

ASAM Criteria & Medicine Wheel

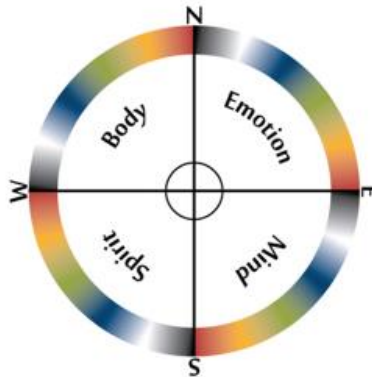
Medicine Wheel

Honor body:

- Exercise
- Eat right: go back to using traditional, healthier foods

Honor spirit:

- Prayer
- Exploring your own faith
- Feeding your spirit



Honor feelings:

- Pay attention to feelings and emotions - leads to healing
- Don't harbor unhealthy feelings - can make you sick

Honor mind:

- Positive thinking
- Letting things go

The medicine wheel can be used to adapt some evidenced based practices such as the ASAM Criteria. The ASAM Criteria is an assessment and screening structure that is founded upon individualizing care for each person based on six life areas or what is referred to in ASAM as Dimensions.

The Dimensions are labeled and organized as follows;

Dimension 1: Acute Intoxication and/or Withdrawal Potential

Dimension 2: Biomedical Conditions and Complications

Dimension 3: Emotions, Behavioral or Cognitive Conditions and/or Complications

Dimension 4: Readiness to Change

Dimension 5: Relapse, Continued Use and/or Continued Problem Potential

Dimension 6: Recovery Living Environment

In this model, screening tools and more thorough assessments can be conducted to address many emotional, mental behavioral and physical health issues for someone. Take each section from above, you would place the Dimensions into each section of the wheel as it fits with the person involved.

For example; if I have a patient / client who suffers from opioid dependence, I might offer the following observations for the patient to consider;

Dimensions 1-2: (*Acute Intoxication and/or Withdrawal Potential & Biomedical Conditions and Complications*) might reside in **Honor body**. How can the individual use the culturally specific customs and practices along with western medicine to address the physical recovery for the person.

Dimensions 3-4: (*Emotional, Behavioral, or Cognitive Conditions and/or Complications*) **Honor mind & feelings** can where the person can communicate their thoughts and feelings about working with you

and others towards healing from the affects related to the anxiety, shame or willingness to address those issues from their opioid dependence.

Dimension 5: (*Relapse, Continued Use, and/or Continued Problem Potential*); might reflect *Honor Spirit and Mind* as it relates to managing triggers to use, working towards returning to a more spiritual path or choosing to be more connected to culture and traditions to heal from a relapse.

Dimension 6: (*Recovery Living Environment*): as it relates to access to a person's connection with the Earth in their attempts to create and *Honor Spirit, Mind, Body and Feelings* in a healthier lifestyle for themselves and others.