

# Hazelden Co-occurring Disorders Program

## Integrated Services for Substance Use and Mental Health Problems

Developed by faculty from the Dartmouth Medical School

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## What Is the Hazelden Co-occurring Disorders Program (CDP)?

Research has shown that the most effective treatment for co-occurring disorders is an integrated approach that treats substance use and mental health disorders at the same time.

The Hazelden Co-occurring Disorders Program (CDP) is the first innovative and comprehensive program on how to provide the best integrated treatment services for people with non-severe psychiatric disorders that co-occur with substance use disorders.



## Who Can Use Hazelden CDP?

Hazelden CDP includes resources for the full spectrum of stakeholders: program administrators, directors, doctors, psychologists, clinicians, patients, and family members.

Hazelden CDP is suitable for individual or group therapy, and residential or outpatient treatment, including intensive outpatient treatment settings.

The program is primarily designed for use in addiction treatment centers, but can be adapted for use in mental health clinics as well.



## Who Are the Hazelden CDP Authors?

The authors are faculty from the Dartmouth Medical School:

- Mark McGovern, Ph.D., associate professor of Psychiatry and of Community and Family Medicine
- Robert E. Drake, M.D., Ph.D., professor of Psychiatry and of Community and Family Medicine
- Matthew R. Merrens, Ph.D., visiting professor of Psychiatry and codirector of the Dartmouth Evidence-Based Practices Center
- Kim T. Mueser, Ph.D., professor of Psychiatry and of Community and Family Medicine
- Mary F. Brunette, M.D., associate professor of Psychiatry



## Is Hazelden CDP Evidence Based?

Hazelden CDP combines best practices in substance use and mental health therapies into a comprehensive treatment program for patients with non-severe mental health disorders that co-occur with substance use disorders.

The interventions in this program are primarily drawn from evidence-based therapies, such as cognitive-behavioral therapy, motivational interviewing, and Twelve Step facilitation.

The program is also based on the evidence-based principles of Integrated Dual Disorder Treatment (IDDT), developed by faculty from the Dartmouth Medical School for treating people with severe mental health disorders.



## Is Hazelden CDP Evidence Based?

*(Continued)*

The program evaluation information provided in Hazelden CDP is based on findings, observations, and studies of more than 200 addiction treatment programs using the Dual Diagnosis Capability in Addiction Treatment (DDCAT) Index, which was developed to assess the capacity of an addiction treatment program to provide evidence-based treatment services to persons with co-occurring disorders.

A list of twenty-five research abstracts and six full research articles are available on this CD-ROM under the **Research** tab.

A description of the evidence-base, from investigative to promising to established practices, is included in the introduction to each component of the program.



## How Is Hazelden CDP Different from IDDT?

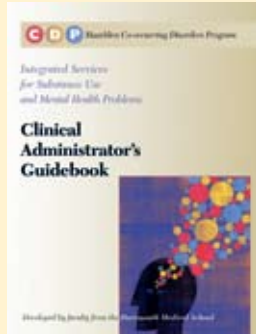
The Dartmouth Psychiatric Research Center developed the Integrated Dual Disorder Treatment (IDDT) model, which is now an established evidence-based practice designed for people with severe mental illness, such as severe major depression and schizophrenia.

The IDDT model was *not* developed for use in addiction treatment settings to treat people with non-severe mental health disorders.

Hazelden CDP was created specifically for use in addiction treatment settings, but is flexible enough to be used in mental health settings.

In fact, Hazelden CDP is the *only* comprehensive manualized program for people with non-severe psychiatric disorders that co-occur with substance use disorders.

# What Are the Components of Hazelden CDP?



- *Clinical Administrator's Guidebook*



- Curriculum **1** *Screening and Assessment*



- Curriculum **2** *Integrating Combined Therapies*



# What Are the Components of Hazelden CDP?

*(Continued)*



- Curriculum

**3**

*Cognitive-Behavioral Therapy*



- Curriculum

**4**

*Medication Management*



- Curriculum

**5**

*Family Program*



- *A Guide for Living with Co-occurring Disorders: Help and Hope for Clients and Their Families (90-minute DVD)*



## What Are the Five Curricula of Hazelden CDP?

- *Screening and Assessment* offers protocol-driven screening methods that consider each patient's symptoms, history, and motivation to change.
- *Integrating Combined Therapies* combines motivational enhancement therapy (MET), cognitive-behavioral therapy (CBT), and Twelve Step facilitation (TSF) to engage, assist, and sustain change.
- *Cognitive-Behavioral Therapy* utilizes CBT to address common psychiatric problems, such as depression, anxiety, and PTSD.
- *Medication Management* contains vital, current information on medication compliance, stigma, and other psychopharmacological issues. A CD-ROM reference on medications describes indications, administration, side effects, and drug interactions.
- *Family Program* uses illness self-management and communication exercises to help clinicians engage patients' family members in the healing process.



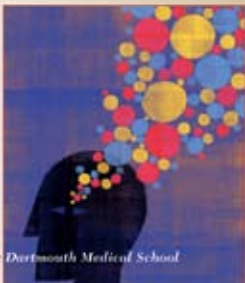
## How Is Each Component of Hazelden CDP Used?

Each of the seven components can stand alone, but when used together these components provide a comprehensive, research-based program that offers the best possible treatment for persons with co-occurring substance use and non-severe mental health disorders.

A brief explanation of each component follows.

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## **Clinical Administrator's Guidebook**



*Developed by faculty from the Dartmouth Medical School*

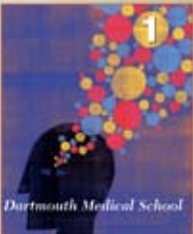
## *Clinical Administrator's Guidebook*

A bound guide and CD-ROM with reproducible forms, research articles, and other resources

- Audience: mental health or addiction treatment directors, CEOs, CFOs, and other key agency leaders.
- Chapters 1–3 discuss the use of the five curricula and the program DVD to provide an integrated treatment program.
- Chapters 4–13 offer the tools needed to assess, improve, and track any addiction or mental health treatment program's capacity to deliver integrated treatment services.
- The CD-ROM includes background research, Web links to important resources, a sample program implementation plan, and a sample charter agreement.

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## **Screening and Assessment**



*Developed by faculty from the Dartmouth Medical School*

## Curriculum **1** *Screening and Assessment*

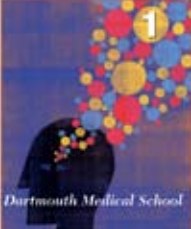
Includes a three-ring binder; removable, bound clinician's guide; and a CD-ROM with reproducible clinician handouts and forms

Screening and assessment is the first step in the treatment process. This curriculum helps clinicians learn to detect, identify, and treat mental health disorders in the context of substance use disorders.

The CD-ROM includes seven clinical assessment forms tailored to a specific mental health disorder.

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**Screening  
and Assessment**



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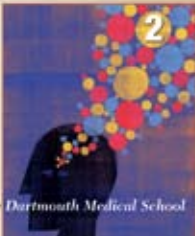
# Curriculum **1** *Screening and Assessment* (Continued)

*Screening and Assessment* covers

- the mental health disorders most prevalent among patients with substance use disorders
- how to determine whether a mental health symptom or disorder is substance-induced
- how to determine the patient's stage of motivation to change
- the advantages and benefits of systematic screening and how to select a screening measure
- how to decide which assessment method to use

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## Integrating Combined Therapies



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## Curriculum **2** *Integrating Combined Therapies*

Includes a three-ring binder; removable, bound clinician's guide; and CD-ROM with reproducible patient handouts, fact sheets, and forms

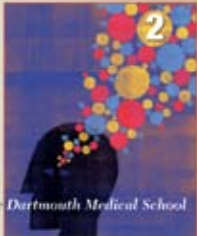
*Integrating Combined Therapies* (ICT) utilizes a combination of motivational enhancement therapy (MET), cognitive-behavioral therapy (CBT), and Twelve Step facilitation (TSF). MET serves to *engage* change, CBT to *assist* change, and TSF to *sustain* change.

The clinician's guide is divided into two parts: (1) principles and clinician education and (2) structured modules that can be customized and delivered to patients over a two- to twenty-week period.

Mental health practitioners may find *Integrating Combined Therapies* particularly useful for its intentional focus on substance use issues.

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**Integrating  
Combined  
Therapies**



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## Curriculum **2** *Integrating Combined Therapies* (Continued)

The practitioner unfamiliar with Twelve Step recovery groups may use the TSF section of the guide to help patients overcome their apprehensions and empower them to use peer recovery support groups—an effective, readily available, lifelong, and free community resource—to improve long-term recovery outcomes.

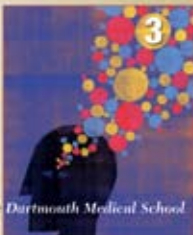
*Combined Behavioral Intervention* was the first combination of evidence-based treatment (CBT and MET) to include TSF.

However, no one has combined these therapies for people with co-occurring disorders. *Integrating Combined Therapies* is the first curriculum of its kind to offer this therapy model—and the clinician’s guide makes it easy for clinicians to practice.



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## Cognitive- Behavioral Therapy



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## Curriculum **3** *Cognitive-Behavioral Therapy*

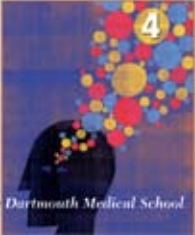
Includes a three-ring binder; removable, bound clinician's guide; and a CD-ROM with reproducible patient handouts, fact sheets, and forms

Research shows that CBT is useful for treating non-severe co-occurring mental health disorders in an addiction treatment setting. This curriculum helps a clinician take CBT deeper than in *Integrating Combined Therapies* by offering a practice that is specifically adapted for use with people with co-occurring disorders.

The clinician's guide utilizes CBT principles to address the most common mental health disorders that are presented in addiction treatment settings, such as depression, anxiety, social phobia, and post-traumatic stress disorder (PTSD).

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## Medication Management



## Curriculum **4** *Medication Management*

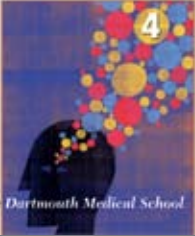
Includes a three-ring binder with hard copies of reproducible content and a CD-ROM

The *Medication Management* curriculum is a valuable resource for medical directors and clinicians. It contains vital, current information about the complex issues of medication management, including

- the mental health symptoms that can accompany alcohol or drug intoxication and withdrawal
- ways to collaborate with the patient to prepare a medication plan and techniques to encourage a patient's adherence
- how to utilize treatment strategies tailored to the patient's stage of change
- ongoing monitoring of mental health and substance use symptoms
- best practices in initiating medication treatment and providing continuing care

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## Medication Management



Developed by faculty from the Dartmouth Medical School

## What Is Included on the *Medication Management* CD-ROM?

The CD-ROM contains an easy-to-use reference on specific medications. Included for each medication are the indications, administration, side effects, drug interactions, and other relevant prescribing information.

These medications are grouped into five sections:

- antidepressants
- anti-anxiety agents
- hypnotics
- mood stabilizers and other agents to treat bipolar disorder
- antipsychotics

The information in this curriculum will be updated regularly.

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## Family Program



Developed by faculty from the Dartmouth Medical School

## Curriculum **5** *Family Program*

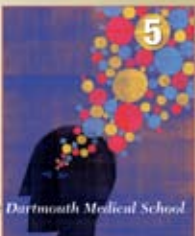
Includes a three-ring binder; removable, bound clinician's guide; and CD-ROM with reproducible patient handouts

The *Family Program: Clinician's Guide* helps clinicians involve patients and family members in treatment.

Few addiction treatment programs have adopted practices for families or couples, despite the evidence for the effectiveness of these programs.

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## **Family Program**



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## Curriculum (Continued)

5

## *Family Program*

### How It Works

First, the patient and family members meet with the clinician to learn about the patient's specific mental health disorder and how it interacts with his or her co-occurring substance use disorder.

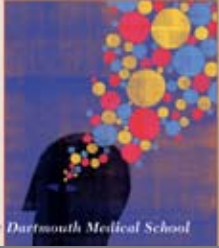
Then, the family joins other families in a twelve-week program of education on such topics as managing cravings, effective communication, using medications, and preventing relapses.

Families can enter the program at any point during the twelve weeks, and the information can be adapted for shorter programs.

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## **A Guide for Living with Co-occurring Disorders**

Help and Hope  
for Clients  
and Their  
Families



*Developed by faculty from the Dartmouth Medical School*

## *A Guide for Living with Co-occurring Disorders: Help and Hope for Clients and Their Families*

This 90-minute DVD includes four chapters:

1. Introduction to co-occurring disorders
2. Overview of various psychiatric disorders
3. Basics of treatment and interviews with clients and clinicians
4. Family component—examines the important role of family and friends in recovery

This DVD educates clients and their family members, and reinforces important concepts for clinicians.



*A Guide for Living with Co-occurring Disorders:  
Help and Hope for Clients and Their Families  
(Continued)*

It features real clients with co-occurring disorders (and their family members) along with professional staff/clinicians who demonstrate the challenges and successes faced in actual therapy settings.

This DVD is part of a new trend of transparency in treatment by minimizing any informational barrier between patients, their family members, and clinicians. This type of “training for all stakeholders” begins to bridge the gap between clients, clinicians, and family by using real-life scenarios and plain language that is easily understood.



# Hazelden Co-occurring Disorders Program

## Integrated Services for Substance Use and Mental Health Problems

Please consult the **Program Information** tab and click on **Q&A** for answers to commonly asked questions.

For more information about the Hazelden Co-occurring Disorders Program or to purchase the program or other Hazelden products, visit Hazelden Publishing at **[hazelden.org/cooccurring](http://hazelden.org/cooccurring)** or call **800-328-9000**.

**[hazelden.org/bookstore](http://hazelden.org/bookstore)**

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