

# Strategies to Reduce Readmissions: Integrated Treatment for Co-Occurring Disorders

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# Agenda

- Overview of Focus on Integrated Treatment (FIT)
- What should inpatient programs do to implement integrated treatment
- Challenges in referring people with co-occurring disorders from inpatient to outpatient
- What should outpatient clinics do to implement integrated treatment
  - Experience from the field

# Training

## Training - communication of content

- E-modules
- Face-to-face
- Resource library

# E-Modules

- 39 modules developed according to the principles of adult learning theory
- Cover screening & assessment, motivational interviewing, cognitive-behavioral therapy, stage-wise treatment, and more
- Feature
  - Interactive learning activities and knowledge checks
  - Video clips of consumers and practitioners
  - Video clips of skill demonstrations and panel discussions
  - Links to resources
  - Text version for every page
  - 10 item exam to demonstrate knowledge learned



# Implementation Supports

Implementation supports - teaching programs how to apply content in the real world

- Interactive webinars
- Learning collaboratives
- Consultation and technical assistance
- Regular interactive teleconferences
- Guidebooks and workbooks



# What Should Inpatient Programs Do?

- Screening for both disorders
- Integrated Assessment
  - Longitudinal Assessment
    - Clarifies diagnosis
- Assess Stage of Treatment/Change
- Use motivational interviewing approach
- Use brief motivational interviewing session during last meeting on inpatient
- Collaboration with outpatient clinics both at admission and discharge

# Why Consumers Don't Attend Their Outpatient Clinic Services

## Studies demonstrate

- Poor communication between the referring practitioner and the patient, poor alliance
- Patient's disagreement with the referral
- Referrer's skepticism about the value of psychiatry, poor-quality referral letter

# Why Consumers Don't Attend Their Outpatient Clinic Services

- Longer delay between the referral and the appointment (or between assessment and treatment)
- Early stages of treatment
- Non-collaborative decision-making

# Outpatient Clinics: How To Engage Individuals With Dual Diagnoses – Experience from the Field

- Introduce consumer to outpatient program before leaving inpatient facility.
- Outpatient clinic should be welcoming and friendly.
- Introduce consumer to services and key policies.
- Consumer should participate in the decision making process.

# Implementing an Integrated Treatment Approach in Outpatient Clinics

## Changing the culture

- Clinical Team should:
  - Adopt principles in the area of person-centered approaches and recovery
  - Adopt principles in the area of Harm Reduction.

# Implementing an Integrated Treatment Approach

Outpatient Clinic / Clinical Team should:

- Receive training on the areas of Integrated Treatment, Stage Wise Interventions, Motivational Interviewing and Cognitive Behavioral Treatment (CBT) (**FIT modules**).
- Provide peer support.
- Engage consumer in psycho-educational group sessions
- Implement stage wise treatment groups
- Provide individual sessions focusing on COD.

# Implementing an Integrated Treatment Approach

## Experiences From An Agency:

- Meet with team members on a regular basis.
- At the beginning, provide biweekly training.
- Advertise / post your groups regularly.
- Provide snacks / meals / metro-cards (if possible.)
- Get consumers involved in group decisions a.s.a.p.

# Questions