Treating Co-occurring Substance Use and Mental Health Disorders: An Integrated Approach with Adolescents

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Today's Objectives:
- Prevalence
- Traditional vs. Integrated Approach
- Rationale for Integrated Approach
- Discuss MOTIVATE
- Integrated Approach in Clinical Settings

Co-occurring Disorders: refers to the simultaneous existence of a mental illness and substance use disorder.
Mental Disorder: is a "syndrome characterized by a clinical significant disturbance in an individual's thoughts, emotions, and behaviors..."

Substance Use Disorder: refers to recurrent use of alcohol and/or drugs that causes clinical significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.

Prevalence of Co-occurring Disorders in Adolescents
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Why do these disorders often co-occur?

- Genetics
- Environment

Mental Health and Substance Use Disorder

Substance Use and Addiction

Mental Illness
Traditional Treatment vs. Integrated Treatment

Traditional Models of Treatment
- Single Model
- Sequential Model
- Parallel Model

Integrated Model of Treatment
"An approach to treating co-occurring disorders that utilizes one competent treatment team at the same facility to recognize and address all mental health and substance use disorders at the same time".

(Smith and Randall, 2012)
Benefits of the Integrated Model of Treatment

- Reduced need for coordination
- Reduced frustration for clients
- Shared decision-making responsibilities
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- Families and significant others are included
- Transparent practices help everyone involved share responsibility
- Clients are empowered to treat their own illness and manage their own recovery
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- Clients are empowered to treat their own illness and manage their own recovery
- The client and his/her family has more choice in treatment, and more ability for self-management
- Higher satisfaction with care

The Need for Treatment of Co-occurring Disorders

Untreated and/or un-identified co-occurring disorders are associated with:

- ↑ treatment engagement
- ↑ therapeutic alliance
- ↑ adherence

Barriers to Service Access

- Policy Barriers
- Program Barriers
- Clinical Barriers
- Consumer and Family Barriers
Suggested Strategies to Overcome Barriers

- Policy Strategy
- Program Strategy
- Clinical Strategy
- Consumer and Family Strategy

The Integrated Model of Treatment in Practice

The Motivate Program!

Motivate Program

- Assessment
- Treatment/Family Support
- Monitoring
- Aftercare
The Integrated Model of Treatment in Practice

Objective 1: To teach adolescents how to use an array of coping skills to deal with problems and interpersonal conflicts.

Objective 2: To teach adolescents how to anticipate and challenge the thoughts, cravings, and urges that drive adolescents to use.

Parent Education and Support for Families

Topics:
- Intro
- Drugs and Adolescents
- Relapse and Signs
- Boundaries, Limits, and Authority
- Communication and Conflict Resolution
- Family Roles/Love with Detachment

Current Delivery:
- 6 Parent Education Sessions alone
- OR
- 6 Parent Education Sessions and 6 support sessions

Thank You!
References


