

IDDT Stage-Wise Groups

Group psychotherapy utilizes social nature of substance abuse to inspire personal change

— This article is the first in a three-part series about stage-wise groups. The next issue of SAMI Matters will include an overview of Persuasion Groups. Look for it this winter.

Substance use and abuse frequently occur in social settings. Mental health consumers who have a co-occurring substance use disorder often receive a negative form of social support (i.e., encouragement and approval) to use alcohol and other drugs while in the company of friends and fellow users. The act of using provides a shared experience—feelings of belonging and connectedness. Social support is a powerful force. It surrounds people like a protective shield. With substance use and abuse, it prohibits consumers from becoming aware of their disorder and its negative consequences.

Group psychotherapies can help mental health consumers who have a co-occurring substance use disorder transform the protective shield of negative support into one of positive support for life-affirming behavior. The transformation occurs because members of the treatment groups are all striving for greater awareness of and the ability to manage the symptoms of their mental illness and substance use disorders.

The New Hampshire-Dartmouth Integrated Dual Disorder Treatment (IDDT) model provides consumers with opportunities to develop social relationships that support positive experiences—those that promote self-awareness, self-management, self-determination, and independent living. IDDT services must provide access to a variety of group therapies and self-help groups that address the needs of consumers in the four stages of treatment (see chart below).

Involvement of consumers in stage-wise groups

Service professionals should encourage consumers to attend stage-wise groups even if they are receiving other forms of treatment. Professionals should also offer consumers the option to attend a new group when they enter the next stage of treatment. If a consumer decides not to go, that decision must be respected. Change may occur slowly over time. Consumers may attend more than one group as they progress through the stages of treatment.



Resources

This article was composed with contributions from the following:

-Deborah Myers, MEd, PCC, consultant and trainer at the Ohio SAMI CCOE
-Excerpts from *Integrated Treatment for Dual Disorders: A Guide to Effective Practice* by Kim T. Mueser, et al., 2003. New York: The Guilford Press, p.137-154.

Other recommended reading

Bellack, A. S., Mueser, K. T., Gingerich, S., & Agresta, J. (2004). *Social Skills Training for Schizophrenia: A Step-by-Step Guide* (Second ed.). New York: Guilford Press.

Stage of Treatment	Type of Group	Explanation	Stage of Change
I. Engagement	Group therapy is not used in this stage.	- In this stage, service professionals build a trusting relationship with consumers by helping them meet their basic health and safety needs. Consumers are typically not ready to address their substance use and mental health issues.	Pre-Contemplation
II. Persuasion	Persuasion Group	- Helps consumers become aware of the existence of mental illness and substance use in their lives, as well as the negative consequences of both disorders - Helps consumers become motivated for recovery	Contemplation and Preparation
	Social-Skills Training Group	- Helps consumers who have difficulty interacting with others, especially in group situations	
III. Active Treatment	Active Treatment Group	- For consumers who want to develop personal strategies to manage their substance use and mental health disorders to enhance their recovery	Action
	Self-Help Groups (e.g., DRA, AA, NA, CA, Double Trouble etc.)	- Peer-led fellowship that provides social support for consumers who are working toward recovery - Most groups are community-based and utilize a 12-Step approach	
	Social-Skills Training Group	- Helps consumers develop responses to peer pressure and social situations that encourage substance use	
IV. Relapse Prevention	Relapse Prevention Group	- Helps consumers maintain lifestyle changes that they learned in the active treatment stage - Helps reduce the frequency, intensity, and duration of relapses associated with both disorders	Maintenance
	Social-Skills Training Group	- Helps consumers remain committed to their relapse-prevention plans and enhances social relationships that promote recovery	

Training Workshop

**Intro to IDDT Groups
Workshop Session 5,
Workshop #28**
Presented by Deborah Myers, MEd, PCC, consultant and trainer at the Ohio SAMI CCOE
Wednesday, September 29
Holiday Inn-Worthington
Columbus, Ohio

*This workshop is part of the "SAMI CCOE Conference 2004: Keeping the Focus on Consumers and Families." Register online for one or both days of the Conference:
www.ohiosamiccoe.case.edu/events*