Module List by Category as of January 12, 2013

**Introduction to Integrated Co-Occurring Disorders Treatment: Principles**

**Introduction**
This is an overview of integrated treatment for people with co-occurring disorders and its importance for you as a provider. You will learn about the prevalence of co-occurring disorders, the impact of co-occurring disorders on the lives of people when they go untreated, the failure of non-integrated treatment approaches, the importance of treating both disorders concurrently by the same clinician or treatment team (integration), and the improved client outcomes in integrated treatment programs. You will hear from both the Commissioner of the Office of Mental Health (OMH) and the Commissioner of the Office of Alcoholism and Substance Abuse Services (OASAS) regarding New York State’s plan for improving the availability of integrated co-occurring disorders treatment throughout both systems. Also, you will learn how to use the online training modules.

**Screening and Assessment/Treatment Planning**

**Screening for Substance Use**
Although anyone can benefit from this module, it is designed to help practitioners in mental health settings. Providing effective screening for substance use is the first step in providing integrated treatment. You will learn about barriers to substance use screening and methods for overcoming these barriers. You will also learn steps, techniques and tools to a thorough substance use screen and three screening instruments recommended by the OMH/OASAS Joint Task Force on Co-Occurring Disorders. As part of the module, you will be able to download these screening forms.

**Screening for Psychiatric Disorders**
Although anyone can benefit from this module, it is designed to help practitioners in addiction treatment settings. The first step in helping people with co-occurring disorders in addiction settings is to find out if they are simultaneously experiencing symptoms of a mental health disorder. You will learn about barriers to effecting screening and methods for overcoming these barriers. You will also learn about effective screening techniques and three mental health disorder screening forms recommended by the OASAS/OMH Joint Task Force on Co-Occurring Disorders. As part of the module, you will be able to download these screening forms.

**Assessment of Substance Use Disorders**
Although anyone can benefit from this module, it is designed to help practitioners integrate the assessment of substance use disorders into the mental health assessment process. You will learn about barriers to integrated assessment and methods for overcoming these barriers as well as the key concepts of integrated assessment. You will also learn about the 12 domains of assessment for co-occurring disorders identified by OMH and OASAS, with an extended discussion of the mental status examination and the substance use domains.

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Assessment of Psychiatric Disorders
Although anyone can benefit from this module, it is designed to help practitioners integrate the assessment of mental health problems into the assessment of substance use disorders. You will learn about the 12 domains of assessment for co-occurring disorders recommended by OMH and OASAS with an in-depth discussion of the mental health domain. The module will help you integrate a client’s mental health issues into your overall assessment process, leading to better treatment and improved outcomes. You will also learn about the five components of the mental health domain as well as how to conduct a thorough mental status exam. The module will help you distinguish between feelings, symptoms and disorders, and will provide you with specific guidelines for assessing common psychiatric disorders.

Differentiating Substance Use and Psychiatric Symptoms
Telling the difference between substance use symptoms and psychiatric symptoms can be difficult. This module helps you sort this out. It begins with an overview of various substances and symptoms of intoxication and withdrawal that might mimic psychotic symptoms. You will learn how to use a timeline to help you determine whether the symptoms you are observing are substance induced or related to an independent psychiatric disorder.

Generating the Collaborative Treatment Plan
This module focuses on how best to develop a person centered, shared decision making treatment plan that reflects the client’s goals and preferences. The module describes two approaches to identifying client goals—the Stages of Treatment and the functional analysis—and how they can be used together to build the treatment plan. You will also learn about the format of a good treatment plan: identifying measurable goals; identifying interventions; identifying roles and responsibilities; and identifying follow-up plans. The module also explores the use of a shared decision making approach in the development of the treatment plan, in monitoring the recovery process, in setting and implementing long term goals, and in resolving disagreements between the practitioner and the client in the development of the treatment plan.

Stage-Wise Treatment/Stage-wise groups
Stage-Wise Treatment
This is an introduction to the Stages of Change and the Stages of Treatment models—what they are, how they interact and the importance of providing interventions that work best for each stage. You will learn the four stages of treatment, the goal of each stage, the interventions that match the stage and how best to recognize your clients’ stages of treatment.

Early Stages of Change
This is the second of four modules that discuss the stages of change, stages of treatment and stage-specific treatment interventions. This module concentrates on early change and stages of treatment. It begins with an overview of the Stages of Change and Stages of Treatment and how they are related. You will learn how to assess a client’s stage of change accurately and how to use Motivational Interviewing as a primary tool in the early stages of treatment. The module then explores treatment interventions for each of the three early stages of change: pre-contemplation, contemplation and preparation. Real-life case studies illustrate interventions that are helpful during early stages of change.
Later Stages of Change
This is the third of four modules that discuss the stages of change, stages of treatment and stage-specific treatment interventions. This module concentrates on later stages of change. It begins with a short review of the Stages of Change, lists the criteria for accurately assessing clients in these later stages and examines treatment interventions for each of two later stages (action and maintenance). Real-life case studies illustrate interventions that are helpful during later stages of change. You will also learn about treatment approaches for clients in multiple stages for different disorders; for example, contemplation of substance use and action for mental health issues.

Stage-Wise Treatment Groups
What are stage-wise treatment groups? How are they related to the stages of treatment? What are the goals of these groups, how do they differ, and how are they structured? These are some of the questions this module will help you answer. You will also learn about the positive client outcomes associated with stage-wise groups and how to integrate other types of groups, such as coping skills and peer recovery groups, into your treatment program. You will see a hands-on demonstration of an active treatment group and hear other practitioners in your field describe their experiences providing stage-based treatment groups.

Persuasion Groups
If you haven't seen the module on stage-wise treatment groups, you may want to review that module before viewing this one. This module takes a closer look at one specific type of stage-wise group: the persuasion group. In this module, you will learn the goals, clinical techniques and characteristics of persuasion groups. This module also includes some sample group curricula you can download and use.

Active Treatment and Relapse Prevention Groups
If you haven't seen the module on stage-wise treatment groups, you may want to review that module before taking this one. This module takes a closer look at active treatment and relapse prevention groups. You will learn common interventions in active treatment and relapse prevention groups to help people learn new coping skills. You will also learn how groups help clients work on real-life issues such as managing negative emotions, work, relationships and their housing environment. This module also includes some sample group curricula you can download.

Individual Interventions
This module describes the use of individual interventions in the treatment of people with co-occurring disorders. You will learn about the advantages of individual treatment and the situations and clients where individual work would be the most appropriate. You will also learn about the need for building a safe environment balanced with structure and clear boundaries. The module covers strategies for developing the therapeutic relationship, especially the use of motivational interviewing skills such as asking open questions and using reflective listening statements. The last section of the module reviews how to use a stage-based approach in designing treatment plans for individual interventions, including criteria for assessing a client’s stage of change and matching interventions appropriate for each stage. The module ends with a discussion of interventions particularly designed for clients in the early stages of treatment. These include providing outreach, practical assistance and clinical interventions.
Motivational Interviewing

This is an introduction to motivational interviewing. You will learn about the benefits of using a motivational intervening approach, the spirit and the four principles of motivational interviewing including expressing empathy, developing discrepancy, rolling with resistance and supporting self-efficacy. You will learn strategies for putting each principle into practice and for recognizing, eliciting and reinforcing client’s change talk. You will have the benefit of seeing these strategies and skills demonstrated with real clients.

Motivational Interviewing II (Reflective listening and summarizing)

The first module on Motivational Interviewing introduced the basics of this valuable technique. If you’re not familiar with Motivational Interviewing, please review that module before you continue with this one. Motivational Interviewing is a client-centered, directive method for enhancing a client's own desire to change. Motivation comes from the client, based on his or her own values and goals. This module builds on these basics. You will learn four specific skills: open-ended questions, affirmations, reflective listening and summaries.

Motivational Interviewing III (Ambivalence as part of change)

The first module on Motivational Interviewing introduced the basics of this valuable technique. If you're not familiar with Motivational Interviewing, please review that module before you continue with this one. In this module, you will learn about techniques to help people deal with their ambivalence. You'll learn how to use amplified reflection, double-sided reflection and coming alongside to roll with a client's resistance.

Motivational Interviewing and Harm Reduction

The first module on Motivational Interviewing introduced the basics of this valuable technique. If you're not familiar with Motivational Interviewing, please review that module before you continue with this one. This module examines crisis management and harm reduction. You will learn when it's appropriate to use Motivational Interviewing for harm reduction, how to use it and the ethical issues around using Motivational Interviewing.

Individual Interventions (description above under “Stage wise treatment”)

Cognitive Behavioral Therapy/Social Skills training

CBT for Coping Skills and Problem-solving

This module is an overview of Cognitive Behavioral Therapy (CBT) and its application in treating both addiction and mental health symptoms. You will learn the basics of CBT for co-occurring disorders, the learning theories behind CBT, principles for implementing CBT and strategies for using CBT in addiction counseling. The two fundamental components of CBT are conducting a functional analysis and teaching coping skills. You will learn how to use the functional analysis and the steps to teaching coping skills as well as how to apply CBT for problem solving and goal setting.
CBT for Treating Anxiety, Depression, and Trauma-Related Problems
This module focuses on more advanced CBT techniques and builds on “CBT for Coping and Problem Solving”. You will learn a model for using CBT, how to create a Crisis Plan, how to teach breathing retraining and the five Steps of Cognitive Restructuring. Real-life sessions demonstrate techniques for applying CBT.

Social Skills Training
Clients with co-occurring disorders often need help learning social skills. In this module, you will learn how you can teach clients by breaking skills into smaller steps and helping them practice new behaviors. You will also understand how social skills training can help people refuse drugs, avoid social isolation and develop healthier relationships. You will be able to download and use sample group curricula and printable lists of steps.

Recovery and Community Support
Peer Recovery Supports in the Community
This module will help you develop a better understanding of peer recovery community support groups, their structure and how they benefit people with co-occurring disorders. You will learn about the 12-Step Model, the origins of Alcoholics Anonymous, the 12 Steps of AA, other 12-Step Programs, the benefits of 12-Step Programs and the different meeting types. Also, you will learn recommended strategies for promoting access to self-help programs, connecting clients to peer support groups, and overcoming potential problems clients might encounter.

Work with Families and Other Close Supporters
In this module, you will learn how working with families or friends can be very helpful to a client's recovery. Families play an important role in your clients' lives and can help them reach their goals and buffer the effects of stress. This module provides some general guidelines about forming collaborative relationships and working with families and friends. You will learn some specific models for working with single-family and multiple-family groups, and you'll be able to download sample curricula to use in single- and multiple-family groups.

Philosophy and Perspectives of Recovery
Recovery can be defined in different ways and can be viewed as both a process and an outcome. This module describes some of the different views of recovery in addiction and mental health treatment, and how connections to peers and to the community are important for people in recovery.

Achieving Recovery in the Real World
People with co-occurring disorders usually want the same things as everyone else; typically, a job and a home are near the top of the list. In this module, you will learn about supported employment and supported housing, two models for helping clients with co-occurring disorders achieve recovery in the real world. Knowing what these programs have to offer will help you help your clients achieve these real-world goals. This module includes links to resources to help you get started.
Taking Responsibility for Your Recovery
This module covers the disease model of substance use and mental illness. It then examines the concept of recovery as a process and the importance of clients taking charge of their own recovery process. It explores different options for managing both psychiatric and substance use disorders. A personal recovery story and two case studies illustrate the recovery process.

Medication/Medical
Understanding the Use of Medications for Clients with COD
This module shows how medication can be part of the effective treatment for people with co-occurring disorders. Even if you don't prescribe medications, this module will teach you how you can help clients take their medications regularly, monitor side effects and make sure the medications are working as they should. You will also learn about some of the common medications for clients with co-occurring disorders, how to work with clients to overcome barriers to using medications and how to collaborate with clients to help them get the most out of their medications. In this module, you will be able to download information about medications used to treat mental health symptoms and substance use.

Integrating Medical, Psychiatric and Addiction Treatment Services
In this module, you will learn about the increased health risks that many people with co-occurring disorders face and the challenges they have in getting good medical care. You will also learn what you can do to help clients work with medical professionals and how you can help clients build healthier lifestyles. This module includes links to resources to help you get started.

Tobacco Dependence Treatment
Practitioner Tools for Treating Tobacco Dependence
In this module, you will learn how to screen and assess tobacco use and dependency among individuals with serious mental illness. You will also learn intensive counseling strategies to help the tobacco dependent client quit and appropriate documentation for assessment and treatment planning. After viewing this module, you will be able to create a comprehensive Tobacco Treatment Plan through appropriate screening, assessment and intervention strategies that have been identified in this module.

Understanding the Use of Medications to Treat Tobacco Dependence
In this module, you will learn how smoking affects the metabolism of psychiatric medications and the three categories of first-line medications that are safe and effective treatment for tobacco dependence. After viewing this module, you will be able to provide brief education and instruction on the types of safe and effective medications for treating tobacco dependence in people with serious mental illness.

Implementing Tobacco Dependence Treatment
In this module, you will learn about the epidemiology of tobacco use among individuals with serious mental illness; effective methods for tobacco dependence treatment; and information to help program leaders create, implement and maintain a tobacco free culture in mental health settings.
Treating Adolescents with Co-occurring Disorders

Co-occurring Disorders in Adolescents
In this module, you will learn the basics of working with adolescents with co-occurring disorders (COD). You will learn about screening, assessment, and treatment including evidence-based approaches as well as working with adolescents and families.

Supervision Skills

Clinical Supervision 1
Supervision is a crucial element in implementing integrated treatment for people with co-occurring disorders. This module highlights the importance of good supervision and describes two specific supervision models: case presentations, using a group model for supervision, and skills training. Each model is delineated in a step-by-step fashion and demonstrated by a real-life supervisor. Often there are many barriers to providing good supervision. This module identifies some of the most frequently cited barriers and gives you solutions so that you can provide supervision in a timely fashion. Throughout, you will find helpful tools you can use in your agency setting.

Clinical Supervision II
In the first module on clinical supervision, you learned about the group model of supervision, case presentation, skills training and barriers to supervision. In this module, you will learn about techniques you can use when supervising individuals: field mentoring, modeling, coaching, feedback and data-based supervision. This module includes a number of tools you can download and use with the people you supervise.

Leadership Skills

Clinical Leadership
Are you in a leadership role at your agency and wondering what it takes to make a significant change such as adopting integrated treatment for co-occurring disorders? If your answer is yes, then this module is for you. You will learn about important components of successful change such as including all involved stakeholders (administrators, direct care workers, peers and families), developing a committee that will spearhead the change process, and selecting a clinical leader or “champion.” Also, you will learn the seven key steps and tasks that you, as a clinical leader, will need to perform throughout your agency’s change process. The module will help you understand the benefits of providing integrated treatment for your agency and the consumers of the services you provide.

Implementing Co-Occurring Disorders Treatment
Administrators and those who lead the agency’s implementation process will learn seven important steps that lead to successful implementation: making a decision, forming consensus, organizing the change, developing a plan, putting the plan in action, monitoring the plan, and sustaining the program change. You will also learn how to monitor program improvement outcomes using fidelity scales and to track client outcomes to evaluate implementation of treatment for people with co-occurring disorders. This module also teaches organizational factors that lead to successful implementation and strategies for improving workforce proficiency in co-occurring disorders treatment. Training and supervision are discussed as critical elements in the implementation process.
Capacity/Fidelity/Tracking Outcomes

Program Level Measures of COD Capacity
Measuring your program’s capability to deliver integrated treatment to people with co-occurring disorders is critical to your planning process. This module describes two practice indexes: the Dual Diagnosis Capability in Addiction Treatment (DDCAT) and the Dual Diagnosis Capability in Mental Health Treatment (DDCMHT). These indexes give a baseline measure of your program’s ability to treat COD. Results of both can be used to plan improvements in your service delivery. The DDCAT is used in addiction treatment settings and the DDCMHT in mental health treatment settings. This module describes each index, its structure and rating scale, information on finding DDCAT/DDCMHT assessment teams, strategies for setting up a site visit and information on how to score each index. It also covers how to draft a DDCAT/DDCMHT report and how to use the data for identifying areas for program improvement. Lastly, the module describes how to use the overall results of the DDCAT/DDCMHT survey to design an implementation plan. As part of the module, you will be able to download both indexes and an example of a DDCAT implementation plan.

Fidelity Assessment in IDDT
Although anyone can benefit from this module, it is designed to help programs that have a specialized co-occurring disorders team treating clients with serious mental illness. The module describes in detail the Integrated Dual Disorders Treatment Fidelity Scale (IDDT), a fidelity scale designed to evaluate your program and make improvements in a continuous process. The module examines how the fidelity scale works, the domains of the fidelity scale, the program item rating scale, the structure of a fidelity scale site survey and the selection of an assessment team. The module also explores how to best use the results of your fidelity scale survey to identify areas for program improvement, how to draft an IDDT fidelity scale implementation plan and the benefits of including this plan in your agency’s continuous quality improvement program.

Tracking Outcomes and Process Improvements
In this module, you will learn how the data you collect can provide information for data-based supervision, for licensing and certification reviews, and, most importantly, to see whether clients are getting better. You will learn how to collect information to set goals and how to strengthen your programs through a process called Continuous Quality Improvement. In this module, you will be able to download tools to help you track outcomes and process improvements.