

A dark blue vertical bar runs down the left side of the page. A blue arrow-shaped graphic points to the right from the bar, containing the date.

5/1/2026

# The LCDC Clinical Mastery Starter Kit

Six Essential Frameworks for LCDC  
Licensure & Trauma-Informed  
Practice

Several thin, curved lines in shades of blue and grey originate from the bottom left and sweep upwards and to the right.

Tracey Moore

Anchoring Hopes Wellness Recovery Institute LLC  
2600 S Loop W STE 285, Houston, TX 77054  
Website: [www.anchoringhopesdwi.com](http://www.anchoringhopesdwi.com)  
Email: [info@anchoringhopesdwi.com](mailto:info@anchoringhopesdwi.com)

# The LCDC Clinical Mastery Starter Kit

*A Proprietary Resource of Anchoring Hopes Wellness Recovery Institute*

## Chart 1: The 12 Core Functions Workflow

*The Operational Roadmap: From first contact to final discharge.*

Function	Purpose	Key Action
<b>1. Screening</b>	Eligibility	Determine if the client fits your specific program.
<b>2. Intake</b>	Documentation	Administrative admission and official signatures.
<b>3. Orientation</b>	Expectations	Explain rules, rights, and 42 CFR Part 2 privacy.
<b>4. Assessment</b>	Diagnosis	Gather deep bio-psycho-social and substance history.
<b>5. Tx Planning</b>	Strategy	Collaboratively set SMART goals with the client.
<b>6. Counseling</b>	Intervention	Facilitate individual, group, or family sessions.
<b>7. Case Mgmt</b>	Coordination	Link to external resources (housing, NEMT, legal).
<b>8. Crisis Int.</b>	Stabilization	Address immediate threats to life or safety.
<b>9. Client Ed.</b>	Instruction	Teach clinical facts about addiction and recovery.
<b>10. Referral</b>	Networking	Transfer care for specialized needs you cannot meet.
<b>11. Reporting</b>	Accountability	Document all progress for audits and clinical records.
<b>12. Consultation</b>	Supervision	Professional review of your work with a supervisor.

## Chart 2: The ASAM 6-Dimension Cross-Walk

*The Standard for Assessment and Level of Care Placement.*

Dimension	Focus Area	Clinical "Red Flags" to Watch For
1	Intoxication/Withdrawal	Risk of seizures, DTs, or life-threatening vitals.
2	Biomedical Conditions	Chronic pain, pregnancy, or untreated illness.
3	Emotional/Behavioral	Suicide risk, trauma, or psychiatric symptoms.
4	Readiness to Change	Resistance to treatment or lack of internal "buy-in."
5	Relapse/Continued Use	Cravings, high-risk triggers, or poor coping skills.
6	Recovery Environment	Homelessness, toxic peers, or lack of support.

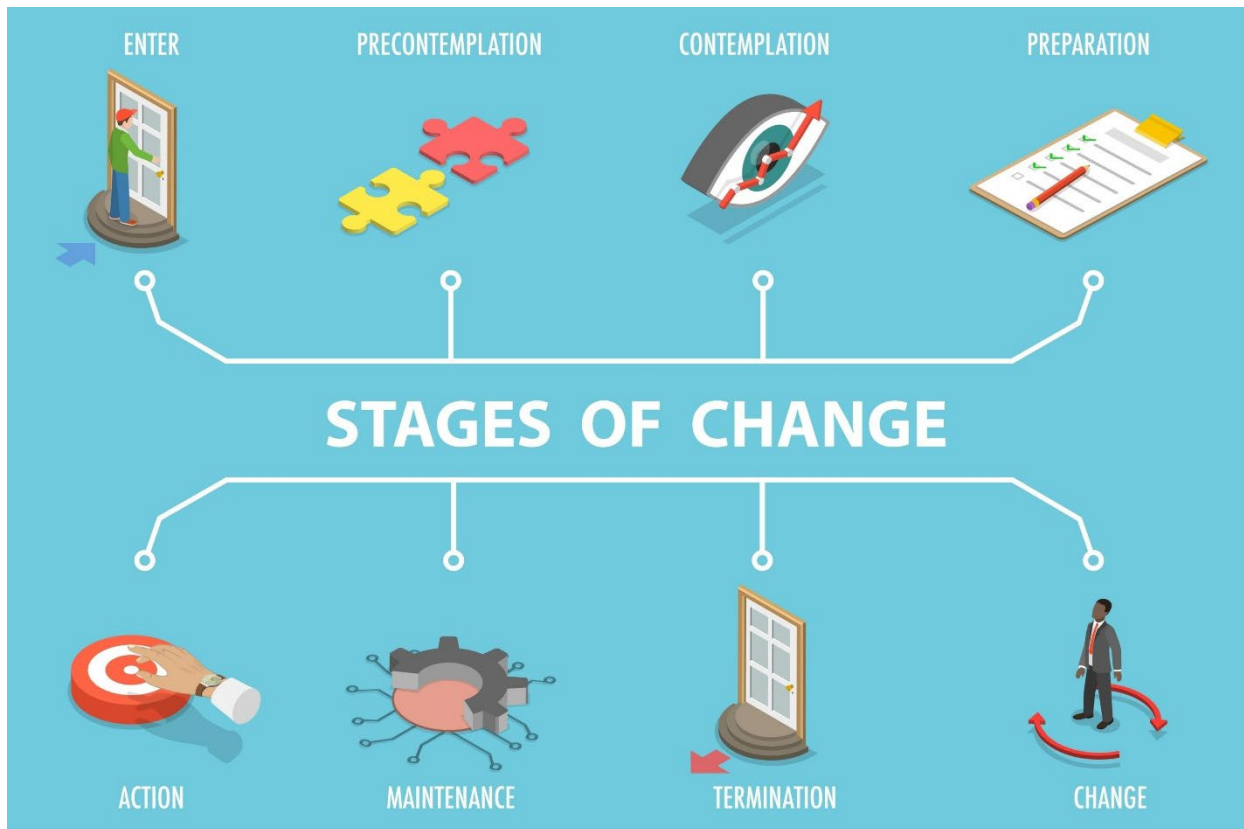
## Chart 3: ASAM Levels of Care (Placement)

*The continuum of care for treatment recommendations.*

Level	Service Description	Hours of Clinical Service
Level 0.5	Early Intervention	Varies (Education/Prevention focus)
Level 1	Outpatient Services	Less than 9 hours per week
Level 2.1	Intensive Outpatient (IOP)	9 or more hours per week
Level 2.5	Partial Hospitalization (PHP)	20 or more hours per week
Level 3	Residential/Inpatient	24-hour living support with clinical services
Level 4	Medically Managed Inpatient	24-hour nursing and physician care

## Chart 4: The Stages of Change (TTM)

*The Psychological Process of Transformation.*



Shutterstock  
Explore

Stage	Client's Mindset	Counselor's Primary Task
<b>Pre-Contemplation</b>	"I don't have a problem."	<b>Raise Doubt:</b> Increase awareness of risks.
<b>Contemplation</b>	"I might have a problem."	<b>Tip the Balance:</b> Explore pros and cons of use.
<b>Preparation</b>	"I'm ready to stop soon."	<b>Develop Plan:</b> Help set a start date and strategy.
<b>Action</b>	"I am doing the work now."	<b>Support Skills:</b> Reinforce new, healthy behaviors.
<b>Maintenance</b>	"I am staying steady."	<b>Relapse Prevention:</b> Identify long-term triggers.

## Chart 5: Co-Occurring Disorder Quadrants

*Navigating the Intersection of Mental Health and Substance Use.*

Quadrant	Severity Profile	Treatment Lead
I	Low Mental Health / Low SUD	Primary Care / General Outpatient
II	<b>High Mental Health</b> / Low SUD	Mental Health System (Psychiatric Lead)
III	Low Mental Health / <b>High SUD</b>	Substance Use System (LCDC Lead)
IV	<b>High Mental Health</b> / <b>High SUD</b>	<b>Integrated Dual-Diagnosis Care</b>

## Chart 6: Medication-Assisted Treatment (MAT) Guide

*The "Lock and Key" Pharmacology Framework.*

Medication	Mechanism	Clinical Analogy
<b>Methadone</b>	Full Agonist	<b>The Master Key:</b> Turns the lock and starts the engine.
<b>Buprenorphine</b>	Partial Agonist	<b>The Speed Limiter:</b> Key turns halfway; runs slow.
<b>Naltrexone</b>	Antagonist	<b>The Broken Key:</b> Stuck in lock; blocks all other keys.
<b>Naloxone</b>	Antagonist	<b>The Bouncer:</b> Kicks everyone out of the club instantly.
<b>Acamprosate</b>	Restoration	<b>The Mute Button:</b> Calms the brain's "screaming."
<b>Disulfiram</b>	Deterrent	<b>The Alarm System:</b> Triggers illness if alcohol is consumed.

### **READY TO PASS YOUR EXAM ON THE FIRST TRY?**

You've mastered the charts! Now it's time to master the test. Our comprehensive **175-Question LCDC Licensure Prep & Rationale Supplement** is designed to mirror the actual exam, covering Ethics, Pharmacology, the 12 Core Functions, and advanced Clinical Mastery.

**FLASH SALE: 72 HOURS ONLY!** As part of our "**Launch Week**", we are offering the full Study Guide and Answer Key for just **\$49** (Regularly \$99).

<https://buy.stripe.com/eVq14o7MAfbbdis4tc7kc0R>

*Instant Digital Download upon payment.*