

Co-Occurring Disorders Curricula Guide

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CT Department of Mental Health and Addiction Services

Introduction

This document is intended to be complementary to the DMHAS Co-Occurring Capable (COC) and Co-Occurring Enhanced (COE) Program Guidelines. The intent of this summary is to provide direction, without being prescriptive, and to emphasize those elements that are of particular importance in the treatment of individuals with co-occurring disorders (COD).

The goals of providing psycho-education about mental health and substance use disorders and skill-building activities for individuals who have co-occurring disorders are to:

- 1) Increase individuals' awareness and understanding of their specific disorders as well as available treatments and supports appropriate to their service needs;
- 2) Reduce stigma by providing factual information in a group setting and making it safe for participants to talk about both disorders;
- 3) Provide a more inclusive and inviting treatment environment;
- 4) Improve quality of care by supporting and providing integrated treatment;
- 5) Enable greater individualization and flexibility in recovery planning.

In the development of these guidelines, several assumptions have been made:

- 1) The majority of psychoeducation and skill-building, using these curricula, will be done in groups; research has indicated that "peer-oriented group interventions directed by a professional leader, despite heterogeneity of clinical models, are consistently effective in helping clients to reduce substance use and to improve other outcomes". (*Drake, R., Mueser, K., & Brunette, M. 2007. Management of persons with co-occurring severe mental illness and substance use disorder: Program implications. World Psychiatry, 6, 131-136.*)
- 2) Programs with either a substance abuse or a mental health license, i.e. not dual licensure, may provide "education" related to co-occurring disorders within the concept of relapse prevention of the designated disorder being treated;
- 3) Psycho-educational groups are not treatment groups, i.e. individual clinical issues that may arise out of a group discussion should be referred to a clinician or prescriber as appropriate;
- 4) Groups will be implemented with consideration given to participants' stage of change related to both mental health and substance use disorders;
- 5) COE programs will routinely integrate these educational and skill-building elements;
- 6) Successful/effective implementation of these curricula in entirety will be related to levels of care and length of stay.

Recommended Curricula Elements and Curricula

The next three pages identify seven recommended co-occurring disorders curriculum elements, and delineates them into co-occurring capable and enhanced categories. The content of several published curricula was reviewed and pages five and six compare the curricula across these seven elements. These recommended curricula are not individually identified as COC or COE as this would only be determined by both the level of detail and the degree of routine integration into treatment services that a program implements. Likewise, two of the curricula (Velasquez, et al. and Monti et al.) do not contain information on both mental health and substance use problems, but implementing these substance use-focused curricula in a mental health program would be part of providing co-occurring programming. Page seven lists the recommended curricula, including information on how to obtain them.

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Recommended Co-Occurring Disorders Group Curriculum Elements

Curriculum Element	Co-Occurring Capable (COC)	Co-Occurring Enhanced (COE)
1) Definition of Co-Occurring Mental Health and Substance Use Disorders, and “Person First” language	<ul style="list-style-type: none"> a) Definition of Co-Occurring Disorders b) Basic information on biological and environmental risk factors related to development of mental health and substance use disorders c) Education about using “person-first language” 	<p>Same as COC &:</p> <ul style="list-style-type: none"> d) Education on how to present recovery-oriented language
2) Signs and Symptoms of substance use and common mental health disorders, and their interaction	<ul style="list-style-type: none"> a) DSM IV TR definition of substance abuse disorders, the disease concept, criteria for dependency versus abuse, physiological effects of substance use, withdrawal, criteria and physiological concept of detox b) The associated major signs and symptoms of the most common mental health disorders as presented by the DSM-IV TR (not a basis for self-diagnosis) including Anxiety, Depression, PDST, Bipolar Disorder, Schizophrenia & other Thought Disorders c) Basic information on how mental health disorder signs/symptoms interact and effect signs/symptoms of substance use disorder and vice versa 	<p>Same as COC &:</p> <ul style="list-style-type: none"> d) Education with specific content for specific disorders and co-morbidities with attention to the integration of both substance use and mental health disorders e) Education on diagnostic issues including stabilization, remission, and the ability for a diagnosis to change in relation to a co-occurring substance abuse disorder
3) Medications	<ul style="list-style-type: none"> a) Basic concept of medication versus “drug” within context of maintaining “drug-free,” basic/general information about medications for major disorders; basic information on the appropriate use of medications, side effects, interaction with substances, importance of communication with individual’s prescriber 	<p>Same as COC &:</p> <ul style="list-style-type: none"> b) Education on specific medications typically prescribed for major disorders, possible side effects, interaction between medications and substances; education on how to self-monitor use of medications and signs/symptoms, best utilize available resources, and communicate effectively with prescriber

Curriculum Element	Co-Occurring Capable (COC)	Co-Occurring Enhanced (COE)
<p>4) Recovery Options and the Stages of Change</p>	<p>a) Basic information on principles of treatment including need to address/blend/integrate treatment for both substance use and mental health disorders</p> <p>b) Different treatment strategies including medication, psychotherapy, holistic/alternative, professionals, family members, self-help, natural supports, peer, 12-step support, etc.</p> <p>c) Definition and explanation of Stages of Change model including basic description of the thinking and behaviors of each stage, goals or behaviors needed to move to the next stage of change, that movement can occur back and forth through stages, and that individual can be in different stages for addiction vs. mental health recovery</p> <p>d) Education related to self help principles and resources, including AA/NA and other 12-step groups such as Dual Recovery Anonymous, All Recovery meetings and family support groups. Information on specific area 12-step meetings open to individuals with co-occurring disorders</p>	<p>Same as COC & :</p> <p>f) Education to help individuals acknowledge their own co-occurring disorders, identify their stage of change for each diagnosis, coping skills and foundation to express self as an individual with co-occurring disorders.</p> <p>g) Education on how to find 12-step or other types of support groups specific to individual's needs, strategies for coping or managing challenges w/using self-help resources e.g. finding small meetings for individual with anxiety disorder.</p>
<p>5) Relapse prevention/coping skills/healthy living</p>	<p>a) Basic relapse prevention education/skills related to substance use and mental health disorders within context of relapse prevention.</p> <p>b) Basic information about effects and interaction of physical wellness and mental health/addiction disorders and vice versa, and the role of health care and nutrition in recovery.</p>	<p>Same as COC & :</p> <p>c) Relapse prevention education/skills related to both disorders individually and as they interact with each other</p> <p>d) Information to help develop and utilize coping skills for both mental health and substance use disorder signs and symptoms</p> <p>e) More detailed information regarding health care risks related to substance use and/or mental health disorders, and related medications, as well as the role of nutrition and physical wellness in recovery</p>

Curriculum Element	Co-Occurring Capable (COC)	Co-Occurring Enhanced (COE)
6) How/where to get help for SA/MH/primary care – access and process	a) General information on statewide mental health/substance abuse resources (including CT Clearing House, 211, DMHAS website and regional Health Care Systems offices), and local medical care resources. Education related to differences between MD, Psychiatrist, PhD, LCSW, and APRN.	Same as COC
7) Relationships/recovery supports/community resources for family and clients	<p>a. Education of community supports statewide e.g., The Mental Health Association of CT for information on meetings, NAMI, AlAnon/NarAnon, and Families Anonymous (a 12-step program for friends and families)</p> <p>b. Education on role of family/friends/supports in recovery, and how to utilize family/friends/supports to enhance recovery</p>	Same as COC

Cross -Comparison of Recommended Co-Occurring Disorders Curricula

Curriculum Element	USF Curriculum ¹	McKillip –The Basics ²	Hazelden COD Program ³	Other
1) Definition of Co-Occurring Mental Health and Substance Use Disorders, and “person first” language	Module 1 <i>Doesn't address “person first” language</i>	Volume 1: Subject 1; Master Tip 2	Integrated Combined Treatments: Fact Sheet 1 Cognitive Behavioral Therapy: Fact Sheet 1 A Guide for Living with Co-Occurring Disorders DVD <i>Doesn't address “person first” language</i>	
2) Signs and Symptoms of substance use and common mental health disorders, and their interaction	Modules 1-6 – discussed throughout, specific to MH diagnosis	Volume 1: Subject 2; Subject 3	Integrated Combined Treatments: Fact Sheets 2-11 Part 2, Phase I, Module 2 Cognitive-Behavioral Therapy: Modules 4,5 <i>Doesn't address definition of SUD, criteria for dependency versus abuse</i>	Co-Occurring Disorders Workbook: ⁴ Session 2
3) Medications	Medication discussed throughout, specific to MH diagnosis	Volume 2: Subject 4	Medication Management: Handouts 1-5	Overcoming Addictions: ⁵ Skill 7 – Reporting Symptoms and Side Effects to a Doctor
4) Recovery Options and the Stages of Change	Module 7 <i>Doesn't address related to mental health disorders or COD</i>	Volume 1: Subject 1 Volume 2: Subject 6	Integrated Combined Treatments: Part 2, Phase I, Modules 3-5 Part 2, Phase III, Modules 13-18 Fact Sheets 2-11 Cognitive Behavioral Therapy: Fact Sheets 2-11	Group Treatment for Substance Abuse: ⁶ Chapter 9 Baker, et al.: ⁸ Sessions 1-4

Element	USF Curriculum	The Basics	Hazelden COD Program	Other
5) Relapse prevention/coping skills/healthy living	Module 8	Volume 2: Subject 5, Subject 8	Integrated Combined Treatments: Part 2, Phase II, Modules 6-12 Cognitive-Behavioral Therapy: Module 2	Group Treatment for Substance Abuse: ⁴ Chapters 15-19 Overcoming Addictions: ⁵ Chapters 1-8 Skills 1,3,4,9 Group Treatment for Substance Abuse: ⁶ Part III Treating Alcohol Dependence: ⁷ Chapters 3 & 4 Baker et al.: ⁸ Sessions 5-10
6) How/where to get help for SA/MH/primary care – access and process	<i>Does not address in any detail; Need to integrate CT resources</i>	Volume 1: Subject 2 Volume 2: Subject 4 <i>Need to integrate CT resources</i>	<i>Does not address healthcare risks, and role of nutrition and physical wellness in any detail; Need to integrate local/ CT resources</i>	Overcoming Addictions: ⁵ Skill 5 – Getting an Appointment with a Busy Person
7) Relationships/recovery supports/community resources for family and clients	Module 7 (need to integrate local resources)	Volume 2: Subject 7, Subject 8	Family Program A Guide for Living with Co-Occurring Disorders DVD	Group Treatment for Substance Abuse: ⁴ Chapters 20-23 Overcoming Addictions: ⁵ Chapter 7 Skills 2,6,8 Treating Alcohol Dependence: ⁷ Chapters 3 & 4 Interpersonal & Intrapersonal Skills

¹ **Co-Occurring Disorders Treatment Manual and Workbook**, University of South Florida. Free downloads: <http://mhlp.fmhi.usf.edu/web/mhlp/rdetail.cfm?prid=121>

² **The Basics – A Curriculum for Co-Occurring Psychiatric and Substance Disorders – Second Edition**, Rhonda McKillip, M.Edl, LMHC, MAC, CCDCIII, CDP. Two volumes. Approximately \$100 and available at: <http://mckillipbasics.com>

³ **Hazelden Co-occurring Disorders Program – Integrated Services for Substance Use and Mental Health Problems**, Faculty from the Dartmouth Medical School, 6 modules and DVD; approximately \$1300, but individual modules and DVD are sold separately. Available at: <http://www.hazelden.org>

⁴ **Co-Occurring Disorders Workbook – Recovery Strategies for Substance Use and Mental Health Disorders – Third Edition**, Dennis C. Daley, MSW. Approximately \$25 and available at: <http://drdenniscdaley.com>

⁵ **Overcoming Addictions – Skills Training for People with Schizophrenia**, Lisa J. Roberts, Andrew Shaner, and Thad A. Eckman. Book is approximately \$25 and available at <http://books.wwnorton.com> (or major bookstore websites) and accompanying VHS tape [ISBN#:9780393703184(8)] available by calling W.W. Norton & Company, Inc. at 212-354-5500

⁶ **Group Treatment for Substance Abuse – A Stages-of-Change Manual**, Mary Marden Velasquez, Ph.D., Gaylyn Gaddy Maurer, Cathy Crouch, & Carlo C. DiClemente. Approximately \$25 and available: major bookstore websites

⁷ **Treating Alcohol Dependence – A Coping Skills Training Guide**, Peter M. Monti, Ronald M. Kadden, Damaris J. Rohsenow, Ned L. Cooney, David B. Abrams. Approximately \$25 and available: major bookstore websites

⁸ **Intervention for Alcohol, Cannabis and Amphetamine Use Among People with a Psychotic Illness**, Amanda Baker, Sandra Bucci, & Frances Kay-Lambkin. Free download: <http://www.ct.gov/dmhas/lib/dmhas/cosig/AustralianCODtreatmentmanual.pdf>