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**2019 NAMI
National
Convention**
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Welcome to 2019 NAMI National Convention

Successful Outcomes of an Integrated Co-Occurring Mental Illness and Substance Use Disorders Program

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Co-Occurring Disorders (COD)

- Co-occurring disorders are common
- Best treatment is concomitant, complex, comprehensive
- Despite decades of advocacy, this is still uncommon
- “Dual-disorders “ has become a common term
- How to choose a treatment program?

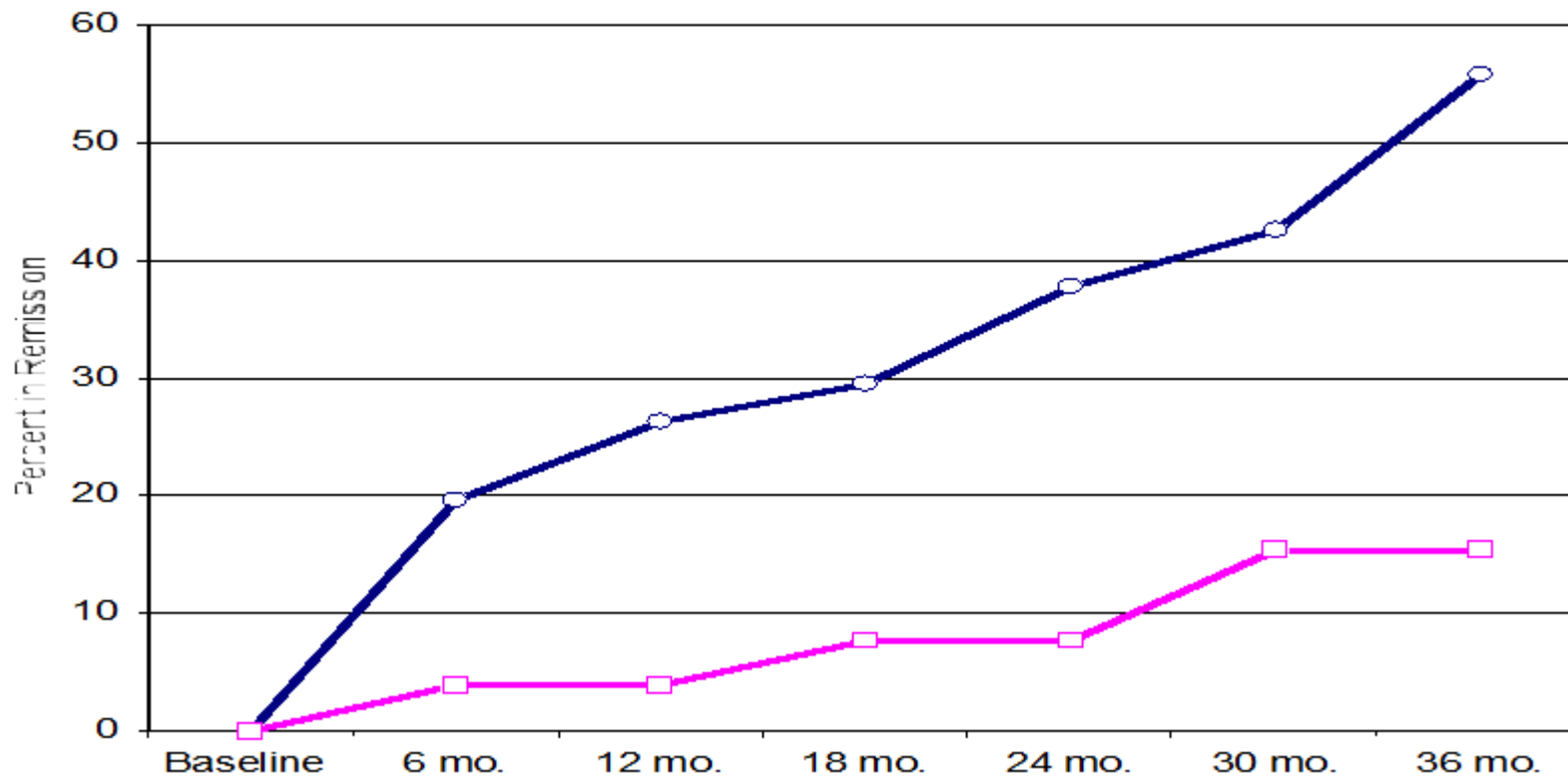
Principles of Integrated Treatment

- Integration
- Assertiveness
- Stage-wise treatments
- Comprehensiveness
- Long-term perspective



Integrated vs. Non-integrated Treatments

Figure 1. Percent of Participants in Stable Remission for High-Fidelity ACT Programs (E; n=61) vs. Low-Fidelity ACT Programs (G; n=26).



McHugo et al, 1999



Applying IDDT: WestBridge model

- Holistic recovery goals
- Continuum of treatment: Residential – ACT
- Long-term recovery support
- One team
- Mentoring: peer-counseling and side-by-side
- Family Education and Support
- Employment/Education support



WestBridge model:

- Complex pharmacology, repeated assessments
- Re-formulation of diagnosis at 1 month
- Multiple therapeutic interventions
- Wellness: diet, exercise, smoking-cessation, mindfulness
- Advocacy and collaboration for prevention and support of medical illness
- Data collection for quality improvement



WestBridge Quality Improvement

- Quality Improvement Initiative

- Staff conducted telephone interviews with past participants and their families
- Information was obtained on a total of 80 participants

- Ongoing Routine Monitoring

- Systematic tracking of recovery outcomes upon admission and quarterly
- WestBridge Dual Recovery Inventory*

- | | | | |
|-----------------|-----------------|------------|--------------------|
| • Housing | • Substance use | • Tobacco | • Sleep |
| • Educ/Employ | • Friendships | • Eating | • Physical health |
| • Family | • Spirituality | • Exercise | • Personal Hygiene |
| • Mental Health | | | |

*Noel, Woods, Routhier, & Drake. (2016). Planning treatment and assessing recovery in participants with dual diagnosis: Preliminary evaluation of a new clinical tool. *Journal of Dual Diagnosis*, 12(1), 55-62.

Program Evaluation

- Partnership with Dartmouth and Westat
- Information gathered from WestBridge records and transcripts of quality improvement interviews
- Questions addressed:
 - What proportion of participants successfully completed treatment?
 - How many participants were in recovery in various areas at follow-up?
 - What factors were associated with recovery at follow-up?
 - Was treatment completion associated with reduced hospitalizations?

Demographics at Admission

- Young, Single, Caucasian
- Completed high school or some college
- Unemployed or not in school
- Schizophrenia spectrum disorders, bipolar disorder, major depression
- Polysubstance, cannabis, alcohol use disorder
- History of multiple treatment attempts, including inpatient or residential



Successful Treatment Completion

- 65% completed residential treatment (52 of 80)
- Nearly all transitioned into community-based ACT (49 of 52)
- Of the 49 who entered ACT:
 - 63% completed or engaged in long-term supports (31/49)
 - 37% dropped out (18/49)
- Overall:
 - 35% dropped out of residential treatment (28 of 80)
 - 26% completed residential only (21 of 80)
 - 39% completed both or engaged in long-term supports (31 of 80)



Analysis of Transcripts

- Interview questions covered:
 - Housing
 - Family relationships
 - Employment/education activities
 - Mental health
 - Substance use
- Independent researchers read all transcripts and rated participants' functioning in each area
- Recovery defined as functioning at Action or Maintenance, according to Stages of Change*

Stages of Change*

Pre-contemplation

Contemplation

Preparation

Action

Maintenance

*Prochaska, Norcross, & DiClemente. (1994). Changing for good. New York, NY: Avon Books.

Examples: In Recovery at Follow-Up

Family Relationships

- (1) Overwhelmed by conflict and no contact (pre-contemplation)
- (2) Difficulties but actively working on relationships (contemplation)
- (3) At least one positive interaction per week (preparation)
- (4) Positive interactions per week most of time (action)
- (5) Satisfying, age-appropriate interactions nearly always (maintenance)

Substance Use

- (1) Actively using without considering change (pre-contemplation)
- (2) Considering pros and cons of use, considering change (contemplation)
- (3) Taking steps to reduce substance use (preparation)
- (4) Actively working on abstinence with occasional slips (action)
- (5) Abstinent (maintenance)



Factors Associated with Recovery

- Participant demographics
- Primary mental health diagnosis
- Type of substance use disorder
 - NO
- Completion of treatment (both residential and ACT)
 - YES
- Family involvement
 - YES
- Length of stay
 - YES



Recovery at Follow-Up

Those who completed treatment or remained engaged in long term support had higher rates of recovery in all 5 areas

Area of Recovery	Non-Completers	Completers/ Engaged
Housing	39%	90%
Educ/Employ	39%	68%
Family	37%	87%
Mental Health	43%	77%
Substance Use	49%	94%

Length of Stay & Family Involvement

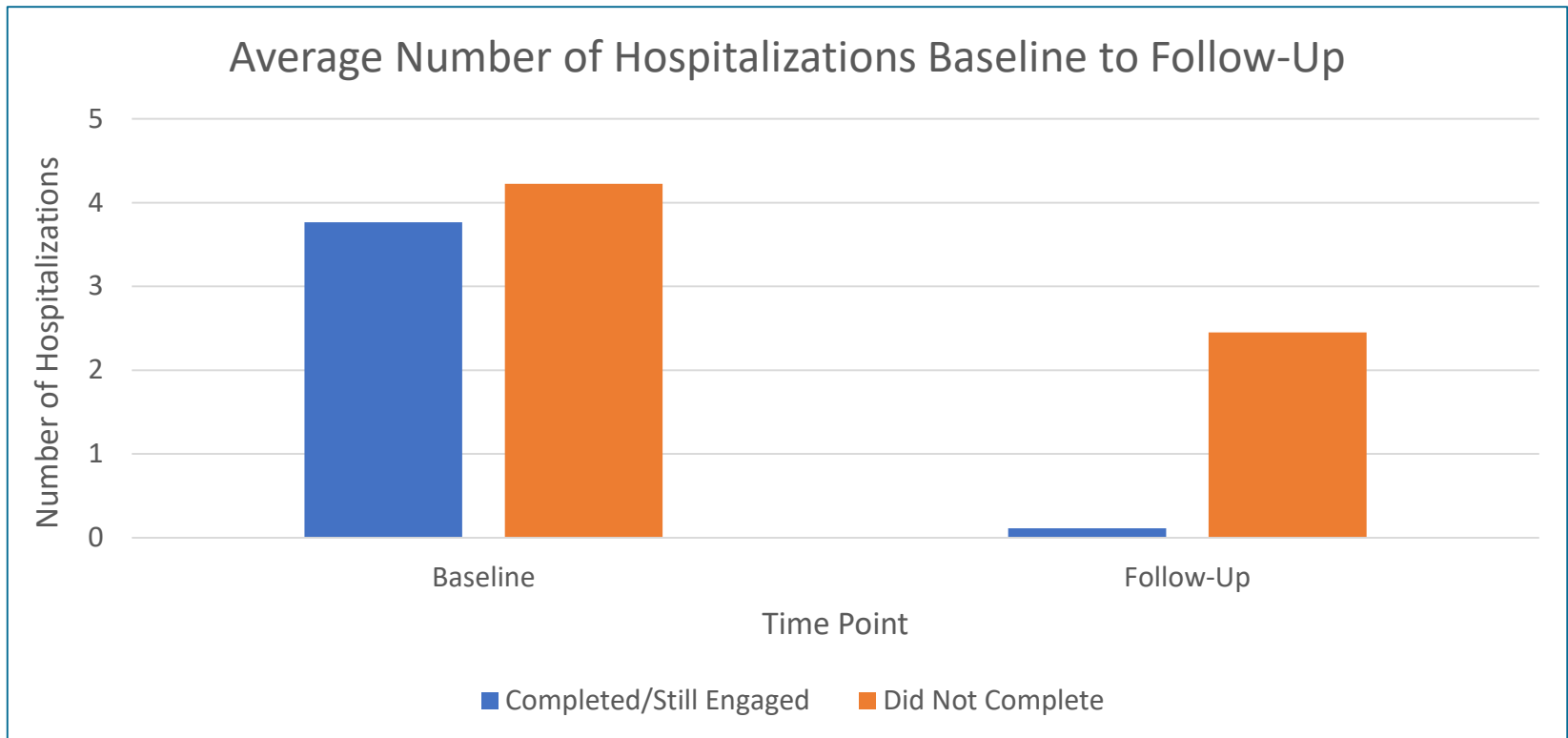
- Family involvement, length of stay, and treatment completion were all significantly correlated with each other (all large correlations, $>.50$)

	Non-Completers Mean (SD)	Completers/ Engaged Mean (SD)
Length of Stay (# of months)	7.0 (9.7)	36.0 (19.1)
Family Involvement (# of sessions)	49.0 (66.7)	129.5 (76.2)



Hospitalizations

- Participants who completed treatment had significantly fewer hospitalizations than those who dropped out of treatment



Conclusions

Integrated treatment works:

- Continuum of care (residential and community-based)
- Recovery orientation
- Holistic approach
- Continuous family involvement
- Long-term supports for employment/education, independent living, abstinence



Questions?



- Handouts of slides
- Exhibition Booth #506
- Presentation yesterday (Thursday, 6/20/2019, 1:30 - 2:45 pm), “Family Inclusion in a Recovery Oriented System of Care”
- Clip art obtained at [Vecteezy.com](https://www.vecteezy.com)



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