

Expand Your Treatment Options

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Overview

- **Goals co-occurring disorder treatment**
- **Facts about substance abuse & severe mental illness**
- **The new meaning of recovery**
- **Individualized treatment planning**
- **Evidence-based or promising practices for people with co-occurring disorders**

Broad Goals of Co-Occurring Disorder Treatment

- Motivate individuals to become active members of their own treatment
- Reach out & engage natural supports (e.g., family)
- Improve management of both mental health & substance use disorders
- Improve role functioning (work, school, parenting)
- Facilitate development of healthy peer relationships
- Foster independent living skills

Facts About Co-Occurring Severe Mental Illness (SMI) & Substance Use Disorders

- **Co-occurring substance abuse very common in SMI, such as schizophrenia, bipolar disorder, severe depression: 50% lifetime**
- **People with SMI are biologically vulnerable, hence very sensitive to even low amounts of alcohol & drugs**
- **Substance abuse worsens course of SMI**
- **Substance use isn't just "self-medication"**
- **Common motives or factors for using include:**
 - **Socialization, acceptance from others, intimacy**
 - **Pleasure, recreation**
 - **Coping with stress or symptoms**
 - **Boredom, lack of structured time**

The New Meaning of Recovery

- **Traditional *Medical* definition**
 - No symptoms or signs of disability
- **New *Personal* definition**
 - Subjective meaning of experience of coming to grips with having a mental illness, and moving on to developing a meaningful life
- **New *Functional* definition**
 - Objective recovery dimensions

Definition of Recovery from President's New Freedom Commission

- **“Recovery is the process in which people are able to live, work, learn, and participate fully in their communities.”**

Recovery from Co-Occurring Disorders

- **Yes, it's possible!**
- **Begins with hope**
- **Establishing personal meaning of recovery**
- **Non-linear process**
- **Importance of self-determination & empowerment**
- **Respect**
- **Responsibility**
- **Individualized treatment plans**
- **Self-help groups useful, some special groups for co-occurring disorders (e.g., Dual Recovery Anonymous)**

Established & Promising Practices for SMI

- **Multiple practices shown to be effective in rigorous research**
- **Many more promising practices established**
- **Effective practices target:**
 - **Substance abuse**
 - **Work**
 - **Family relationships**
 - **Symptoms, relapses, distress**
 - **Well-being, self-efficacy**
 - **Social functioning & leisure**

Integrated Treatment for Co-Occurring Disorders

- **Mental health & substance abuse treatment provided at same time, by same clinicians or team**
- **Group and individual approaches**
- **Comprehensive services**
- **Minimization of treatment-related stress**
- **Harm reduction philosophy**
- **Motivational enhancement (e.g., motivational interviewing)**

Medications

- **Major classes:**
 - Antipsychotic
 - Antidepressant
 - Mood stabilizer
- **Reduction of symptoms**
- **Prevention of relapses**
- **Don't eliminate all symptoms for most people**
- **Adherence is major problem, but effective strategies for increase**
- **Education about effects & side effects important**

Case Management

- **Regular individual meetings with case manager**
- **Assess needs, identify treatment & rehabilitation goals**
- **Link individual to services, monitor receipt of services, advocate as needed**
- **Assist applying for benefits**
- **Member of treatment team, or can easily reach treatment providers**
- **Evaluate need for more intensive case management (e.g., Assertive Community Treatment)**

Supported Employment

- **Focus on competitive work**
- **Eligibility is based on client choice**
- **Supported employment services integrated with psychiatric treatment**
- **Job search starts soon after client expresses interest in work**
- **Follow-along supports are continuous**
- **Client preferences are important**
- **All clients receive benefits counseling**

Family Psychoeducation

- **Focus on increasing support & help from family & close friends**
- **Provision of information, support, stress reduction methods**
- **Provided to whole family or just relatives**
- **Short & long-term approaches**
- **Provided by professionals, integrated with treatment**
- **Helpful programs & supports provided by family advocacy (National Alliance on Mental Illness: NAMI)**

Illness Management & Recovery (IMR)

- **Focus on improved illness self-management, including reduction of symptoms & prevention of relapses, in order to achieve personal goals**
- **Individual or group IMR**
- **Extensive, standardized curriculum**
- **Provision of information about mental illness**
- **Medication adherence strategies**
- **Relapse prevention training**
- **Coping with stress & persistent symptoms**
- **Building social support**

IMR Modules

1. **Recovery Strategies**
2. **Practical Facts about Mental Illness**
3. **The Stress-Vulnerability Model**
4. **Building Social Support**
5. **Using Medication Effectively**

Modules, cont' d

6. Drug and Alcohol Use

7. Reducing Relapses

8. Coping with Stress

9. Coping with Problems and Persistent Symptoms

10. Getting Your Needs Met in the Mental Health System

Cognitive-Behavior Therapy (CBT)

- **Focus on distressing symptoms, including psychosis, depression, anxiety, PTSD, suicidal thinking**
- **Collaborative, non-confrontational**
- **Coping strategies**
- **Cognitive restructuring: identifying thoughts underlying distress, examining them, & changing them when inaccurate**

Supported Housing

- **“Housing first”**
- **Access to independent, stable housing**
- **Provision of supports to sustain independent living**
- **Practical help with daily problems (paying bills, etc.)**

Social Skills Training (SST)

- **Focus on improving social & leisure functioning with friends & family**
- **Usually conducted in groups meeting 1-2 times per week for at least several months**
- **Teaching based on social learning principles: modeling, role playing, positive & corrective feedback, home assignments**
- **Multiple topic areas: conversations, friendship, vocational, anger, substance abuse, leisure & recreation, community survival skills**

Conclusions

- **Expanding treatment options improves outcomes of people with SMI & co-occurring substance use disorders**
- **Effective co-occurring disorder treatment require attention to broad range of needs**
- **Individualized treatment planning critical to develop most effective program for each person**
- **Recovery vision ensures services are provided with sense of hope, optimism, & respect for individual's dignity**