

Ohio Substance Abuse and Mental Illness Coordinating Center of Excellence OHIO SAMI CCOE



INTEGRATED DUAL DISORDER TREATMENT

The road to recovery

Stages of Change	Stages of Treatment	Clinical Focus
Pre-Contemplation	Engagement	<p>Outreach</p> <ul style="list-style-type: none"> Provide outreach in community-based settings <p>Trusting Relationship</p> <ul style="list-style-type: none"> Gain permission from consumers to share in their process of change <ul style="list-style-type: none"> Ask consumers what is important to them Listen to and respect their priorities Get to know the person for who they are <p>Practical Support</p> <ul style="list-style-type: none"> Provide support for daily living (i.e., food, clothing, housing, medicine, safety, crisis intervention) <p>Assessment</p> <ul style="list-style-type: none"> Assess continuously for consumers' personal histories, goals, and readiness-to-change
Contemplation & Preparation	Persuasion	<p>Motivational Interventions</p> <ul style="list-style-type: none"> Commit yourself to understanding consumers' goals Help consumers understand the pros and cons of personal change Help consumers establish the discrepancy between their goals and their lifestyles (e.g., thoughts, feelings, behavior) Help consumers begin to reduce substance use and take medications regularly Help consumers recognize and take pride in their own strengths and successes <p>Ambivalence is Normal</p> <ul style="list-style-type: none"> Assure consumers that ambivalence to change is a normal human response (change may occur slowly over time) <p>Pay-Off Matrix</p> <ul style="list-style-type: none"> Use a pay-off matrix to help consumers tip their decisions away from ambivalence and toward positive action <p>Education</p> <ul style="list-style-type: none"> Teach consumers about alcohol, drugs, mental illness, and activities that promote health and wellness Offer skills-training opportunities Reach out and provide support to families
Action	Active Treatment	<p>Skill Building</p> <ul style="list-style-type: none"> Teach illness management skills for both disorders (e.g., refusal skills, managing triggers and cravings, recognizing symptom onset, communication skills, etc.) <p>Social Support</p> <ul style="list-style-type: none"> Encourage positive peer supports (e.g., self-help groups) <p>Cognitive Behavioral Interventions</p> <ul style="list-style-type: none"> Assist consumers with transforming negative thoughts and behaviors into coping skills for both disorders
Maintenance	Relapse Prevention	<p>Planning</p> <ul style="list-style-type: none"> Develop a relapse-prevention plan Support consumers as they maintain lifestyle changes learned in active treatment <p>Recovery Lifestyle</p> <ul style="list-style-type: none"> Help consumers set new goals for enhancing their quality of life <p>Social Support</p> <ul style="list-style-type: none"> Reduce the frequency, intensity, and duration of relapses with positive peer relationships and supportive clinical relationships



RECOMMENDED RESOURCES

Kim T. Mueser, Douglas L. Noordsy, Robert E. Drake, and Lindy Fox (2003). *Integrated Treatment for Dual Disorders: A Guide to Effective Practice*. New York: The Guilford Press.
www.ohiosamiccoe.case.edu/library/emailresource.cfm?resourceid=44

Gerard J. Connors, Dennis M. Donovan, and Carlo C. DiClemente (2001). *Substance Abuse Treatment and the Stages of Change: Selecting and Planning Interventions*. New York: The Guilford Press.
www.ohiosamiccoe.case.edu/library/emailresource.cfm?resourceid=91