

EVIDENCE-BASED  
PRACTICES

**KIT**

Knowledge Informing Transformation

# Using Multimedia to Introduce Your EBP

## Integrated Treatment for Co-Occurring Disorders



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Substance Abuse and Mental Health Services Administration  
Center for Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov)





# Using Multimedia to Introduce Your EBP

## Integrated Treatment for Co-Occurring Disorders

## Acknowledgments

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## Using Multimedia to Introduce Your EBP

*Using Multimedia to Introduce Your EBP* is a collection of educational tools to help you introduce your Integrated Treatment for Co-Occurring Disorders program to a variety of stakeholder groups, including the following:

- Mental health authorities;
- Substance abuse authorities;
- Community members;
- Employers;
- Advisory group members;
- Consumers;
- Families and other supporters; and
- Agency-wide staff.

Anyone who is trained in the Integrated Treatment model (including program leaders, integrated specialists, employment specialists, and advisory group members) should be able to use these tools during in-service training meetings or for community presentations to educate stakeholder groups.

For references, see the booklet *The Evidence*.

# Integrated Treatment for Co-Occurring Disorders

This KIT is part of a series of Evidence-Based Practices KITs created by the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.

This booklet is part of the Integrated Treatment for Co-Occurring Disorders KIT that includes a DVD, CD-ROM, and seven booklets:

**How to Use the Evidence-Based Practices KITs**

**Getting Started with Evidence-Based Practices**

**Building Your Program**

**Training Frontline Staff**

**Evaluating Your Program**

**The Evidence**

**Using Multimedia to Introduce Your EBP**



**What's in *Using Multimedia to Introduce Your EBP***

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**Integrated Treatment for Co-Occurring Disorders**



## Using Multimedia to Introduce Your EBP

### Introductory Video

This film gives viewers basic information about the Integrated Treatment program, including the following:

- Practice principles;
- Practice philosophy and values;
- Basic rationale for integrated services; and
- How the evidence-based practice has helped consumers and families.



English and Spanish versions of the Introductory Video are included on the DVD in the KIT.



### Sample Brochure

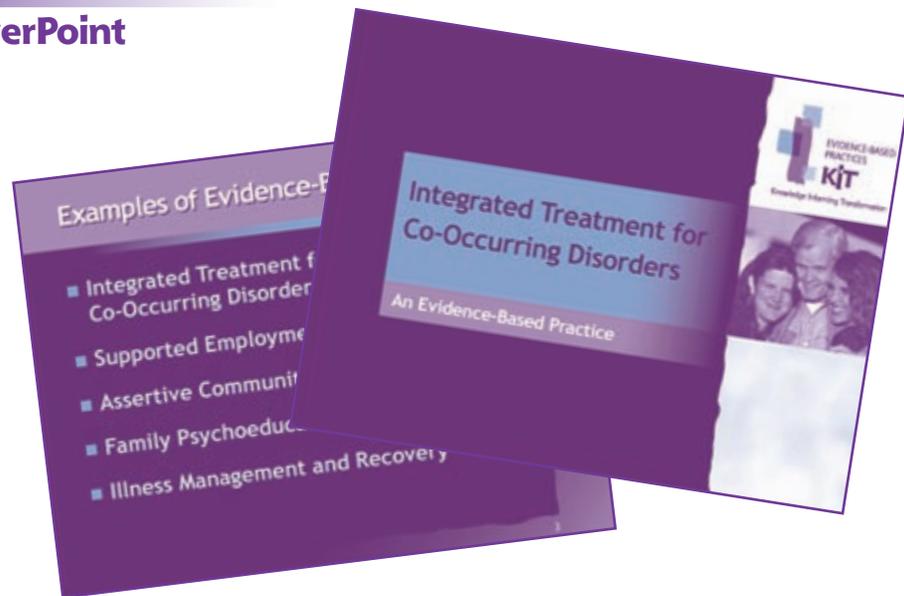
Using a brochure to introduce your Integrated Treatment program to consumers, families, and community members is an easy way to disseminate basic information about Integrated Treatment for Co-Occurring Disorders.

We include a paper copy of the English and Spanish versions of the brochure in *Appendix A* of this booklet. Electronic copies are on the CD-ROM in this KIT so that you can tailor the brochure to your specific Integrated Treatment program.



## Introductory PowerPoint Presentation

We encourage those who are trained in the evidence-based model to offer basic community presentations and in-service seminars using the Introductory PowerPoint slides in this KIT. We include a paper copy of the presentation in *Appendix B* of this booklet. An electronic copy is on the CD-ROM in this KIT so that you can tailor it to your specific Integrated Treatment program.



The slides provide background information about the following:

- Evidence-based practices in general;
- Practice principles; and
- Critical components of the evidence-based model.

Use the presentation along with the other tools in this section to educate a wide array of stakeholders.

## Using Multimedia to Introduce Your EBP

### Appendix A: Sample Brochure

Use this sample brochure to introduce your Integrated Treatment program in your community. Both English and Spanish versions are on the next few pages. Electronic copies are on the CD-ROM in this KIT.







## Integrated Treatment for Co-Occurring Disorders

CONTACT INFO HERE



Evidenced-based treatment works



*Integrating mental health and substance abuse treatment to meet the needs of people with co-occurring disorders*

This document was produced for the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) under contract numbers 280-00-8049 with the New Hampshire-Dartmouth Psychiatric Research Center and 270-03-6005 with Westat.  
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## What is Integrated Treatment for Co-Occurring Disorders?

*In evidence-based Integrated Treatment programs, consumers receive combined treatment for mental illnesses and substance use disorders from the same practitioner or treatment team.*

## Why participate in Integrated Treatment?

Substance use disorders are common among people with serious mental illnesses and put people at risk for many other problems. Integrated Treatment programs help consumers develop hope, knowledge, skills, and the support they need to manage their problems and to pursue meaningful life goals.

**Integrated Treatment programs fully support consumers in their recovery process.**

## How does Integrated Treatment work?

- |   |  |
|---|--|
| ■ <b>Integrated services</b>            | Mental health and substance abuse treatment are integrated to meet the needs of people with co-occurring disorders.  |
| ■ <b>Cross-trained practitioners</b>    | Integrated treatment specialists are trained to treat both substance use disorders and serious mental illnesses.   |
| ■ <b>Stage-wise treatment</b>           | Integrated treatment specialists match services to the consumer's stage of recovery.   |
| ■ <b>Motivational interventions</b>     | Motivational interventions are used to help consumers identify and pursue personal recovery goals.   |
| ■ <b>Cognitive-behavioral approach</b>  | A cognitive-behavioral approach is used to help consumers identify and change their thoughts, feelings, and behaviors related to their co-occurring disorders. |
| ■ <b>Multiple formats</b>               | Services are available in individual, group, self-help, and family formats.  |
| ■ <b>Integrated medication services</b> | Medication services are integrated with other services.  |



## Tratamiento integrado para trastornos simultáneos



Knowledge Informing Transformation

Transformación basada en la información (KIT, por sus siglas en inglés)

Evidencia aplicada al tratamiento



*Integrando los tratamientos para la salud mental y el abuso de sustancias para satisfacer las necesidades de las personas que sufren de trastornos simultáneos*

Este documento fue producido por la Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) bajo los números de contrato 280-00-8049 con el New Hampshire-Dartmouth Psychiatric Research Center y 270-03-6005 con Westat.  
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## ¿Qué es el tratamiento integrado para trastornos simultáneos?

*En los programas de Tratamientos integrados basados en la evidencia, los usuarios reciben tratamiento combinado para las enfermedades mentales y los trastornos asociados con el abuso de sustancias del mismo profesional de la salud o del mismo equipo de tratamiento.*

## ¿Por qué participar en un tratamiento integrado?

Los trastornos asociados con el abuso de sustancias son comunes entre las personas que sufren de enfermedades mentales graves y ponen a las personas en riesgo de muchos otros problemas. Los programas de tratamiento integrado ayudan a los usuarios a desarrollar la esperanza, los conocimientos, las habilidades, y el apoyo que necesitan para manejar sus problemas y marcarse objetivos importantes para su vida.

**Los programas de tratamiento integrado apoyan totalmente a los usuarios en su proceso de recuperación.**

## ¿Cómo funciona el tratamiento integrado?

- |   |   |
|---|---|
| ■ <b>Servicios integrados</b>                       | Los tratamientos para la salud mental y el abuso de sustancias se integran para satisfacer las necesidades de las personas que sufren de trastornos simultáneos.                      |
| ■ <b>Profesionales de formación polivalente</b>     | Los especialistas en servicios integrados están capacitados para tratar tanto los trastornos asociados con el abuso de sustancias como las enfermedades mentales graves.              |
| ■ <b>Tratamiento según la etapa de recuperación</b> | Los especialistas en tratamientos integrados hacen coincidir los servicios con la etapa de recuperación del usuario.  |
| ■ <b>Intervenciones que motivan</b>                 | Las intervenciones que motivan se utilizan para ayudar a los usuarios a identificar y lograr metas personales de recuperación.  |
| ■ <b>Enfoque cognitivo-conductual</b>               | Se utiliza un enfoque cognitivo-conductual para ayudar a los usuarios a identificar y cambiar sus pensamientos, sentimientos y conductas relacionados con sus trastornos simultáneos. |
| ■ <b>Formatos múltiples</b>                         | Los servicios están disponibles en formatos individuales, de grupo, de autoayuda y de familia.  |
| ■ <b>Servicios de medicamentos integrado</b>        | Los servicios de medicamentos están integrados con otros servicios.   |

## Using Multimedia to Introduce Your EBP

### Appendix B: PowerPoint Presentation

In Appendix B, you'll find paper copies of a presentation that you may use during informational and educational sessions with your community or in-service seminars. An electronic copy of the presentation is on the CD-ROM in this KIT.



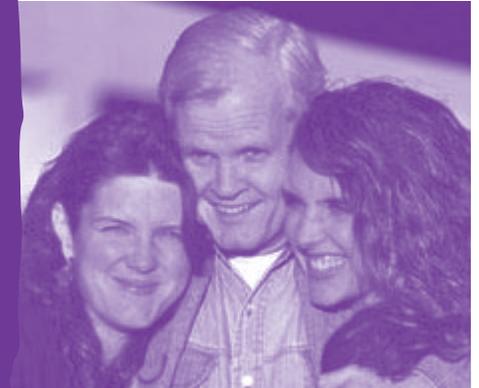


# Integrated Treatment for Co-Occurring Disorders

## An Evidence-Based Practice



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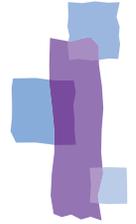
# What Are Evidence-Based Practices?



Services that have consistently demonstrated their effectiveness in helping people with mental illnesses achieve their desired goals

Effectiveness was established by different people who conducted rigorous studies and obtained similar outcomes

# Examples of Evidence-Based Practices



- Integrated Treatment for Co-Occurring Disorders
- Supported Employment
- Assertive Community Treatment
- Family Psychoeducation
- Illness Management and Recovery

# Why Implement Evidence-Based Practices?



According to the New Freedom  
Commission on Mental Health:

**State-of-the-art treatments, based  
on decades of research, are not  
being transferred from research to  
community settings**

## Why Implement Evidence-Based Practices? (continued)



According to the New Freedom  
Commission on Mental Health:

**If effective treatments were more  
efficiently delivered through our mental  
health services system . . . millions of  
Americans would be more successful in  
school, at work, and in their communities**

—Michael Hogan, Chairman

# What Is Integrated Treatment for Co-Occurring Disorders?



Integrated Treatment is a research-proven model of treatment for people with serious mental illnesses and co-occurring substance use disorders

Consumers receive combined treatment for mental illnesses and substance use disorders from the same practitioner or treatment team. They receive one consistent message about treatment and recovery

# Practice Principles for Integrated Treatment for Co-Occurring Disorders



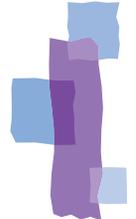
- Mental health and substance abuse treatment are integrated to meet the needs of people with co-occurring disorders
- Co-occurring disorders are treated in a stage-wise fashion with different services provided at different stages
- Integrated treatment specialists are trained to treat both substance use and serious mental illnesses
- Motivational interventions are used to treat consumers in all stages, but especially in the persuasion stage

# Practice Principles for Integrated Treatment for Co-Occurring Disorders



- Substance abuse counseling, using a cognitive-behavioral approach, is used to treat consumers in the active treatment and relapse prevention stages
- Multiple formats for services are available, including individual, group, self-help, and family
- Medication services are integrated and coordinated with psychosocial services

# Treatment is Integrated



Mental health and substance abuse treatment are evaluated and addressed

- Same team
- Same location
- Same time

Treatment targets the individual needs of people with co-occurring disorders and is integrated on organizational and clinical levels

# Treatment is in a Stage-Wise Fashion



## Precontemplation – Engagement

Assertive outreach, practical help (housing, entitlements, other), and an introduction to individual, family, group, and self-help treatment formats

## Contemplation and Preparation – Persuasion

Education, goal setting, and building awareness of problem through motivational counseling

## Action – Active treatment

Counseling and treatment based on cognitive-behavioral techniques, skills training, and support from families and self-help groups

## Maintenance – Relapse prevention

Continued counseling and treatment based on relapse prevention techniques, skill building, and ongoing support to promote recovery

# Integrated Treatment Recovery Model



- Hope is critical
- Services and treatment goals are consumer-driven
- Unconditional respect and compassion for consumers is essential
- Integrated treatment specialists are responsible for engaging consumers and supporting their recovery

# Integrated Treatment Recovery Model (continued)



Focus on consumers' goals and functioning,  
not on adhering to treatment

Consumer choice, shared decisionmaking,  
and consumer/family education  
are important

# Integrated Treatment Recovery Model (continued)



Integrated treatment is associated with the following positive outcomes:

- Reduced substance use
- Improvement in psychiatric symptoms and functioning
- Decreased hospitalization
- Increased housing stability
- Fewer arrests and
- Improved quality of life

—(Drake et al., 2001)

# Summary



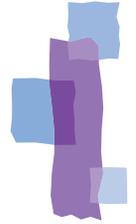
Integrated Treatment for Co-Occurring Disorders is effective in the recovery process for consumers with co-occurring disorders

The goal of this evidence-based practice is to support consumers in their recovery process

In Integrated Treatment programs, the same practitioners, working in one setting, provide mental health and substance abuse interventions in a coordinated fashion

Consumers receive one consistent message about treatment and recovery`

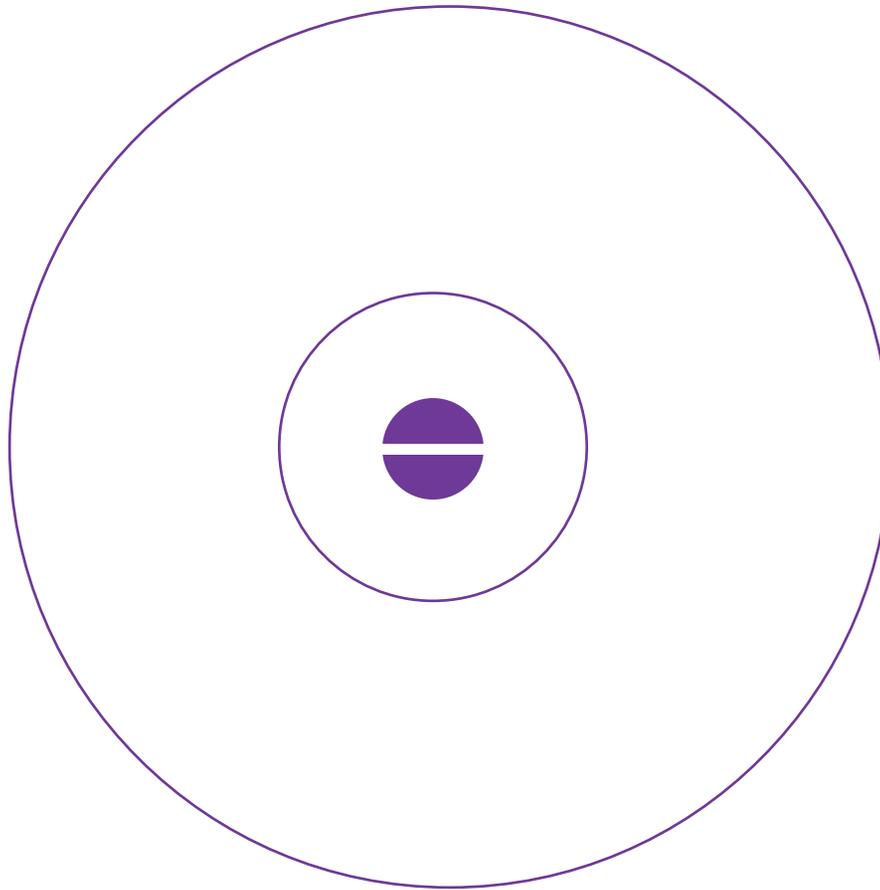
# Additional Resources



For more information about Integrated Treatment for Co-Occurring Disorders and other evidence-based practices, visit

[www.samhsa.gov](http://www.samhsa.gov)



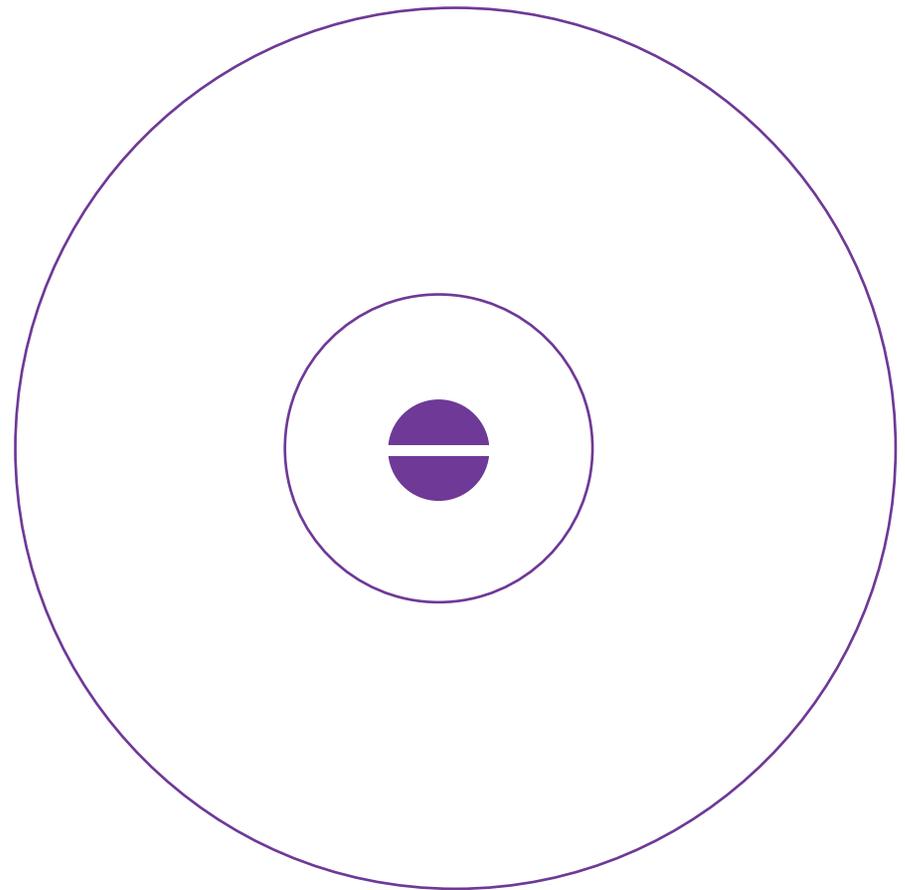
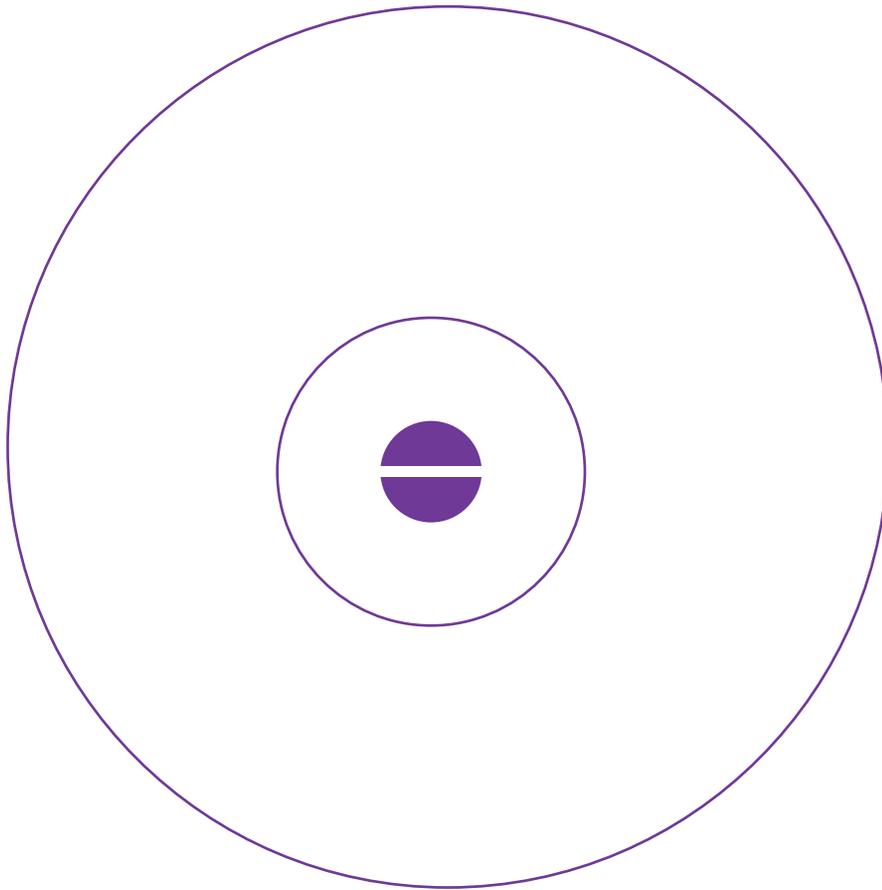


## CD Instructions:

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To view the CD:

1. Insert CD into disc drive.
2. CD should start automatically on a Windows system with Internet Explorer 6 or above.
3. If you are on a Mac system or if the CD does not start automatically, find the CD directory and double click on the file: "StartHere.html".
4. Once the CD loads, click on the link to download the latest version of Acrobat Reader prior to viewing the content on the CD.
5. To quit, click on "File" in the upper left corner and select "Exit" or close the window.



## DVD Instructions:

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If the DVD does not play automatically, your computer security features may be blocking the autoplay function or you may need to set the Autoplay function for the DVD.

### Security features block autoplay

If your security features block autoplay, you may need to start the DVD from within Windows Media Player or another media player of choice, such as PowerDVD or WinDVD. To start the DVD from within Windows Media Player:

1. Open Windows Media Player
2. With the left mouse button, click on the drop down arrow next to "Now Playing"
3. With the left mouse button, click on the drive letter or icon for your DVD drive.

### Set the Autoplay function

If the DVD does not play automatically, you may need to set the Autoplay function for DVD on your computer:

1. With the left mouse button, click on the Start Button and select My Computer.
2. With the right mouse button, click on the drive letter or icon for your DVD drive.
3. With the left mouse button, click on Properties.
4. In Properties, click the Autoplay tab.
5. Click on the dropdown arrow to display a list of content and disk types. ("Music files" may be selected by default.)
6. Find and select DVD movie or DVD video.
7. In Actions, click Select an action to perform by clicking on the circle. A green dot will appear in the circle, indicating it has been selected.
8. Click Play DVD video using Windows Media Player. Alternatively you may select another media player of choice, such as PowerDVD or WinDVD.
9. Click Apply, then OK.



