





# FOCUS ON INTEGRATED TREATMENT COURSE OBJECTIVES

## INDEX

FIT – The Complete Program	Pages 2-6
FIT – Complete Clinician Collection	Pages 7-11
FIT – Screening & Assessment	Page 12
FIT – Motivational Interviewing	Page 13
FIT – Cognitive Behavioral Therapy	Page 14
FIT – Stagewise Treatment	Pages 15-16
FIT – Integrated Treatment Planning	Pages 17-18
FIT – Medications & Integrated Treatment	Page 19
FIT – Basics of Integrated Treatment	Pages 20-22
FIT - Recovery Support & Community Resources	Pages 23
FIT - Clinical Supervision	Page 24
FIT – Complete Clinical Administrator Collection	Pages 25-26
FIT – Administrator Program Benchmark & Fidelity Measures	Pages 27-28
FIT – Administrator Clinic Leadership	Page 29







# FOCUS ON INTEGRATED TREATMENT The Complete Program

This self-paced, interactive program includes case studies, exercises, and videos. FITs modules provide a firm foundation in evidence-based, integrated treatment for co-occurring disorders.

### **Module Objectives**

<ul> <li>Module One - Introduction to Integrated</li> <li>Co-occurring Disorders Treatment</li> <li>Data on the prevalence of CODs and their impact on the lives of those who go untreated</li> <li>Failure of traditional approaches</li> <li>Definition of integrated treatment and the evidence on improved outcomes the approach has achieved</li> <li>Perspective of clients with CODs and the experience with the integrated-treatment model of care</li> </ul>	<ul> <li>Module Two - Implementing Co-occurring Disorders (COD) Treatment</li> <li>Learn seven important steps that lead to successful implementation</li> <li>Learn how to monitor program improvement outcomes</li> <li>Learn organizational factors that lead to successful implementation and strategies for improving workforce proficiency</li> <li>Learn how training and supervision are critical elements in the implementation process</li> </ul>
<ul> <li>Module Three - Screening for Substance Use</li> <li>Learn about effective screening for substance use</li> <li>Learn about substance-use screening tools</li> <li>Learn about barriers to effective screening and methods for overcoming these barriers</li> <li>Understand how to recognize the effects of substance use problems on someone's mental health symptoms</li> </ul>	<ul> <li>Module Four – Screening for Psychiatric Disorders</li> <li>Learn about effective screening techniques</li> <li>Learn about three mental health screening forms</li> <li>Learn about barriers to effective screening and methods for overcoming these barriers</li> </ul>
<ul> <li>Module Five – Assessment of Substance Use Disorders</li> <li>Learn how to assess a client's substance use</li> <li>Learn about barriers to effective screening and methods for overcoming these barriers</li> <li>Learn about the twelve domains of assessment</li> </ul>	<ul> <li>Module Six – Assessment of Psychiatric Disorders</li> <li>Learn how to assess a client's mental health</li> <li>Learn about the twelve domains of assessment</li> <li>Learn about barriers to effective screening and methods for overcoming these barriers</li> <li>Learn about the elements of a mental status examination</li> </ul>





<ul> <li>Module Seven – Differentiating Substance Use and Psychiatric Symptoms</li> <li>Understand various substances and symptoms of intoxication and withdrawal that might mimic psychotic symptoms</li> <li>Learn how to use a timeline to determine whether the observed symptoms are substance induced or related to an independent psychiatric disorder</li> </ul>	<ul> <li>Module Eight – Motivational Interviewing I (Introduction, Key Skills and Concepts)</li> <li>Receive an introduction to motivational interviewing, a client-centered, directive method for enhancing a client's own desire to change</li> <li>Learn about the spirit and the four principles of motivational interviewing</li> <li>Learn strategies for putting each principle into practice and for recognizing, eliciting and reinforcing client's change talk</li> </ul>
<ul> <li>Module Nine – Motivational Interviewing II (Reflective Listening and Summarizing)</li> <li>Learn how and when to use four essential skills of motivational interviewing</li> <li>Implement these motivational interviewing strategies: open-ended questions, affirmations, reflective listening, and summaries</li> </ul>	<ul> <li>Module Ten – Motivational Interviewing III (Ambivalence as Part of Change; Rolling with Resistance</li> <li>Learn three techniques to help people deal with their ambivalence</li> <li>Implement these motivational interviewing strategies: amplified reflection, double-sided reflection, and coming alongside</li> </ul>
<ul> <li>Module Eleven – Motivational Interviewing and Harm Reduction <ul> <li>Examine crisis management and harm reduction</li> <li>Learn when it's appropriate to use motivational interviewing for harm reduction</li> <li>Learn how to use motivational interviewing and the ethical issues around using it</li> </ul> </li> </ul>	<ul> <li>Module Twelve - Stagewise Treatment</li> <li>Understand the stages of change and the stages of treatment models</li> <li>Learn what these models are, how they interact and the importance of providing interventions that work best for each stage</li> <li>Learn the four stages of treatment, the goal of each stage, and the interventions that match each stage</li> <li>Learn how to recognize clients' stages of treatment</li> <li>Rate a client's stage of treatment</li> <li>Choose the intervention best matched for the client's stage of treatment</li> </ul>
<ul> <li>Module Thirteen – Early Stages of Change</li> <li>Learn how to assess a client's stage of change accurately</li> <li>Learn how to use motivational interviewing as a primary tool in the early stages of treatment</li> <li>Explore treatment interventions for each of the three early stages of change: pre-contemplation, contemplation, and preparation</li> </ul>	<ul> <li>Module Fourteen – Later Stages of Change</li> <li>Understand the later stages of change</li> <li>List the criteria for accurately assessing clients in these later stages</li> <li>Examine treatment interventions for the two later stages (action and maintenance)</li> <li>Learn about treatment approaches for clients in multiple stages for different disorders (for example, contemplation for substance use and action for mental health issues)</li> </ul>



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<ul> <li>Module Fifteen - Stagewise Treatment Groups</li> <li>Learn what stagewise treatment groups are</li> <li>Learn how these groups relate to the stages of treatment</li> <li>Learn what the difference is and how these groups are structured</li> <li>Learn about the positive client outcomes associated with stagewise groups</li> <li>Learn how to integrate other types of groups, such as coping skills and peer recovery groups, into your treatment program</li> </ul>	<ul> <li>Module Sixteen – Persuasion Groups</li> <li>Take a closer look at persuasion groups</li> <li>Learn the goals, clinical techniques, and characteristics of persuasion groups</li> </ul>
<ul> <li>Module Seventeen – Active Treatment and Relapse Prevention Groups</li> <li>Learn common interventions in active treatment and relapse prevention groups to help people learn new coping skills</li> <li>Learn how groups help clients work on real-life issues such as managing negative emotions, work, relationships, and their housing environment</li> </ul>	<ul> <li>Module Eighteen – Recovery Support Services in the Community</li> <li>Examine peer recovery community support groups</li> <li>Learn the benefits of Twelve-Step programs and the different meeting types</li> <li>Learn recommended strategies for promoting access to self-help programs, connecting clients to peer support groups, and overcoming potential problems clients might encounter</li> <li>Help clients connect with peer support groups in their community</li> <li>Help clients address any barriers to joining peer support groups</li> </ul>
<ul> <li>Module Nineteen - Cognitive-Behavioral Therapy (CBT)</li> <li>for Coping Skills and Problem-Solving <ul> <li>Learn the basics of CBT for co-occurring disorders</li> <li>Learn the theories behind CBT, principles for implementing CBT, and strategies for using CBT in addiction counseling</li> <li>Learn how to use the functional analysis and the steps to teaching coping skills</li> <li>Learn how to apply CBT for problem-solving and goal setting</li> </ul> </li> </ul>	<ul> <li>Module Twenty – Cognitive-Behavioral Therapy (CBT) for Treating Anxiety, Depression, and Trauma-Related Problems <ul> <li>Learn a model for using CBT</li> <li>Learn how to create a crisis plan</li> <li>Learn how to teach breathing retraining and the five steps of cognitive restructuring</li> </ul> </li> </ul>
<ul> <li>Module Twenty-One – Social Skills Training</li> <li>Learn how you can teach clients to break skills into smaller steps and help them practice new behaviors</li> <li>Understand how social skills training can help people refuse drugs, avoid social isolation, and develop healthier relationships</li> </ul>	<ul> <li>Module Twenty-Two – Individual Interventions</li> <li>Learn about the advantages of individual treatment and the situations and clients where individual work would be the most appropriate</li> <li>Learn strategies for developing the therapeutic relationship</li> <li>Learn how to use a stage-based approach in designing treatment plans for individual interventions</li> <li>Understand criteria for assessing a client's stage of change and matching interventions appropriate for each stage</li> </ul>





<ul> <li>Module Twenty-Three – Working with Families and Other Close Supporters         <ul> <li>Learn how working with families or friends can be very helpful to a client's recovery</li> <li>Learn some general guidelines about forming collaborative relationships and working with families and friends</li> <li>Learn some specific models for working with single- family and multiple-family groups</li> </ul> </li> <li>Module Twenty-Five – Disease Model and Individual Responsibility         <ul> <li>Examine the disease model of substance use and mental health disorders</li> <li>Examine the concept of recovery as a process and the importance of clients taking charge of their own recovery process</li> <li>Explore different options for managing both</li> </ul> </li> </ul>	<ul> <li>Module Twenty-Four – Philosophy and Perspectives of Recovery         <ul> <li>Examine some of the different views of recovery in addiction and mental health treatment</li> <li>Learn how connections to peers and to the community are important for people in recovery</li> </ul> </li> <li>Module Twenty-Six – Achieving Recovery in the Real World         <ul> <li>Learn about supported employment and supported housing, two models for helping clients with co- occurring disorders achieve recovery in the real world</li> </ul> </li> </ul>
psychiatric and substance use disorders	
<ul> <li>Module Twenty-Seven – Understanding the Use of Medications for Clients with COD <ul> <li>Examine how medication can be part of an effective treatment plan for people with co- occurring disorders</li> <li>Learn about some of the common medications for clients with co-occurring disorders</li> <li>Learn how to work with clients to overcome barriers to using medications</li> <li>Learn how to collaborate with clients to help them get the most out of their medications</li> </ul> </li> </ul>	<ul> <li>Module Twenty-Eight – Generating the Collaborative</li> <li>Treatment Plan <ul> <li>Examine two approaches to identifying client goals and how they can be used together to build the treatment plan</li> <li>Learn about the format of a good treatment plan: identifying measurable goals, identifying interventions, identifying roles and responsibilities, and identifying follow-up plans</li> <li>Explore the use of a shared decision-making approach in the development of the treatment plan, in monitoring the recovery process, in setting and implementing long-term goals, and in resolving disagreements between the practitioner and the client</li> </ul> </li> </ul>
<ul> <li>Module Twenty-Nine – Integrating Medical, Psychiatric, and Addiction Treatment Services</li> <li>Examine the increased health risks that many people with co-occurring disorders face and the challenges they have in getting good medical care</li> <li>Learn how to help clients work with medical professionals and to build healthier lifestyles</li> </ul>	<ul> <li>Module Thirty – Clinical Supervision I</li> <li>Examine the importance of good supervision</li> <li>Describe two specific supervision models: case presentations, using a group model for supervision, and skills training</li> <li>Identify some of the most frequently cited barriers</li> <li>Identify solutions so that you can provide supervision in a timely fashion</li> </ul>





At the Completion of Each Module Participants Will:

<ul> <li>Module Thirty-One – Clinical Supervision II</li> <li>Learn about techniques you can use when supervising individuals: field mentoring, modeling, coaching, feedback, and data-based supervision</li> </ul>	<ul> <li>Module Thirty-Two - Clinical Leadership</li> <li>Learn about important components of successful change such as including all involved stakeholders, developing a committee that will spearhead the change process, and selecting a clinical leader or "champion"</li> <li>Learn the seven key steps and tasks that you, as a clinical leader, will need to perform throughout your agency's change process</li> <li>Understand the benefits of providing integrated treatment for your agency and the consumers of the services you provide</li> </ul>
<ul> <li>Module Thirty-Three – Program-Level Measures of COD Capacity</li> <li>Describe two practice indexes: the Dual Diagnosis Capability in Addiction Treatment (DDCAT) and the Dual Diagnosis Capability in Mental Health Treatment (DDCMHT)</li> <li>Describe each index, its structure and rating scale, information on finding DDCAT/DDCMHT assessment teams, strategies for setting up a site visit, and information on how to score each index</li> <li>Learn how to draft a DDCAT/DDCMHT report and how to use the data for identifying areas for program improvement</li> <li>Describe how to use the overall results of the DDCAT/DDCMHT survey to design an implementation plan</li> </ul>	<ul> <li>Module Thirty-Four – Fidelity Assessment in IDDT</li> <li>Describe in detail the Integrated Dual Disorders Treatment (IDDT) fidelity scale, a fidelity scale designed to help you evaluate your program and make improvements in a continuous process</li> <li>Examine how the fidelity scale works, the domains of the fidelity scale, the program item rating scale, the structure of a fidelity scale site survey, and the selection of an assessment team</li> <li>Explore how to best use the results of your fidelity scale survey to identify areas for program improvement</li> <li>Learn how to draft an IDDT fidelity scale implementation plan and the benefits of including this plan in your agency's continuous quality improvement plan</li> </ul>
<ul> <li>Module Thirty-Five – Tracking Outcomes and Process</li> <li>Improvements         <ul> <li>Learn how the data you collect can provide information for data-based supervision and for licensing and certification reviews, and, how it can help you determine if clients are getting better</li> <li>Learn how to collect information to set goals and how to strengthen your programs through continuous quality improvement</li> </ul> </li> </ul>	

Length of Program: 35 modules NBCC Clock Hours Awarded: 40.0 Cost for the Program: \$525.00





# FOCUS ON INTEGRATED TREATMENT Complete Clinician Collection

This self-paced, interactive program includes case studies, exercises, and videos. FITs modules provide a firm foundation in evidence-based, integrated treatment for co-occurring disorders.

### **Module Objectives**

Module One – Introduction to Integrated	Module Two – Implementing Co-occurring Disorders
Co-occurring Disorders Treatment	(COD) Treatment
<ul> <li>Data on the prevalence of CODs and their impact on the lives of those who go untreated</li> <li>Failure of traditional approaches</li> <li>Definition of integrated treatment and the evidence on improved outcomes the approach has achieved</li> <li>Perspective of clients with CODs and the experience with the integrated-treatment model of care</li> </ul>	<ul> <li>Learn seven important steps that lead to successful implementation</li> <li>Learn how to monitor program improvement outcomes</li> <li>Learn organizational factors that lead to successful implementation and strategies for improving workforce proficiency</li> <li>Learn how training and supervision are critical elements in the implementation process</li> </ul>
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<ul> <li>Module Eleven – Motivational Interviewing and Harm Reduction <ul> <li>Examine crisis management and harm reduction</li> <li>Learn when it's appropriate to use motivational interviewing for harm reduction</li> <li>Learn how to use motivational interviewing and the ethical issues around using it</li> </ul> </li> </ul>	<ul> <li>Module Twelve - Stagewise Treatment</li> <li>Understand the stages of change and the stages of treatment models</li> <li>Learn what these models are, how they interact and the importance of providing interventions that work best for each stage</li> <li>Learn the four stages of treatment, the goal of each stage, and the interventions that match each stage</li> <li>Learn how to recognize clients' stages of treatment</li> <li>Rate a client's stage of treatment</li> <li>Choose the intervention best matched for the client's stage of treatment</li> </ul>
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<ul> <li>Module Nineteen - Cognitive-Behavioral Therapy (CBT)</li> <li>for Coping Skills and Problem-Solving <ul> <li>Learn the basics of CBT for co-occurring disorders</li> <li>Learn the theories behind CBT, principles for implementing CBT, and strategies for using CBT in addiction counseling</li> <li>Learn how to use the functional analysis and the steps to teaching coping skills</li> <li>Learn how to apply CBT for problem-solving and goal setting</li> </ul> </li> </ul>	<ul> <li>Module Twenty - Cognitive-Behavioral Therapy (CBT) for Treating Anxiety, Depression, and Trauma-Related Problems <ul> <li>Learn a model for using CBT</li> <li>Learn how to create a crisis plan</li> <li>Learn how to teach breathing retraining and the five steps of cognitive restructuring</li> </ul> </li> </ul>
<ul> <li>Module Twenty-One – Social Skills Training</li> <li>Learn how you can teach clients to break skills into smaller steps and help them practice new behaviors</li> <li>Understand how social skills training can help people refuse drugs, avoid social isolation, and develop healthier relationships</li> </ul>	<ul> <li>Module Twenty-Two – Individual Interventions</li> <li>Learn about the advantages of individual treatment and the situations and clients where individual work would be the most appropriate</li> <li>Learn strategies for developing the therapeutic relationship</li> <li>Learn how to use a stage-based approach in designing treatment plans for individual interventions</li> <li>Understand criteria for assessing a client's stage of change and matching interventions appropriate for each stage</li> </ul>





<ul> <li>Module Twenty-Three – Working with Families and Other Close Supporters</li> <li>Learn how working with families or friends can be very helpful to a client's recovery</li> <li>Learn some general guidelines about forming collaborative relationships and working with families and friends</li> <li>Learn some specific models for working with single- family and multiple-family groups</li> </ul>	<ul> <li>Module Twenty-Four – Philosophy and Perspectives of Recovery</li> <li>Examine some of the different views of recovery in addiction and mental health treatment</li> <li>Learn how connections to peers and to the community are important for people in recovery</li> </ul>
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<ul> <li>Module Twenty-Nine – Integrating Medical, Psychiatric, and Addiction Treatment Services</li> <li>Examine the increased health risks that many people with co-occurring disorders face and the challenges they have in getting good medical care</li> <li>Learn how to help clients work with medical professionals and to build healthier lifestyles</li> </ul>	<ul> <li>client</li> <li>Module Thirty – Clinical Supervision I</li> <li>Examine the importance of good supervision</li> <li>Describe two specific supervision models: case presentations, using a group model for supervision, and skills training</li> <li>Identify some of the most frequently cited barriers</li> <li>Identify solutions so that you can provide supervision in a timely fashion</li> </ul>



At the Completion of Each Module Participants Will:

### Module Thirty-One – Clinical Supervision II

• Learn about techniques you can use when supervising individuals: field mentoring, modeling, coaching, feedback, and data-based supervision

Length of Program: 31 modules NBCC Clock Hours Awarded: 35.0 Cost for the Program: \$465.00







# FOCUS ON INTEGRATED TREATMENT Screening & Assessment

### **Module Objectives**

At the Completion of Each Module Participants Will:

<ul> <li>Module One - Introduction to Integrated</li> <li>Co-occurring Disorders Treatment</li> <li>Data on the prevalence of CODs and their impact on the lives of those who go untreated</li> <li>Failure of traditional approaches</li> <li>Definition of integrated treatment and the evidence on improved outcomes the approach has achieved</li> <li>Perspective of clients with CODs and the experience with the integrated-treatment model of care</li> </ul>	<ul> <li>Module Three - Screening for Substance Use</li> <li>Learn about effective screening for substance use</li> <li>Learn about substance-use screening tools</li> <li>Learn about barriers to effective screening and methods for overcoming these barriers</li> <li>Understand how to recognize the effects of substance use problems on someone's mental health symptoms</li> </ul>
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<ul> <li>Module Six – Assessment of Psychiatric Disorders</li> <li>Learn how to assess a client's mental health</li> <li>Learn about the twelve domains of assessment</li> <li>Learn about barriers to effective screening and methods for overcoming these barriers</li> <li>Learn about the elements of a mental status examination</li> </ul>	<ul> <li>Module Seven – Differentiating Substance Use and Psychiatric Symptoms</li> <li>Understand various substances and symptoms of intoxication and withdrawal that might mimic psychotic symptoms</li> <li>Learn how to use a timeline to determine whether the observed symptoms are substance induced or related to an independent psychiatric disorder</li> </ul>

Length of Program: 6 modules NBCC Clock Hours Awarded: 7.5 Cost for the Program: \$90.00





## FOCUS ON INTEGRATED TREATMENT Motivational Interviewing

### **Module Objectives**

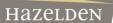
At the Completion of Each Module Participants Will:

<ul> <li>Module One – Introduction to Integrated</li> <li>Co-occurring Disorders Treatment</li> <li>Data on the prevalence of CODs and their impact on the lives of those who go untreated</li> <li>Failure of traditional approaches</li> <li>Definition of integrated treatment and the evidence on improved outcomes the approach has achieved</li> <li>Perspective of clients with CODs and the experience with the integrated-treatment model of care</li> </ul>	<ul> <li>Module Eight – Motivational Interviewing I (Introduction, Key Skills and Concepts)</li> <li>Receive an introduction to motivational interviewing, a client-centered, directive method for enhancing a client's own desire to change</li> <li>Learn about the spirit and the four principles of motivational interviewing</li> <li>Learn strategies for putting each principle into practice and for recognizing, eliciting and reinforcing client's change talk</li> </ul>
<ul> <li>Module Nine – Motivational Interviewing II (Reflective Listening and Summarizing)</li> <li>Learn how and when to use four essential skills of motivational interviewing</li> <li>Implement these motivational interviewing strategies: open-ended questions, affirmations, reflective listening, and summaries</li> </ul>	<ul> <li>Module Ten – Motivational Interviewing III (Ambivalence as Part of Change; Rolling with Resistance</li> <li>Learn three techniques to help people deal with their ambivalence</li> <li>Implement these motivational interviewing strategies: amplified reflection, double-sided reflection, and coming alongside</li> </ul>
<ul> <li>Module Eleven – Motivational Interviewing and Harm Reduction <ul> <li>Examine crisis management and harm reduction</li> <li>Learn when it's appropriate to use motivational interviewing for harm reduction</li> <li>Learn how to use motivational interviewing and the ethical issues around using it</li> </ul> </li> </ul>	<ul> <li>Module Twenty-Two – Individual Interventions</li> <li>Learn about the advantages of individual treatment and the situations and clients where individual work would be the most appropriate</li> <li>Learn strategies for developing the therapeutic relationship</li> <li>Learn how to use a stage-based approach in designing treatment plans for individual interventions</li> <li>Understand criteria for assessing a client's stage of change and matching interventions appropriate for each stage</li> </ul>

Length of Program: 6 modules NBCC Clock Hours Awarded: 7.5 Cost for the Program: \$90.00

➤ The program is endorsed by National Board of Certified Counselors (NBCC). Netsmart Technology is an NBCC-Approved Continuing Education Provider (ACEP<sup>™</sup>)(#5933) and may offer NBCC-approved





clock hours for events that meet NBCC requirements. The ACEP is solely responsible for all aspects of the program.

# FOCUS ON INTEGRATED TREATMENT Cognitive Behavioral Therapy

### **Module Objectives**

At the Completion of Each Module Participants Will:

Focus on

Integrated

Treatment

<ul> <li>Module One – Introduction to Integrated</li> <li>Co-occurring Disorders Treatment</li> <li>Data on the prevalence of CODs and their impact on the lives of those who go untreated</li> <li>Failure of traditional approaches</li> <li>Definition of integrated treatment and the evidence on improved outcomes the approach has achieved</li> <li>Perspective of clients with CODs and the experience with the integrated-treatment model of</li> </ul>	<ul> <li>Module Nineteen - Cognitive-Behavioral Therapy (CBT) for Coping Skills and Problem-Solving <ul> <li>Learn the basics of CBT for co-occurring disorders</li> <li>Learn the theories behind CBT, principles for implementing CBT, and strategies for using CBT in addiction counseling</li> <li>Learn how to use the functional analysis and the steps to teaching coping skills</li> <li>Learn how to apply CBT for problem-solving and goal setting</li> </ul></li></ul>
care Module Twenty – Cognitive-Behavioral Therapy (CBT) for Treating Anxiety, Depression, and Trauma-Related Problems • Learn a model for using CBT • Learn how to create a crisis plan • Learn how to teach breathing retraining and the five steps of cognitive restructuring	<ul> <li>Module Twenty-One – Social Skills Training</li> <li>Learn how you can teach clients to break skills into smaller steps and help them practice new behaviors</li> <li>Understand how social skills training can help people refuse drugs, avoid social isolation, and develop healthier relationships</li> </ul>

Length of Program: 4 modules NBCC Clock Hours Awarded: 5 Cost for the Program: \$80.00







# FOCUS ON INTEGRATED TREATMENT Stagewise Treatment

### **Module Objectives**

Module One – Introduction to Integrated	Module Twelve – Stagewise Treatment
<ul> <li>Co-occurring Disorders Treatment</li> <li>Data on the prevalence of CODs and their impact on the lives of those who go untreated</li> <li>Failure of traditional approaches</li> <li>Definition of integrated treatment and the evidence on improved outcomes the approach has achieved</li> <li>Perspective of clients with CODs and the experience with the integrated-treatment model of care</li> </ul>	<ul> <li>Understand the stages of change and the stages of treatment models</li> <li>Learn what these models are, how they interact and the importance of providing interventions that work best for each stage</li> <li>Learn the four stages of treatment, the goal of each stage, and the interventions that match each stage</li> <li>Learn how to recognize clients' stages of treatment</li> <li>Rate a client's stage of treatment</li> <li>Choose the intervention best matched for the client's stage of treatment</li> </ul>
<ul> <li>Module Thirteen – Early Stages of Change</li> <li>Learn how to assess a client's stage of change accurately</li> <li>Learn how to use motivational interviewing as a primary tool in the early stages of treatment</li> <li>Explore treatment interventions for each of the three early stages of change: pre-contemplation, contemplation, and preparation</li> </ul>	<ul> <li>Module Fourteen – Later Stages of Change</li> <li>Understand the later stages of change</li> <li>List the criteria for accurately assessing clients in these later stages</li> <li>Examine treatment interventions for the two later stages (action and maintenance)</li> <li>Learn about treatment approaches for clients in multiple stages for different disorders (for example, contemplation for substance use and action for mental health issues)</li> </ul>
<ul> <li>Module Fifteen - Stagewise Treatment Groups</li> <li>Learn what stagewise treatment groups are</li> <li>Learn how these groups relate to the stages of treatment</li> <li>Learn what the difference is and how these groups are structured</li> <li>Learn about the positive client outcomes associated with stagewise groups</li> <li>Learn how to integrate other types of groups, such as coping skills and peer recovery groups, into your treatment program</li> </ul>	<ul> <li>Module Sixteen – Persuasion Groups</li> <li>Take a closer look at persuasion groups</li> <li>Learn the goals, clinical techniques, and characteristics of persuasion groups</li> </ul>





### At the Completion of Each Module Participants Will:

<ul> <li>Prevention Groups</li> <li>Learn common interventions in active treatment and relapse prevention groups to help people learn new coping skills</li> <li>Learn how groups help clients work on real-life issues such as managing negative emotions, work, relationships, and their housing environment</li> </ul>	<ul> <li>Learn about the advantages of individual treatment and the situations and clients where individual work would be the most appropriate</li> <li>Learn strategies for developing the therapeutic relationship</li> <li>Learn how to use a stage-based approach in designing treatment plans for individual interventions</li> <li>Understand criteria for assessing a client's stage of change and matching interventions appropriate for each stage</li> </ul>
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Length of Program: 8 modules NBCC Clock Hours Awarded: 10 Cost for the Program: \$160.00







# FOCUS ON INTEGRATED TREATMENT Integrated Treatment Planning

### **Module Objectives**

Modulo One - Introduction to Integrated	Modulo Twolyo - Stagowise Treatment
<ul> <li>Module One – Introduction to Integrated</li> <li>Co-occurring Disorders Treatment</li> <li>Data on the prevalence of CODs and their impact on the lives of those who go untreated</li> <li>Failure of traditional approaches</li> <li>Definition of integrated treatment and the evidence on improved outcomes the approach has achieved</li> <li>Perspective of clients with CODs and the experience with the integrated-treatment model of care</li> </ul>	<ul> <li>Module Twelve – Stagewise Treatment</li> <li>Understand the stages of change and the stages of treatment models</li> <li>Learn what these models are, how they interact and the importance of providing interventions that work best for each stage</li> <li>Learn the four stages of treatment, the goal of each stage, and the interventions that match each stage</li> <li>Learn how to recognize clients' stages of treatment</li> <li>Rate a client's stage of treatment</li> <li>Choose the intervention best matched for the client's stage of treatment</li> </ul>
<ul> <li>Module Thirteen – Early Stages of Change <ul> <li>Learn how to assess a client's stage of change accurately</li> <li>Learn how to use motivational interviewing as a primary tool in the early stages of treatment</li> <li>Explore treatment interventions for each of the three early stages of change: pre-contemplation, contemplation, and preparation</li> </ul> </li> </ul>	<ul> <li>Module Fourteen – Later Stages of Change</li> <li>Understand the later stages of change</li> <li>List the criteria for accurately assessing clients in these later stages</li> <li>Examine treatment interventions for the two later stages (action and maintenance)</li> <li>Learn about treatment approaches for clients in multiple stages for different disorders (for example, contemplation for substance use and action for mental health issues)</li> </ul>
<ul> <li>Module Fifteen – Stagewise Treatment Groups</li> <li>Learn what stagewise treatment groups are</li> <li>Learn how these groups relate to the stages of treatment</li> <li>Learn what the difference is and how these groups are structured</li> <li>Learn about the positive client outcomes associated with stagewise groups</li> <li>Learn how to integrate other types of groups, such as coping skills and peer recovery groups, into your treatment program</li> </ul>	<ul> <li>Module Twenty-Two – Individual Interventions</li> <li>Learn about the advantages of individual treatment and the situations and clients where individual work would be the most appropriate</li> <li>Learn strategies for developing the therapeutic relationship</li> <li>Learn how to use a stage-based approach in designing treatment plans for individual interventions</li> <li>Understand criteria for assessing a client's stage of change and matching interventions appropriate for each stage</li> </ul>



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## Module Objectives

At the Completion of Each Module Participants Will:

# Module Twenty-Eight – Generating the Collaborative Treatment Plan

- Examine two approaches to identifying client goals and how they can be used together to build the treatment plan
- Learn about the format of a good treatment plan: identifying measurable goals, identifying interventions, identifying roles and responsibilities, and identifying follow-up plans
- Explore the use of a shared decision-making approach in the development of the treatment plan, in monitoring the recovery process, in setting and implementing long-term goals, and in resolving disagreements between the practitioner and the client

Length of Program: 7 modules

NBCC Clock Hours Awarded: 8.5

Cost for the Program: \$105.00



## Focus on Integrated Treatment

## FOCUS ON INTEGRATED TREATMENT Medication & Integrated Treatment

### **Module Objectives**

At the Completion of Each Module Participants Will:

<ul> <li>Module One – Introduction to Integrated</li> <li>Co-occurring Disorders Treatment</li> <li>Data on the prevalence of CODs and their impact</li></ul>	<ul> <li>Module Twenty-Seven – Understanding the Use of</li></ul>
on the lives of those who go untreated <li>Failure of traditional approaches</li> <li>Definition of integrated treatment and the</li>	Medications for Clients with COD <li>Examine how medication can be part of an effective</li>
evidence on improved outcomes the approach has	treatment plan for people with co-occurring disorders <li>Learn about some of the common medications for</li>
achieved <li>Perspective of clients with CODs and the</li>	clients with co-occurring disorders <li>Learn how to work with clients to overcome barriers</li>
experience with the integrated-treatment model of	to using medications <li>Learn how to collaborate with clients to help them</li>
care	get the most out of their medications
<ul> <li>Module Twenty-Nine – Integrating Medical, Psychiatric, and Addiction Treatment Services</li> <li>Examine the increased health risks that many people with co-occurring disorders face and the challenges they have in getting good medical care</li> <li>Learn how to help clients work with medical professionals and to build healthier lifestyles</li> </ul>	

Length of Program: 3 modules NBCC Clock Hours Awarded: 3.75 Cost for the Program: \$60.00





Order in which modules are recommended for learning: 1, 24, 25, 26, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 23, 27, 29

### **Module Objectives**

<ul> <li>Module One – Introduction to Integrated</li> <li>Co-occurring Disorders Treatment</li> <li>Data on the prevalence of CODs and their impact on the lives of those who go untreated</li> <li>Failure of traditional approaches</li> <li>Definition of integrated treatment and the evidence on improved outcomes the approach has achieved</li> <li>Perspective of clients with CODs and the experience with the integrated-treatment model of care</li> </ul>	<ul> <li>Module Three - Screening for Substance Use</li> <li>Learn about effective screening for substance use</li> <li>Learn about substance-use screening tools</li> <li>Learn about barriers to effective screening and methods for overcoming these barriers</li> <li>Understand how to recognize the effects of substance use problems on someone's mental health symptoms</li> </ul>
<ul> <li>Module Four – Screening for Psychiatric Disorders         <ul> <li>Learn about effective screening techniques</li> <li>Learn about three mental health screening forms</li> <li>Learn about barriers to effective screening and methods for overcoming these barriers</li> </ul> </li> <li>Module Six – Assessment of Psychiatric Disorders         <ul> <li>Learn how to assess a client's mental health</li> <li>Learn about the twelve domains of assessment</li> <li>Learn about barriers to effective screening and methods for overcoming these barriers</li> </ul> </li> </ul>	<ul> <li>Module Five – Assessment of Substance Use Disorders         <ul> <li>Learn how to assess a client's substance use</li> <li>Learn about barriers to effective screening and methods for overcoming these barriers</li> <li>Learn about the twelve domains of assessment</li> </ul> </li> <li>Module Seven – Differentiating Substance Use and Psychiatric Symptoms         <ul> <li>Understand various substances and symptoms of intoxication and withdrawal that might mimic psychotic symptoms</li> <li>Learn how to use a timeline to determine whether the observed symptoms are substance induced or related to an independent psychiatric disorder</li> </ul> </li> </ul>
<ul> <li>Module Eight – Motivational Interviewing I (Introduction, Key Skills and Concepts)</li> <li>Receive an introduction to motivational interviewing, a client-centered, directive method for enhancing a client's own desire to change</li> <li>Learn about the spirit and the four principles of motivational interviewing</li> <li>Learn strategies for putting each principle into practice and for recognizing, eliciting and reinforcing client's change talk</li> </ul>	<ul> <li>Module Nine – Motivational Interviewing II (Reflective Listening and Summarizing)</li> <li>Learn how and when to use four essential skills of motivational interviewing</li> <li>Implement these motivational interviewing strategies: open-ended questions, affirmations, reflective listening, and summaries</li> </ul>





<ul> <li>Module Ten – Motivational Interviewing III (Ambivalence as Part of Change; Rolling with Resistance)</li> <li>Learn three techniques to help people deal with their ambivalence</li> <li>Implement these motivational interviewing strategies: amplified reflection, double-sided reflection, and coming alongside</li> </ul>	<ul> <li>Module Eleven – Motivational Interviewing and Harm Reduction <ul> <li>Examine crisis management and harm reduction</li> <li>Learn when it's appropriate to use motivational interviewing for harm reduction</li> <li>Learn how to use motivational interviewing and the ethical issues around using it</li> </ul> </li> </ul>
<ul> <li>Module Twelve - Stagewise Treatment</li> <li>Understand the stages of change and the stages of treatment models</li> <li>Learn what these models are, how they interact and the importance of providing interventions that work best for each stage</li> <li>Learn the four stages of treatment, the goal of each stage, and the interventions that match each stage</li> <li>Learn how to recognize clients' stages of treatment</li> <li>Rate a client's stage of treatment</li> <li>Choose the intervention best matched for the client's stage of treatment</li> </ul>	<ul> <li>Module Twenty-Three – Working with Families and Other Close Supporters</li> <li>Learn how working with families or friends can be very helpful to a client's recovery</li> <li>Learn some general guidelines about forming collaborative relationships and working with families and friends</li> <li>Learn some specific models for working with single- family and multiple-family groups</li> </ul>
<ul> <li>Module Twenty-Four – Philosophy and Perspectives of Recovery</li> <li>Examine some of the different views of recovery in addiction and mental health treatment</li> <li>Learn how connections to peers and to the community are important for people in recovery</li> </ul>	<ul> <li>Module Twenty-Five – Disease Model and Individual Responsibility</li> <li>Examine the disease model of substance use and mental health disorders</li> <li>Examine the concept of recovery as a process and the importance of clients taking charge of their own recovery process</li> <li>Explore different options for managing both psychiatric and substance use disorders</li> </ul>
<ul> <li>Module Twenty-Six – Achieving Recovery in the Real World</li> <li>Learn about supported employment and supported housing, two models for helping clients with co- occurring disorders achieve recovery in the real world</li> </ul>	<ul> <li>Module Twenty-Seven – Understanding the Use of Medications for Clients with COD</li> <li>Examine how medication can be part of an effective treatment plan for people with co-occurring disorders</li> <li>Learn about some of the common medications for clients with co-occurring disorders</li> <li>Learn how to work with clients to overcome barriers to using medications</li> <li>Learn how to collaborate with clients to help them get the most out of their medications</li> </ul>



At the Completion of Each Module Participants Will:

# Module Twenty-Nine – Integrating Medical, Psychiatric, and Addiction Treatment Services

- Examine the increased health risks that many people with co-occurring disorders face and the challenges they have in getting good medical care
- Learn how to help clients work with medical professionals and to build healthier lifestyles

Length of Program: 17 modules NBCC Clock Hours Awarded: 21.25 Cost for the Program: \$170.00



## FOCUS ON INTEGRATED TREATMENT Recovery Support & Community Resources

### **Module Objectives**

At the Completion of Each Module Participants Will:

Focus on

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eatment

Module One – Introduction to Integrated	Module Eighteen – Recovery Support Services in the
Co-occurring Disorders Treatment	Community
<ul> <li>Data on the prevalence of CODs and their impact on the lives of those who go untreated</li> <li>Failure of traditional approaches</li> <li>Definition of integrated treatment and the evidence on improved outcomes the approach has achieved</li> <li>Perspective of clients with CODs and the experience with the integrated-treatment model of care</li> </ul>	<ul> <li>Examine peer recovery community support groups</li> <li>Learn the benefits of Twelve-Step programs and the different meeting types</li> <li>Learn recommended strategies for promoting access to self-help programs, connecting clients to peer support groups, and overcoming potential problems clients might encounter</li> <li>Help clients connect with peer support groups in their community</li> <li>Help clients address any barriers to joining peer support groups</li> </ul>
<ul> <li>Module Twenty-Three – Working with Families and Other Close Supporters</li> <li>Learn how working with families or friends can be very helpful to a client's recovery</li> <li>Learn some general guidelines about forming collaborative relationships and working with families and friends</li> <li>Learn some specific models for working with single- family and multiple-family groups</li> </ul>	<ul> <li>Module Twenty-Four – Philosophy and Perspectives of Recovery</li> <li>Examine some of the different views of recovery in addiction and mental health treatment</li> <li>Learn how connections to peers and to the community are important for people in recovery</li> </ul>
<ul> <li>Module Twenty-Five – Disease Model and Individual Responsibility <ul> <li>Examine the disease model of substance use and mental health disorders</li> <li>Examine the concept of recovery as a process and the importance of clients taking charge of their own recovery process</li> <li>Explore different options for managing both psychiatric and substance use disorders</li> </ul> </li> </ul>	<ul> <li>Module Twenty-Six – Achieving Recovery in the Real World</li> <li>Learn about supported employment and supported housing, two models for helping clients with co- occurring disorders achieve recovery in the real world</li> </ul>

Length of Program: 6 modules

NBCC Clock Hours Awarded: 7.5

Cost for the Program: \$90.00







## FOCUS ON INTEGRATED TREATMENT Clinical Supervision

### **Module Objectives**

### At the Completion of Each Module Participants Will:

<ul> <li>Module One – Introduction to Integrated</li> <li>Co-occurring Disorders Treatment</li> <li>Data on the prevalence of CODs and their impact on the lives of those who go untreated</li> <li>Failure of traditional approaches</li> <li>Definition of integrated treatment and the evidence on improved outcomes the approach has achieved</li> <li>Perspective of clients with CODs and the experience with the integrated-treatment model of care</li> </ul>	<ul> <li>Module Thirty – Clinical Supervision I</li> <li>Examine the importance of good supervision</li> <li>Describe two specific supervision models: case presentations, using a group model for supervision, and skills training</li> <li>Identify some of the most frequently cited barriers</li> <li>Identify solutions so that you can provide supervision in a timely fashion</li> </ul>
<ul> <li>Module Thirty-One – Clinical Supervision II</li> <li>Learn about techniques you can use when supervising individuals: field mentoring, modeling, coaching, feedback, and data-based supervision</li> </ul>	

Length of Program: 3 modules NBCC Clock Hours Awarded: 3.75 Cost for the Program: \$60.00







# FOCUS ON INTEGRATED TREATMENT Complete Clinical Administrator Collection

### **Module Objectives**

<ul> <li>Module One – Introduction to Integrated</li> <li>Co-occurring Disorders Treatment</li> <li>Data on the prevalence of CODs and their impact on the lives of those who go untreated</li> <li>Failure of traditional approaches</li> <li>Definition of integrated treatment and the evidence on improved outcomes the approach has achieved</li> <li>Perspective of clients with CODs and the experience with the integrated-treatment model of care</li> </ul>	<ul> <li>Module Two – Implementing Co-occurring Disorders (COD) Treatment <ul> <li>Learn seven important steps that lead to successful implementation</li> <li>Learn how to monitor program improvement outcomes</li> <li>Learn organizational factors that lead to successful implementation and strategies for improving workforce proficiency</li> <li>Learn how training and supervision are critical elements in the implementation process</li> </ul> </li> </ul>
<ul> <li>Module Thirty-Two - Clinical Leadership</li> <li>Learn about important components of successful change such as including all involved stakeholders, developing a committee that will spearhead the change process, and selecting a clinical leader or "champion"</li> <li>Learn the seven key steps and tasks that you, as a clinical leader, will need to perform throughout your agency's change process</li> <li>Understand the benefits of providing integrated treatment for your agency and the consumers of the services you provide</li> </ul>	<ul> <li>Module Thirty-Three - Program-Level Measures of COD Capacity</li> <li>Describe two practice indexes: the Dual Diagnosis Capability in Addiction Treatment (DDCAT) and the Dual Diagnosis Capability in Mental Health Treatment (DDCMHT)</li> <li>Describe each index, its structure and rating scale, information on finding DDCAT/DDCMHT assessment teams, strategies for setting up a site visit, and information on how to score each index</li> <li>Learn how to draft a DDCAT/DDCMHT report and how to use the data for identifying areas for program improvement</li> <li>Describe how to use the overall results of the DDCAT/DDCMHT survey to design an implementation plan</li> </ul>





### Module Objectives <u>At the Completion of Each Module Participants Will:</u>

Module Thirty-Four – Fidelity Assessment in IDDT	Module Thirty-Five – Tracking Outcomes and Process
<ul> <li>Describe in detail the Integrated Dual Disorders Treatment (IDDT) fidelity scale, a fidelity scale designed to help you evaluate your program and make improvements in a continuous process</li> <li>Examine how the fidelity scale works, the domains of the fidelity scale, the program item rating scale, the structure of a fidelity scale site survey, and the selection of an assessment team</li> <li>Explore how to best use the results of your fidelity scale survey to identify areas for program improvement</li> <li>Learn how to draft an IDDT fidelity scale implementation plan and the benefits of including this plan in your agency's continuous quality improvement plan</li> </ul>	<ul> <li>Improvements</li> <li>Learn how the data you collect can provide information for data-based supervision and for licensing and certification reviews, and, how it can help you determine if clients are getting better</li> <li>Learn how to collect information to set goals and how to strengthen your programs through continuous quality improvement</li> </ul>

Length of Program: 6 modules NBCC Clock Hours Awarded: 7.5 Cost for the Program: \$90.00







## FOCUS ON INTEGRATED TREATMENT Administrator Program Benchmark & Fidelity Measures

### **Module Objectives**

<ul> <li>Module One – Introduction to Integrated</li> <li>Co-occurring Disorders Treatment</li> <li>Data on the prevalence of CODs and their impact on the lives of those who go untreated</li> <li>Failure of traditional approaches</li> <li>Definition of integrated treatment and the evidence on improved outcomes the approach has achieved</li> <li>Perspective of clients with CODs and the experience with the integrated-treatment model of care</li> </ul>	<ul> <li>Module Two – Implementing Co-occurring Disorders (COD) Treatment</li> <li>Learn seven important steps that lead to successful implementation</li> <li>Learn how to monitor program improvement outcomes</li> <li>Learn organizational factors that lead to successful implementation and strategies for improving workforce proficiency</li> <li>Learn how training and supervision are critical elements in the implementation process</li> </ul>
<ul> <li>Module Thirty-Three – Program-Level Measures of COD</li></ul>	<ul> <li>Module Thirty-Four - Fidelity Assessment in IDDT</li> <li>Describe in detail the Integrated Dual Disorders</li></ul>
Capacity <li>Describe two practice indexes: the Dual Diagnosis</li>	Treatment (IDDT) fidelity scale, a fidelity scale
Capability in Addiction Treatment (DDCAT) and the	designed to help you evaluate your program and
Dual Diagnosis Capability in Mental Health	make improvements in a continuous process <li>Examine how the fidelity scale works, the domains of</li>
Treatment (DDCMHT) <li>Describe each index, its structure and rating scale,</li>	the fidelity scale, the program item rating scale, the
information on finding DDCAT/DDCMHT	structure of a fidelity scale site survey, and the
assessment teams, strategies for setting up a site	selection of an assessment team <li>Explore how to best use the results of your fidelity</li>
visit, and information on how to score each index <li>Learn how to draft a DDCAT/DDCMHT report and</li>	scale survey to identify areas for program
how to use the data for identifying areas for	improvement <li>Learn how to draft an IDDT fidelity scale</li>
program improvement <li>Describe how to use the overall results of the</li>	implementation plan and the benefits of including
DDCAT/DDCMHT survey to design an	this plan in your agency's continuous quality
implementation plan	improvement plan



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### Module Objectives

### At the Completion of Each Module Participants Will:

### Module Thirty-Five – Tracking Outcomes and Process Improvements

- Learn how the data you collect can provide information for data-based supervision and for licensing and certification reviews, and, how it can help you determine if clients are getting better
- Learn how to collect information to set goals and how to strengthen your programs through continuous quality improvement

Length of Program: 5 modules

NBCC Clock Hours Awarded: 6.25

Cost for the Program: \$75.00







## FOCUS ON INTEGRATED TREATMENT Administrator Clinical Leadership

### **Module Objectives**

At the Completion of Each Module Participants Will:

<ul> <li>Module One – Introduction to Integrated</li> <li>Co-occurring Disorders Treatment</li> <li>Data on the prevalence of CODs and their impact on the lives of those who go untreated</li> <li>Failure of traditional approaches</li> <li>Definition of integrated treatment and the evidence on improved outcomes the approach has achieved</li> <li>Perspective of clients with CODs and the experience with the integrated-treatment model of care</li> </ul>	<ul> <li>Module Two – Implementing Co-occurring Disorders (COD) Treatment <ul> <li>Learn seven important steps that lead to successful implementation</li> <li>Learn how to monitor program improvement outcomes</li> <li>Learn organizational factors that lead to successful implementation and strategies for improving workforce proficiency</li> <li>Learn how training and supervision are critical elements in the implementation process</li> </ul> </li> </ul>
<ul> <li>Module Thirty-Two - Clinical Leadership</li> <li>Learn about important components of successful change such as including all involved stakeholders, developing a committee that will spearhead the change process, and selecting a clinical leader or "champion"</li> <li>Learn the seven key steps and tasks that you, as a clinical leader, will need to perform throughout your agency's change process</li> <li>Understand the benefits of providing integrated treatment for your agency and the consumers of the services you provide</li> </ul>	

Length of Program: 3 modules NBCC Clock Hours Awarded: 3.75

Cost for the Program: \$60.00