



# Biopsychosocial Update Guide

for patients with a completed biopsychosocial in the last 30 days

## Patient's Recent History

Briefly explain where the patient has been since their last bio. How did the patient end up back with us?

## Dimensional Narrative Summaries

Provide a dimensional narrative summary for each dimension. Follow the instructions below.

### Dimension One

1. "What substances have you used since the last time you were with us?"
  - amount
  - frequency
  - date of last use for each substance
2. "Are you experiencing any current withdrawal symptoms?" (Include a detailed description.)
3. Is the patient currently intoxicated?
4. Is there any withdrawal potential based on their history of withdrawal symptoms and recent substance use?

### Dimension Two



Often, physical health issues cause patients to leave briefly then return. In those cases, this dimension is very important.

1. What physical health issues is the patient experiencing? Are they caused or worsened by their substance use disorder? (Include any neglect of regular medical or dental care.)
2. "Have you overdosed or been hospitalized since your last bio?" (Include a detailed description.)

### Dimension Three

1. "Are you currently experiencing any symptoms of a mental health disorder like anxiety or depression?"
  - You can individualize this question based on the patient's specific diagnoses.
  - Include a severity rating of each symptom on a scale of 1 to 10.
2. "Do you have a history of emotional or impulsive decision-making?"
3. "Do you have issues with anger or aggression?"
4. "Do you experience guilt, shame, and low self-esteem when you think about how substance use has affected your life, ambitions, and relationships?"
5. Does the patient have issues with reading, writing, or comprehension?
6. Does the patient have any current suicidal ideation (SI) or homicidal ideation (HI)?

### Dimension Four

1. "Why did you reach out to us for help? What motivates you to make changes in your life?"
2. "How positive are you that you have an addiction problem? How motivated are you to change?"
3. "What do you think you need to do to achieve successful, long-term recovery?"



Evaluate the patient's Stage of Change. Support that evaluation with evidence gathered from your assessment.

### Dimension Five

1. "Are you experiencing any cravings or thoughts of using?"
2. "What is your history of past recovery attempts and relapses?"



Mention anything you suspect may increase their risk of relapse, even if already listed under another dimension.

## Dimension Six

1. "Where did you live before you came to Stepworks?"
2. "Do you currently have stable housing of your own?"
3. "Are other people using substances where you live?"
4. "Is your social network (those you spend the most time with) comprised of people who use substances?"
5. "Do you have reliable and legal transportation at this time?"
6. "Do you have a sober support system that supports your recovery?"
7. "Where do you plan to go after you leave treatment?"

## Level of Care Recommendation

Please make a level of care recommendation based on the information above and admitting orders from the doctor.