

Acuity of Care Key Words and Phrases

1. Chronic relapse history
2. Patterns of unstable interpersonal relationships
3. Unstable mood
4. Difficulty identifying and regulating painful emotions
5. Inability to cope with triggers upon activation
6. Intolerant of external triggers
7. Lack of emotional regulation skills
8. Lack of coping skills to manage relapse triggers
9. Lack of awareness of relapse patterns, triggers, and cues
10. Limited/poor insight and judgement
11. Emotional dysregulation
12. Severely impaired distress tolerance
13. Failed or Ineffective attempts at sobriety in a lower level of care
14. Lack of independent living skills
15. Social anxiety and alienation
16. Lack of sober peer support
17. Lack of familial support with intergenerational substance use
18. Intergenerational trauma
19. Lack of assertive communication skills
20. Inability to set clear and effective boundaries
21. External locus of control
22. Vast fluctuations in mood
23. Difficulty concentrating
24. Chronic Pain
25. Limited introspection
26. Lacks internal motivation to change
27. Lack of awareness of emotional relapse triggers
28. Lack of fundamental needs being addressed
29. Environmental risk factors
30. Unhoused or unstable housing
31. Impaired understanding of vulnerability
32. Negative self-talk
33. Negative world and self view impacting depression scores
34. Risk factors drastically outweigh protective factors at this time
35. Limited motivation toward clinical recommendations at the continuum of care
36. Lack of personal responsibility
37. Notable impairment in domains of trust, power, control, intimacy or self-esteem impacting relapse potential with regard to trauma history
38. Anger outbursts
39. Struggles with connecting with other group members due to emotional numbing or withdrawal
40. Limited understanding of spiritual principles

41. Enabling amongst the nuclear family unit
42. Avoidance of consequences
43. Continued use despite severe impairment in occupational and social functioning
44. Hijacking groups or playing “therapist” to avoid introspection and sitting with emotions
45. Lack of social awareness that impedes ability to form meaningful connections
46. Limited protective factors
47. Flashbacks, nightmares, and traumatic imagery
48. Impaired sleep-wake cycles
49. Decreased or starkly increased appetite
50. Negative body image
51. Internalized fatphobia and body image issues place patient at risk of relapse
52. Unaddressed disordered eating patterns
53. Unmanaged PTSD sx
54. Untreated and unmanaged mood disorder
55. Cognitive Inflexibility or cognitive rigidity
56. Intrusive thoughts of suicide
57. Safety planning for domestic violence risk factors
58. Safety planning for suicidal ideation
59. Safety planning for passive suicidal ideation
60. Aggression
61. Receptive or non-receptive to clinical intervention and feedback
62. Engaging patient in motivational interviewing to improve outcomes
63. Engaging patient in motivational interviewing to improve compliance with treatment team/case management recommendations
64. Future-tripping and excessive worry
65. Ruminating thoughts
66. Patterns of problematic thinking i.e. personification, dismissing, catastrophizing, all-or-nothing thinking.
67. Adverse childhood experiences unaddressed and unresolved
68. Underlying cravings
69. Underreporting physical and emotional symptomology as evidenced by
70. Dishonesty with self and others
71. Denial, Pre-contemplation, or contemplation stage of change as evidenced by
72. Obsessional thoughts
73. Restlessness
74. Self-sabotaging behaviors
75. Hypersexual behaviors
76. Marked Impulsivity
77. Severely impaired window of tolerance
78. High risk erratic behaviors
79. Limited value of safety of self and others
80. Glorifying substance use
81. Minimization/justification