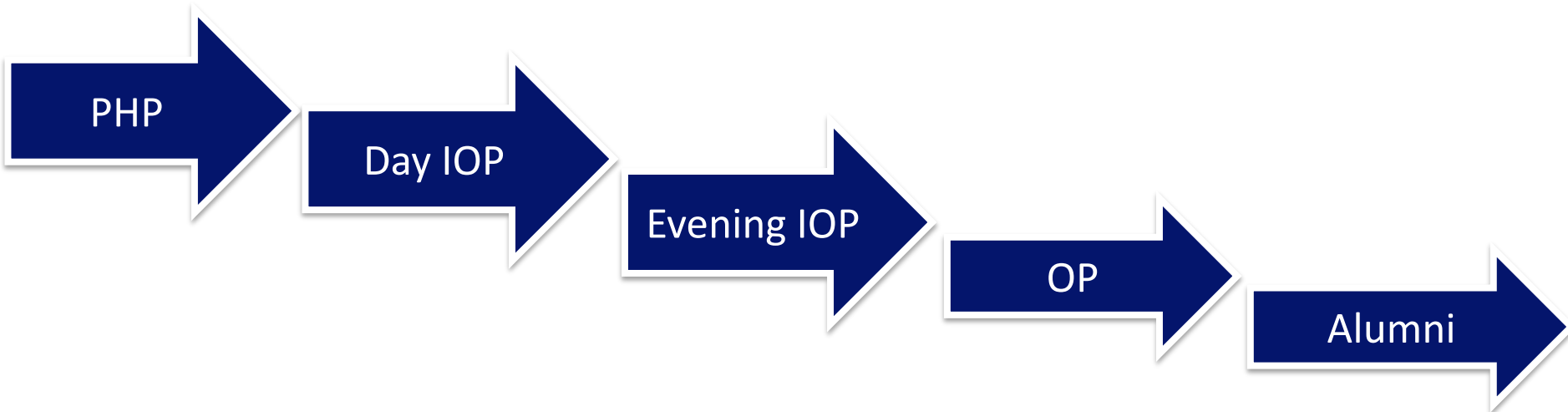
# Steve's Recovery Story



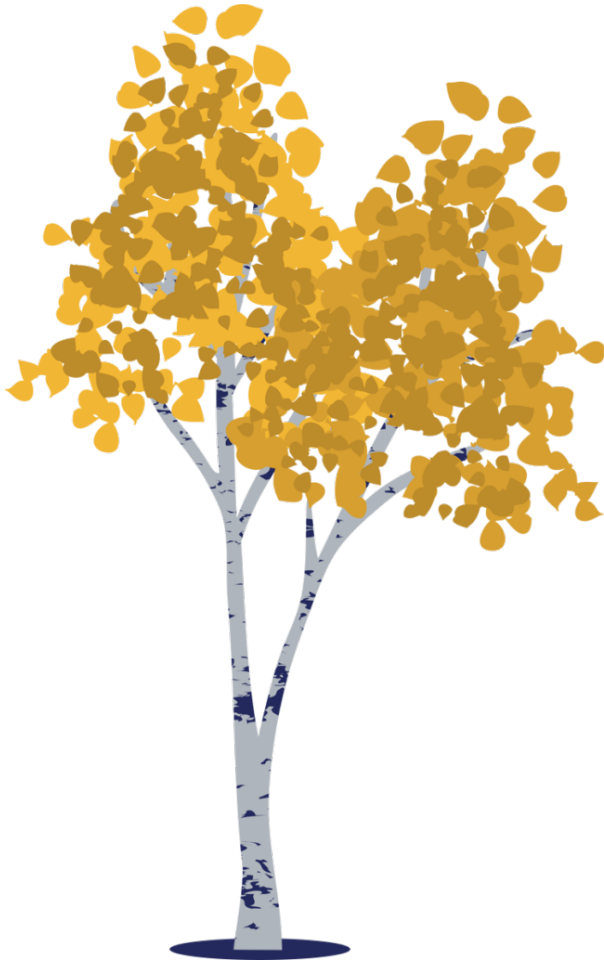
# The AspenRidge Continuum of Care

We offer a continuum of care focused on **transitioning each individual** through our levels of care as they progress through treatment, which provides better outcomes and long-term recovery.

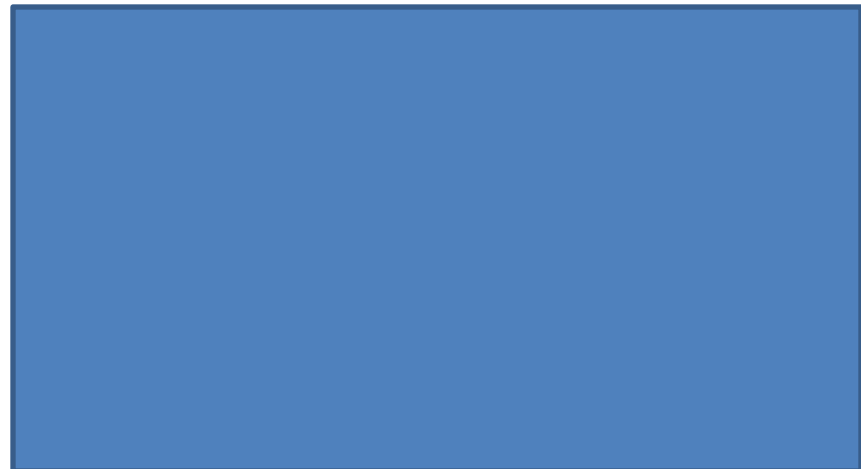
We offer up to a year of continuous **treatment for mental health, trauma and addiction** and a **lifetime of recovery support**.



# Plus



- Family Services
- Trauma-Integrated
- Psych Services
- Life-long alumni  
community support
- Case Management



# AspenRidge Referral Process

**We've made the admission process simple & easy**

1. Verify Insurance (VOB)
2. Pre-screen with a Client Advocate
3. Clinical Evaluation & Intake

Contact our admissions team via Email at [referrals@aspenridgerecovery.com](mailto:referrals@aspenridgerecovery.com) Or call [720-799-0050](tel:720-799-0050) 7 a.m.-7 p.m. Monday thru Sunday. (Call center after hours)



**Questions?**

**Thank You!**



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# Resources

- BCH PILLAR Program –
  - Amanda Wroblewski, LCSW, Program Coordinator, [awroblewski@bch.org](mailto:awroblewski@bch.org), 303.415.4291
  - Shelby Souther, MA, Patient Navigator, [ssouther@bch.org](mailto:ssouther@bch.org), 303.415.8659
- Jennifer Wenz, Community Outreach Manager for Aspen Ridge Recovery, [jwenz@aspenridgerecovery.com](mailto:jwenz@aspenridgerecovery.com)
- Aspen Ridge Admissions, 720.799.0050, [referrals@aspenridgerecovery.com](mailto:referrals@aspenridgerecovery.com)
- ASAM Levels of Care Information - <https://www.asamcontinuum.org/knowledgebase/what-are-the-asam-levels-of-care/>
- CO Statewide Crisis Line –
  - Call 1.844.493 8255
  - Text TALK to 38255
- MHP 24/7 Walk-In Services – 3180 Airport Rd., Boulder, CO



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