

DUAL DIAGNOSIS:

*An Integrated Model for the Treatment of
People with Co-occurring Psychiatric and
Substance Disorders*

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STAGES OF CHANGE

Prochaska & DiClemente (1992)

- PRECONTEMPLATION
 - CONTEMPLATION
 - PREPARATION
- ACTION – Early and Late
 - MAINTENANCE

STAGES OF TREATMENT

Osher & Kofoed (1989)

McHugo et al (1995)

1. Pre-engagement

ENGAGEMENT

2. Engagement

3. Early Persuasion

PERSUASION

4. Late Persuasion

5. Early Active Rx

ACTIVE TREATMENT

6. Late Active Rx

7. Relapse Prevention

RELAPSE PREVENTION

8. Remission

STAGE AND PHASE SPECIFIC INTERVENTIONS

- **ENGAGEMENT PHASE/PRE-CONTEMP/CONTEMPLATION:**

Motivational Interviewing: 1-1 and group

ACTION/ACTIVE TREATMENT:

Skills building, symptom management education: 1-1 and group

RECOVERY/RELAPSE PREVENTION

Dual Recovery Support/Relapse Prevention

ASSESSMENT OF INDIVIDUALS WITH CO- OCCURRING DISORDERS

- **Detachment**
- **Detection**
- **Diagnosis and Disability**
- **Determination of treatment needs**
- **Detailed Description of Situation, Supports, Skills, and Cultural Context**

Detachment

- **Empathic detachment facilitates gathering accurate information**
- **Proactively communicate detachment and acceptance of consumer choice**
- **Use detachment mantra**

Detection

- **High index of welcoming and expectation**
- **Gather data from multiple sources, expecting information discrepancies.**
- **Initial screening: do (did) you have a problem?**
- **Screening tools: ASSIST; CAGE, SSI, ASII, MAST, DALI , CRAFFT; MIDAS (SA)**
(www.ohiosamimiccoe.cwru.edu/clinical)
- **BPRS, MINI, MH Screening Form III**
(www.asapnys.org/resources) (MH)
- **Use urine/saliva/hair screens selectively**

Diagnosis

- **Integrated, longitudinal, strength-based history**
- **Utilize mental status and medication response data from past periods of abstinence or limited use**
- **Low threshold for MH consult in SA setting**
- **Identify patterns of dependence (vs. abuse) by assessing for awareness of lack of control in the face of serious harm; tolerance and withdrawal are not required.**

Description

- **Ask more questions to obtain more details about the problems you know least about**
- **Identify external problem areas and supports (ASI), and explore opportunities for contingencies**
- **Obtain detailed information about mh symptoms : duration, content, control, perception of cause, factors which exacerbate/lessen, mh disease mgt skills**
- **Obtained detailed information about substance use: factors which promote/inhibit use, situations of use, cost of use, substance using peers, efforts to control use, substance use mgt skills**
- **Obtain detailed cultural context information: (peer, traditional, mh system, addiction recovery cultures)**

Determination of Treatment Needs

- **Assessment of individualized treatment goals using motivational interviewing**
- **Determination of stage of change/ stage of treatment:**
 - **Substance Abuse Treatment Scale (McHugo et al)**
 - **SOCRATES (Miller et al);**
 - **URICA (DiClemente et al)**
 - **Readiness to Change Questionnaire (Rollnick et al)**