What Should OMH Practitioners Take?

**Modules for Basic Competencies**
- Introduction
- Screening for Substance Use
- Assessment of Substance Use Disorders
- Generating the Collaborative Treatment Plan
- Stage-Wise Treatment
- Motivational Interviewing I (Introduction and Key Skills and Concepts)
- Individual Interventions
- CBT for Coping Skills and Problem-Solving
- Recovery Support Services in the Community
- Work with Families and Other Close Supporters

**Basic Competencies**
- Understand principles of Integrated Treatment
- Able to screen for both disorders using standardized instruments
- Able to complete an integrated assessment and develop an Integrated Treatment plan
- Able to identify the stages of change/treatment and treatment strategies effective for each of the stages
- Able to use basic motivational interviewing skills
- Able to use basic Cognitive Behavioral Therapy strategies
- Able to connect clients to community peer recovery supports

**Modules for Intermediate Competencies**
- Early Stages of Change
- Later Stages of Change
- Stage-Wise Treatment Groups
- Persuasion Groups
- Active Treatment and Relapse Prevention Groups
- Motivational Interviewing II (Reflective Listening and Summarizing)
- Motivational Interviewing III (Ambivalence as Part of Change; Rolling with Resistance)
- Philosophy and Perspectives in Recovery
- Achieving Recovery in the Real World
- Social Skills Training

**Intermediate Competencies**
- Able to use treatment strategies compatible with each stage of change/treatment for each disorder
- Able to facilitate stage-wise treatment groups
- Able to use more advanced motivational interviewing strategies (the OARS, Developing Discrepancy, Rolling with Resistance)
- Able to understand the role of the client in their own recovery process
- Understand and apply recovery concepts
- Understand concepts and able to teach social skills

**Modules for Advanced Competencies**
- Differentiating Substance Use and Psychiatric Symptoms
- Motivational Interviewing and Harm Reduction
- CBT for Treating Anxiety, Depression, and Trauma-Related Problems
- Taking Responsibility for your Recovery
- Understanding the Use of Medications for Clients with COD
- Integrating Medical, Psychiatric, and Addiction Treatment Services

**Advanced Competencies**
- Able to use a longitudinal assessment for differential diagnosis
- Able to understand appropriate use of motivational interviewing in a harm reduction model
- Able to use CBT strategies in the treatment of psychiatric disorders
- Able to understand the role of the client in their own recovery process
- Able to understand the use of both psychiatric and addiction medication in the treatment of clients with COD
- Able to integrate medical treatment services