

McHenry County Behavioral Healthcare Network Continuing Education Program

Sponsored by:
McHenry County Mental Health Board

An Introduction to Integrated Dual Disorder Treatment

Presented by: Melinda Fox Smith, MA, MCAP

Date: Thursday, May 12, 2016

Cost: Sponsored by MCMHB

Time: 8:30 am to noon, *Registration starting at 8:00am*

Location: McHenry County Mental Health Board, 620 Dakota Street, Crystal Lake, IL 60012

***CEU's:** 3 CEUs for professional counselors/clinical counselors and social workers will be provided.

IAODAPCA CEUs pending.

All attendees will receive a certificate of attendance

Registration is limited to 75 participants and is due by May 4, 2016

PROGRAM OVERVIEW

Participants will be introduced to the basic integrated treatment model for co-occurring mental illness and substance use disorders (COD). I will describe the importance of treating these disorders simultaneously, and review the principles of the integrated model. Then we will cover the Stress-Vulnerability Model, which explains why people acquire co-occurring disorders, and what recovery-oriented treatment really means. Next, we will review different screening and assessment tools for COD, as well as discuss the Stages of Change and the Stages of Treatment. Goal setting will be looked at from a motivational perspective, and then a new model of treatment recently developed to treat co-occurring disorders will be presented. Enhanced Illness Management and Recovery (E-IMR), brings two Evidence-Based practices together, IMR and IDDT. Illness Management and Recovery (IMR), is a curriculum to help people live satisfying lives in the community, and this provides a base to introduce integrated treatment for COD, and the skills needed to help practitioners provide the necessary interventions.

8:30-9: Introduction to Integrated Treatment for COD

9-9:15: Stress-Vulnerability Model of COD

9:15-9:30: What is Recovery?

9:30-9:45: Recovery Exercise

9:45-10: Shared Decision Making

10-10:15: Break

10:15-10:30: Screening and Assessment

10:30-11:00: Stages of Change

11-12: Goal Setting

PROGRAM OBJECTIVES

- State the reasons for Integrated Dual Disorders Treatment and some of its' principles
- Discuss the importance of screening and assessment for COD in both mental health and addiction programs
- Discuss the relation of the Recovery to Integrated Treatment for COD
- Describe the relevance of Stages of Change in COD treatment
- Explain evidence-based practice
- Discuss the relevance of Shared Decision Making in a recovery-oriented practice
- List the skills that are represented in the OARS acronym and how they relate to working with people that have a co-occurring disorder
- Discuss how "keeping it on the table" is different than confrontation
- Assist people in setting meaningful goals that may contain abstinence oriented long or short-term goals

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PRESENTER

Lindy Fox Smith, MA, MCAP, is a Trainer and Consultant, in the field of co-occurring mental illness and substance use disorders. In 2012, she retired from the Dartmouth Psychiatric Research Center, after working there for 23 years as a Senior Research Associate, to start her own consulting business, LB Fox & Associates, LLC. While at Dartmouth, Lindy worked on several research projects examining the effectiveness of treatment for people with serious mental illness and substance use disorders. Working with Robert Drake, Ph.D., M.D., she has been involved in research, assessments, supervision, training, and consultation. She also has a great deal of clinical experience providing group and individual treatment to people with co-occurring disorders. In 2010, Ms. Fox Smith worked on a project where she wrote the scripts, and worked behind the camera with the videographer and his crew to develop 32 videos and an accompanying learning management system on all aspects of co-occurring disorders treatment. These videos and the online learning modules are being widely used around the country.

Ms. Fox Smith has also worked for several years with Kim Mueser, Ph.D. on both research and treatment. Together they developed a model of treatment for families where one member has a co-occurring mental illness and substance use disorder. Lindy has worked with families, done family assessments, and trained clinicians and interviewers in family work. Also, working with Dr. Mueser, Lindy has trained and supervised clinicians in the Evidence Based Practice, Illness Management and Recovery (IMR). She and Kim are currently working with other colleagues to develop a new model of co-occurring treatment that combines IMR and Integrated Dual Disorders Treatment (IDDT).

Ms. Fox Smith's expertise has been gained through a combination of formal education and personal experience. She has been a recipient of the services she now participates in designing and evaluating. As a result of this unusual combination of personal and professional experience, Lindy brings sensitivity, humor, and extensive knowledge to this challenging field of working with people with both serious mental illnesses and substance use disorders. She has consulted in the US and other countries including Australia, England, and Sweden. She has authored and co-authored books and many articles on the subject of co-occurring disorders. Lindy along with some of her Dartmouth colleagues, joined with Hazelden to publish materials on co-occurring disorders. Lindy was the lead author on the IDDT Manual, and authored a book on group treatment for people in active treatment and relapse prevention.

TARGET AUDIENCE

Clinicians, counselors, social workers and case managers, peer specialists, mental health professionals, school social workers and counselors, and other helping professionals.

To register: You can register online at www.mc708.org or please contact:

Kristen Doherty: Phone (815) 788-4399 / Fax (815) 455-2925 / Email kdoherty@mc708.org

Please have one person call/fax/email your agency's registration information

Complimentary translation provided upon request.

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McHenry County Mental Health Board Training Registration

Name of Training: An Introduction to Integrated Dual Disorder Treatment

Presenters: Melinda Fox Smith, MA, MCAP

Date: May 12, 2016

Location: McHenry County Mental Health Board

Time: 9am to noon

Agency:



Cost: sponsored by MCMHB

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You can register online at www.mc708.org or Please return to Kristen Doherty: Mental Health Board, 620 Dakota Street, Crystal Lake, IL 60012 Phone (815) 788-4399/ Fax (815) 455-2925 / Email kdoherly@mc708.org *(Include Agency name above.)*