

ASAM Level of Care Cheat Sheet: A Resource for Clinicians

	Intoxication, Withdrawal, and Medication Needs	Biomedical/ Physical Health Issues	Psychiatric and Cognitive Conditions	Substance Use Risks	Recovery Environment Interactions	Person Centered Considerations
Level 1	No or low risk due to lack of substance use.	No acute risks. Stable physical health	Stable and predictable mental health status. Mild symptoms.	No active use. Committed to change.	Fair and appropriate coping skills. Focused on recovery.	Safe, supportive home environment.
Level 2	Possibly intoxicated. No danger to self. Moderate risk of withdrawal.	Medical problems present but stable. Support from home, work, or school.	Mental health impacts recovery. No danger to self or others. Functions independently.	Unsure or reluctant to change. Lower commitment to change.	Some coping skills use, but inconsistent. Can manage with reminders	Job or home life may get in the way of attending treatment consistently.
Level 3	Severe intoxication with risk of danger. Severe risk of withdrawal.	Health is poorly controlled. Limited coping skills and poor self-care.	Unable to care for self. Impulsive, risky behaviors. Need 24-hour care and support.	Does not care to change use. Passively engaged in treatment.	Poor use of coping skills. Struggles to see risks linked to substance use.	High stress with housing, transportation, or child care.
Level 4	Unable to function. Severe symptoms. High danger and risk to safety.	Severe and unstable medical conditions. Vomiting, pains, risky pregnancy.	Active, life-threatening symptoms. Violent, aggressive, risk to self or others. Break from reality.	Actively rejects treatment and need to change. Combative and possibly dangerous.	No ability to use coping skills. Active substance use. Regularly puts self and others at risk.	Lack of transportation and other resources may outpatient treatment impossible

Using the ASAM Level of Care Cheat Sheet:

The clinician will gather information of the client's health and well-being focusing on the 6 dimension format of the ASAM Criteria. Clinicians can use a less structured interview or a structured assessment interview. Cross reference levels of care described in the ASAM Level of Care Cheat Sheet. Consider recommending care based on the highest level met in any dimension as a way to maintain safety and create stability. Frequently reassess to track progress and move to the most appropriate care level. Article: <https://www.icanotes.com/2024/03/20/mastering-asam-levels-of-care-strategies-for-effective-treatment-planning/>

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