




INTEGRATED DUAL DISORDER TREATMENT WITHIN THE ASSERTIVE COMMUNITY TREATMENT TEAM MODEL

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WORKSHOP OBJECTIVES

Participants will be able to:

- Describe the Assertive Community Treatment (ACT) Model and the use of Integrated Dual Disorder Treatment (IDDT) as an evidence based practice within the ACT model.
 - Define the relationship between severe and persistent mental illness and substance abuse.
 - Identify the implications of the use of IDDT and treatment outcomes.
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A BRIEF HISTORY OF ACT

- Response to decreased hospital beds and lack of community based services
- Developed in Madison, WI during the 1970's
- Designed to be "A hospital without walls"
 - Support individuals in remaining in the community
 - Reduce repeated inpatient admissions

ACT TODAY

- First-line provider of all the services
 - multidisciplinary team
 - Collaboration
- Flexible, individualized services
 - Tailored to individual needs, short and long-term
 - Delivered primarily in the community
- Recovery-oriented
 - Individual driven treatment
 - Focus is on growth
 - Goal is transition

ACT RECIPIENTS

- Severe and Persistent Mental Illness
 - Psychotic Disorders:
 - Schizophrenia
 - Schizoaffective Disorder
 - Bipolar Disorder
 - Exception:
 - Major Depressive Disorder, Severe with Psychotic Features

ACT RECIPIENTS

- ▯ **Significant** functional impairments and;
 - History of frequent or long-term hospitalizations and/or;
 - History of frequent arrests/incarcerations or homelessness episodes
 - Have not (or likely would not) successfully received services from less intensive community based treatment programs and/or;
 - Comorbid substance abuse

SPMI AND SUBSTANCE ABUSE

- over *50 percent* of people in the US who have been diagnosed with a SPMI will also have a diagnosable co-occurring substance use disorder (SUD) at some point during their lifetimes
- Co-morbid substance use increases the risk of other undesirable outcomes
 - e.g., homelessness, hospitalization, victimization, violence, and/or physical health problems

SPMI AND SUBSTANCE ABUSE

- Historically
 - SUD excludes individuals from receiving Mental Health Treatment
 - SPMI excludes individuals from receiving Substance Abuse Treatment
- Where do they get treated????

VIDEO

IDDT

- Integrated Dual Diagnosis Treatment
- Evidence-Based Practice (EBP)
 - improves the quality of life for people with co-occurring severe mental illness and substance use disorders
 - combines substance abuse services with mental health services
 - helps to address both disorders at the same time
 - same service organization
 - same team of treatment providers

HARM REDUCTION

- Reducing harmful behaviors rather than eliminating them
- Examples?

IDDT

- Emphasizes big changes via a series of small, incremental changes that occur over time, like:
 - sobriety
 - symptom management
 - independent living
- Multidisciplinary Approach
 - combines pharmacological (medication), psychological, educational, and social interventions promotes
 - consumer and family involvement in service delivery
 - stable housing as a necessary condition for recovery
 - employment

MOTIVATIONAL INTERVIEWING

- Express Empathy
- Develop Discrepancy
- Roll with Resistance
- Support Self-Efficacy

STAGES-OF-CHANGE APPROACH

- Pre-contemplation
- Contemplation
- Preparation
- Action
- Maintenance

STAGES OF CHANGE & STAGES OF TREATMENT

Stages of Change

- Pre-Contemplation
- Contemplation
- Preparation
- Action
- Maintenance

Stages of Treatment

- Engagement
- Persuasion
- Active Treatment
- Relapse Prevention

TREATMENT APPROACH

Precontemplation — Engagement

Assertive outreach, practical help (housing, entitlements, other), and an introduction to individual, family, group, and self-help treatment formats

Contemplation and Preparation — Persuasion

Education, goal setting, and building awareness of problem through motivational counseling

Action — Active treatment

Counseling and treatment based on cognitive-behavioral techniques, skills training, and support from families and self-help groups

Maintenance — Relapse prevention

Continued counseling and treatment based on relapse prevention techniques, skill building, and ongoing support to promote recovery

VIGNETTES

- Mark
- Jill
- George

INTEGRATION OF IDDT WITHIN ACT

- Substance Abuse Specialist
- Ideally, at least 80% of individual contacts involve some dual disorder intervention, including engagement activities

SUBSTANCE ABUSE SPECIALIST

- Comprehensive Substance Abuse Assessment
- Stage of Change/Stage of Treatment
- Cognitive Behavioral Therapy
- Relapse Prevention
- Cross training
- Individual and Group therapy
- Self-Help Groups

ACT AND IDDT

- Team Approach
- Allows intervention in multiple life domains
- Application of IDDT principles beyond substance abuse