

Integrated Dual Diagnosis Treatment Stagewise Treatment Assessment and Interventions

Dartmouth Substance Abuse Treatment Scale	Evidenced Based Interventions	Stage-Wise Activities	Contraindicated activities
<p>1. Pre-Engagement The person does not have contact with case manager and meets criteria for substance abuse or dependence.</p> <p>2. Engagement The person has irregular contact with assigned case manager, and meets criteria for substance abuse or dependence.</p> <p>GOAL: To establish a working alliance with a professional</p>	<ul style="list-style-type: none"> ➤ Assertive outreach ➤ Practical assistance ➤ Crisis interventions ➤ Build alliance ➤ Develop regular contact and a helpful relationship with client ➤ Meet client where they are ➤ Understand client's world and goals ➤ Acceptance and empathy ➤ Active and reflective listening ➤ Offer honest hope ➤ Reinforce honest communication about substance use or mental illness management ➤ Create openings to discuss substance abuse ➤ Ask permission to discuss substance abuse, respect any "no" or "don't want to talk about it" responses ➤ Create recognition that things could be different 	<p>TASKS:</p> <ul style="list-style-type: none"> ➤ Regular meetings with consumer in the community (at least weekly) ➤ Help consumer apply for benefits, obtain or improve housing, food, address legal needs ➤ Facilitate admission to hospital and/or detox if needed ➤ Explore family relationships, engage them in treatment process if consumer desires ➤ Review chart to understand history <p>TOOLS:</p> <ul style="list-style-type: none"> ➤ If client is willing begin Longitudinal Assessment 	<p>DO NOT:</p> <ul style="list-style-type: none"> ➤ Require abstinence ➤ Start substance abuse treatment or groups ➤ Confront substance use ➤ Ignore substance use and/or mental illness ➤ Punish or judge substance use

* indicates tool in "Integrated Treatment for Dual Disorders" b Kim T. Mueser, Douglas L. Noordsy, Robert Drake & Lindy Fox

Dartmouth Substance Abuse Treatment Scale	Evidenced Based Interventions	Stage-Wise Activities	Contraindicated activities
<p>3. Early Persuasion The person has regular contact with case manager, continues to use the same amount of substances or has reduced substance use for less than 2 weeks, and meets criteria for substance abuse or dependence.</p> <p>4. Persuasion The person has regular contact with case manager, shows some evidence of reduction in use for the past 2-4 weeks (fewer substances, smaller quantities, or both), but still meets criteria for substance abuse or dependence.</p> <p>GOAL: To help the client explore how substance abuse and mental illness impact personal goals and values, as well as eliciting change talk about pursuing recovery.</p>	<ul style="list-style-type: none"> ➤ Ask permission to discuss substance use ➤ Education about mental illness and substances ➤ Build awareness of problem ➤ Assist in envisioning life without substances ➤ Develop intrinsic motivation to change using motivational interviewing techniques ➤ Family support ➤ Peer support ➤ Interventions can be individual and/or group ➤ Help establish meaningful activities (work, school, etc) in client's life ➤ If client is willing to openly discuss substances use, work collaboratively with client in reducing use and setting reduction goals ➤ Use Motivational Interviewing skills to understand client's ambivalence re: current lifestyle vs long term goals 	<p>TASKS:</p> <ul style="list-style-type: none"> ➤ Increase knowledge of substance use and mental illness, learning first what the client already knows ➤ Discuss the role of ambivalence in recovery ➤ Offer DD groups (persuasion) <p>TOOLS:</p> <ul style="list-style-type: none"> ➤ Continue to add to the Longitudinal Assessment and complete if possible ➤ *Time-line follow back calendar to assess past 7 months of use ➤ Develop a list of reasons to involve family in treatment ➤ Develop a list of supportive friends and family and practice reaching out to them ➤ Complete a Payoff Matrix* ➤ Complete a pro/con list regarding use ➤ Pleasant Activities Worksheet* 	<p>DO NOT:</p> <ul style="list-style-type: none"> ➤ Require abstinence ➤ Offer too much treatment too early (jumping to the action phase at the first mention of changing use) ➤ Ignore substance use and/or mental illness ➤ Require inpatient substance abuse treatment

* indicates tool in "Integrated Treatment for Dual Disorders" b Kim T. Mueser, Douglas L. Noordsy, Robert Drake & Lindy Fox

Dartmouth Substance Abuse Treatment Scale	Evidenced Based Interventions	Stage-Wise Activities	Contraindicated activities
<p>5. Early Active The person is engaged in treatment and has reduced substance use for more than the past month, but still meets criteria for substance abuse or dependence.</p> <p>6. Late Active The person is engaged in treatment and has not met criteria for substance abuse or dependence for the past 1-5 months.</p> <p>GOAL: To help the client decrease or stop substance use and increase management of mental illness symptoms so that they are no longer a problem.</p>	<ul style="list-style-type: none"> ➤ Active stage-substance abuse counseling (individual and/or group) ➤ Medication treatment ➤ Coping skills training ➤ Increase positive community support: work, school, church, clubs, volunteer opportunities ➤ Self-help groups ➤ Cognitive-behavioral therapy ➤ Begin relapse prevention work ➤ Offer a menu of treatment options ➤ Normalize relapse 	<p>TASKS:</p> <ul style="list-style-type: none"> ➤ Join client for new “sober” activities ➤ Refer for a medication evaluation to see if medication can help with reduced or no usage, and cravings ➤ Explore employment/education ➤ Help family and friends support client’s abstinence ➤ Learn/practice relaxation techniques, anger management skills etc... ➤ Use a Contextual Analysis to identify triggers and consequences ➤ Develop/practice a plan for coping with specific triggers ➤ Practice drink refusal skills with consumer <p>TOOLS:</p> <ul style="list-style-type: none"> ➤ Problem-solving sheet* ➤ Recovery Mountain worksheet* ➤ Relapse Prevention Worksheets (SA & MI*) ➤ WRAP for addictions 	<p>DO NOT:</p> <ul style="list-style-type: none"> ➤ Punish or ignore a slip or relapse ➤ Express disappointment or judgment of a relapse or slip ➤ Prematurely discharge the consumer ➤ Overload consumer with goals/activities

* indicates tool in “Integrated Treatment for Dual Disorders” b Kim T. Mueser, Douglas L. Noordsy, Robert Drake & Lindy Fox

Dartmouth Substance Abuse Treatment Scale	Evidenced Based Interventions	Stage-Wise Activities	Contraindicated activities based on Stages of Treatment
<p>7. Relapse Prevention The person is engaged in treatment and has not met criteria for substance abuse or dependence for the past 6-12 months.</p> <p>8. Remission or Recovery The person has not met criteria for substance abuse or dependence for more than the past year.</p> <p>GOAL: To help the client expand recovery from both illnesses to other areas of life.</p>	<ul style="list-style-type: none"> ➤ Expand recovery to other areas of life ➤ Revise relapse prevention plans for both diagnoses ➤ Continue skills training ➤ Help client find a home self-help group and sponsor ➤ Interventions can be both individual and group with an emphasis on graduated disengagement ➤ Be ready to re-start intensive services as needed ➤ Emphasize Recovery as a journey ➤ Respond to slips or relapses proactively by revising relapse prevention plan, completing contextual analysis, etc. 	<p>TASKS:</p> <ul style="list-style-type: none"> ➤ Expand/reinforce sober lifestyle ➤ Revise or update relapse prevention plan ➤ Expand development of recovery in other areas of life (i.e. nutrition, exercise, work, relationships, living space, spirituality) ➤ Normalize relapse <p>TOOLS:</p> <ul style="list-style-type: none"> ➤ Recovery Mountain worksheet* ➤ Relapse Prevention Worksheets for SA and MI* 	<p>DO NOT:</p> <ul style="list-style-type: none"> ➤ View relapse as a treatment or personal failure ➤ Shame the individual for having a slip or relapse

* indicates tool in “Integrated Treatment for Dual Disorders” b Kim T. Mueser, Douglas L. Noordsy, Robert Drake & Lindy Fox