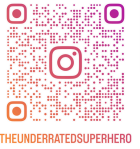


Printable Version

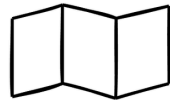


Dimensional Planning Guide



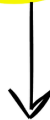
Understand
ASAM Criteria

ASAM Criteria guides individualized treatment planning and assessment processes.



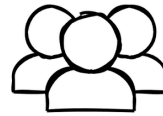
Identify
physical needs

Evaluate physical health for comprehensive goal development and alignment.



Assess
emotional health

Emotional wellbeing is crucial for setting realistic and achievable goals.



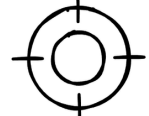
Analyze social
support

Examine social connections that influence personal growth and objectives.



Evaluate
functional abilities

Functional capabilities impact daily living and goal achievement strategies.



Set SMART
goals

Goals should be Specific, Measurable, Achievable, Relevant, and Time-bound.