

## AT A GLANCE: THE SIX DIMENSIONS OF MULTIDIMENSIONAL ASSESSMENT

ASAM's criteria uses six dimensions to create a holistic, biopsychosocial assessment of an individual to be used for service planning and treatment across all services and levels of care. The six dimensions are:

### DIMENSION 1

#### Acute Intoxication and/or Withdrawal Potential

Exploring an individual's past and current experiences of substance use and withdrawal

### DIMENSION 2

#### Biomedical Conditions and Complications

Exploring an individual's health history and current physical condition

### DIMENSION 3

#### Emotional, Behavioral, or Cognitive Conditions and Complications

Exploring an individual's thoughts, emotions, and mental health issues

### DIMENSION 4

#### Readiness to Change

Exploring an individual's readiness and interest in changing

### DIMENSION 5

#### Relapse, Continued Use, or Continued Problem Potential

Exploring an individual's unique relationship with relapse or continued use or problems

### DIMENSION 6

#### Recovery/Living Environment

Exploring an individual's recovery or living situation, and the surrounding people, places, and things