

# Great Lakes Mental Health TTC

Presents

## Evidence Based Co-occurring Disorders Treatment

Presenter

Mark Sanders, LCSW, CADDC



Great Lakes (HHS Region 5)

MHTTC

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Definition of Co-occurring Disorders

Two coexisting disorders, independent of each other, yet interacting with each other. Each is characterized by denial/ambivalence and is treatable. When mental illness and substance use disorders coexist both should be considered primary and treatment for both disorders is needed.

# How the Two Interact Examples

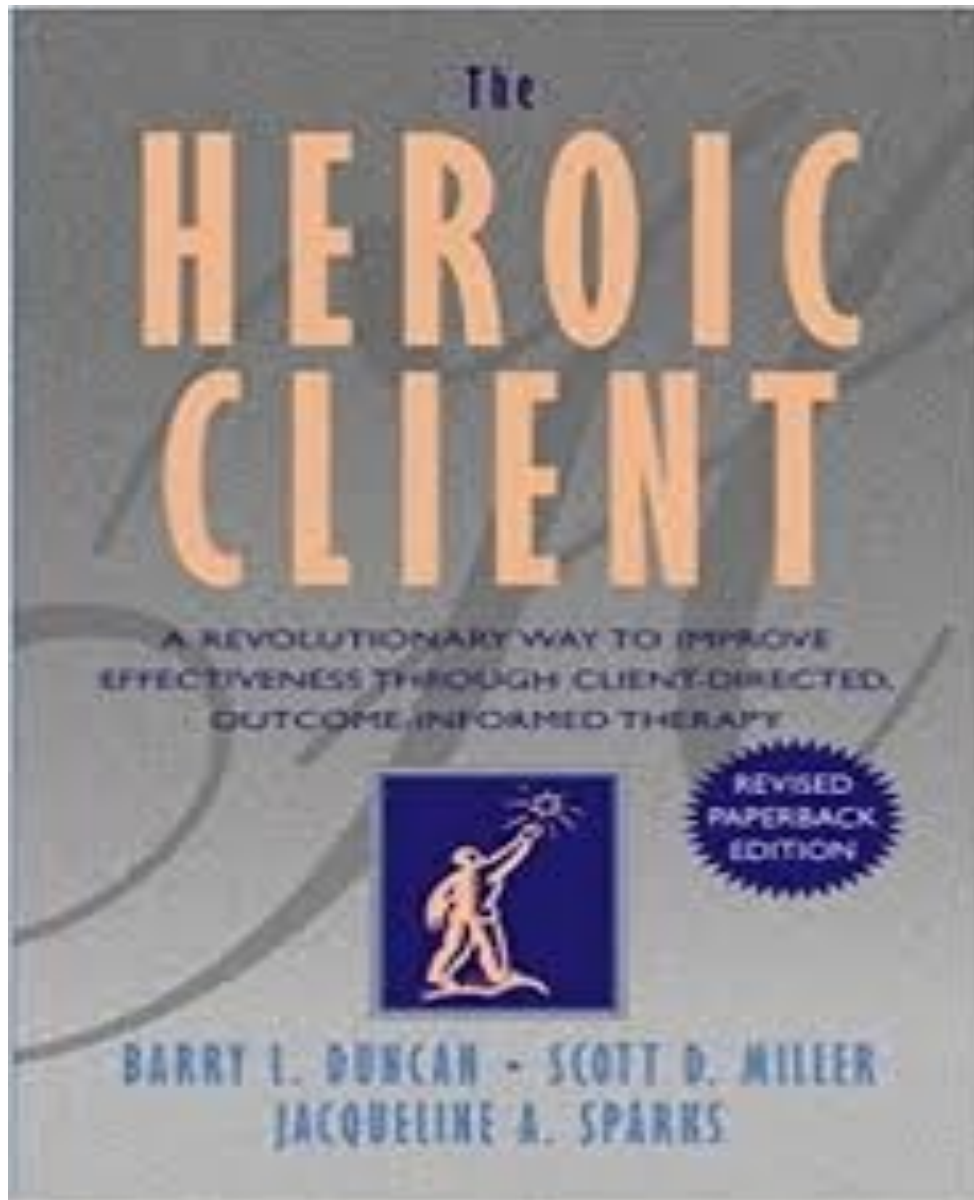
- Marijuana used to medicate psychotic symptoms (CBD)
- Alcohol used to medicate the grief caused by mental illness
- Drugs used to avoid the side effects of psychiatric medication
- Alcohol minimizing the effectiveness of meds, increasing the risk of overdose and suicide

# Interact Continued

- Drug use exacerbating psychiatric symptoms
- The medication of feelings of uselessness with illicit drugs
- Alcohol and illicit drug use making it difficult to follow treatment regimens



# Evidence Based and Best Practices in Engagement and Retention



Source: Amazon Books

Research indicates that clients make most of their progress within the first six sessions of therapy.

Source: The Heroic Client

The majority of clients do not reach session six. 50% of adults and 60% of adolescents miss their second outpatient session.

Source: The Heroic Client



# Reasons Clients Resist Mental Health Counseling

- The stigma of mental illness
- Mis-diagnosis, over diagnoses, and treating clients as if they are their diagnosis
- Counseling is often not their idea
- They may view counseling as strange
- They were harmed in previous counseling or it was unhelpful

# Client Resistance Continued

- Too many previous counselors
- They believe counseling will be a waste of time
- They may view the presenting problem as the solution to their problems

It is natural for clients to resist any efforts to get them to stop using drugs because drugs work!

# Drugs Work!

- They numb emotional pain
- They simmer rage
- They medicate psychiatric symptoms
- They provide relief from “moral injury”
- They provide constant companionship
- They are predictable
- They provide relief from trauma and abandonment

# Client Engagement: The First Two Sessions

Utilize naturally therapeutic qualities during the engagement process

- Empathy
- Warmth
- Genuineness

“Techniques alone have no therapeutic value. They are only valuable if the client finds it credible and you have a good relationship. Psychotherapy is a process driven by beliefs, expectations and suggestions. Charisma and believability is what makes some therapists much more effective than others in engaging clients and facilitating change.”

Dr. Stephen Bacon  
[www.drstephenbacon.com](http://www.drstephenbacon.com)

# Rapport

How to know if you are in rapport

- More comfortable body language
- Relaxed breathing
- Unforced laughter
- Volunteer information that you did not ask
- Give people real names
- Slightly more eye contact
- Correct your understanding of content

# Client Engagement: The First Two Sessions Continued

- 3 sessions at a time
- Minimize confrontation
- Connect with peers
- Help with needed resources early



# The First Two Sessions Continued

Discover the client's uniqueness

- If you had 3 wishes what would they be?
- When are you happiest?
- What do you do on a Saturday afternoon?
- Who are your heroes?
- What is your favorite food?
- What kinds of things are funny to you? Do you like to hear jokes or tell jokes?

# Focus on Strengths as Soon as Possible

- What do you do well?
- How have you been able to endure so much?
- What do you like to do in your leisure time?
- What is the best thing you ever made happen?
- What are the best 3 moments you can recall in your life?
- What is your previous life suffering preparing you to do with the rest of your life?

# Focus on Strengths Continued

- What have you learned from what you have gone through?
- What sources of strength did you draw from?
- Which of your experiences has taught you the most about your own resilience?



# Evidence Based Co-occurring Disorders Treatment

# Defintion of Evidence Based Practices in Counseling

Evidence Based Practices are therapies that have been studied by researchers and replicated by more than one investigator. The approach has proven to be effective with a range of client populations.

# 3 Important Questions Regarding Evidence Based Practices

1. Who conducted the research?
2. Where was the research conducted?
3. Evidence based compared to what?

# Varieties of Evidence Based Practices

# Cognitive Behavioral Therapy

This here and now approach has proven to be effective with a range of individuals including those diagnosed with:

- Depression
- Thought Disorders
- Substance Use Disorders
- Personality Disorders
- Traumatic Stress Disorders
- Co-occurring Disorders



# Types of CBT

- Cognitive Processing Therapy
- DBT
- Acceptance and Commitment Therapy
- Exposure Therapy
- Trauma Informed CBT

# 12 Step Facilitation

- 12 sessions with tasks to complete after each session.

Results: 3 times more likely to be engaged in 12 Step meetings at the end of 90 days.

# The Use of Motivational Incentive



# The Use of Motivational Incentives


(Included in the SAMHSA Registry of  
Evidence Based Practices)



Source: flickr commons



Source: flickr commons



# The Fishbowl Technique With Clients Living With HIV, Mental Illness, Substance Use Disorders and Poverty



Source: flickr commons



# 250 Raffle Tickets

## Incentive Value

125      Congratulations for attending the group today. Keep up the Good Work!

50      Small prize      \$5.00


50      Medium prize      \$10.00

24      Raffle tickets      \$15 to \$20.00

## Grand Prize



Source: flickr commons



The Fishbowl Technique With  
African American and  
Latino/Hispanic  
Adolescents With Traumatic  
Stress Disorders and Substance  
Use Disorders



Source: flickr commons

# Drug Courts

- Similar principles of motivational incentives. Immediate rewards and immediate sanctions.
- Reduces recidivism
- Reduces substance use
- Reduces cost



# Structural Family Therapy

# Evidenced Based Practices Continued

- The use of Recovery Coaches
  - Pre-treatment
  - In-treatment
  - Post-treatment
- Housing first
- Supportive Employment

# Evidence Based Practices Continued

- Motivational interviewing
- Feedback Informed Treatment
- Integrated Co-occurring Disorders Treatment



# Being Influenced by the Evidence

- Listen more than you talk
- Relationship first
- Invite solutions from the client
- Partner with clients
- Minimize confrontation
- Work with families
- Work with couples
- 90 days of continuous recovery support