Enhanced Illness Management & Recovery: practice & recovery implications of co-occurring disorders

Piper S. Meyer-Kalos, Ph.D., LP
Roxanne Kibben, M.A.

October 12, 2015
2:30 p.m. to 4:00 p.m.
NAADAC Annual Conference
Minnesota Center for Chemical and Mental Health

Who We Are

The Minnesota Center for Chemical and Mental Health advances the science to practice of mental health and substance abuse services through research, and implementation of clinical best practices for all, especially practitioners, educators, providers and policymakers.
Agenda

• Co-occurring disorder treatment challenges
  – Principles of integrated treatment
• Evidence-based practices
  – Integrated treatment for dual disorders (IDDT)
  – Illness management and recovery (IMR)
• Enhanced Illness Management and Recovery
  – Stress Vulnerability Model
• Teaching strategies
  – Recovery orientation
  – Integration-keeping it on the table
Push for Integrated Care

Terms commonly used:
• Co-occurring Disorders (CODs)
• Co-morbidity Disorders
• Dual Diagnosis Disorders
• Behavioral Health
Why Focus on Dual Disorders?

• Substance use disorders are common in people with severe mental illness
• Mental illness is common in people with substance use disorders
• Dual disorders lead to worse outcomes and higher costs than single disorders
SILOED TRAINING & SILOED CARE

PRIMARY CARE  MENTAL HEALTH  SUBSTANCE ABUSE
What is it About Co-Occurring Mental Illness and Substance Use That Make Them Difficult to Treat?

1. Substance misuse is the most common co-occurring disorder in persons with SMI.
2. Mental Illness is the most common co-occurring problem for people with substance use disorders.
3. Significant negative outcomes related to co-occurring disorders.
Integrated and Concurrent Care for COD
Principles of COD Integrated Treatment

1. Integration of treatment
2. Access to comprehensive assessment
3. Comprehensiveness of services
4. Assertive approach
5. Reduction of negative consequences (i.e., harm reduction)
6. Motivation-based treatment
7. Time unlimited services
8. Multiple psychotherapeutic modalities
Strengths of Care Provided by Same Team

- Efficient delivery of care
- Effective delivery of care
- Recognition of Stage of Change and Stage of Treatment are most likely different for each disorder
- Emphasis on the interplay between the two disorders
- Keeping both substance use and mental health on the table in all sessions
Evidence-Based Practices

- Systematic Reviews
- Meta-Analysis of RCTs
- Randomized Controlled Trials (RCTs)
- Cohort Studies
- Case Control Studies
- Uncontrolled Studies / Case Studies / Reports
- Literature Review / Expert Opinion

Level of Evidence
Integrated Treatment for Dual Disorders

• Unified treatment approach
• Both mental illness and substance abuse:
  – viewed as primary
  – targeted for concurrent treatment.
  – services are provided by the same team.
• Recovery seen along a continuum
• Shared perspective of treatment
• Core value: “Shared decision making”

(Mueser, Noordsy, Drake, & Fox, 2003)
Illness Management and Recovery Program

IMR is a step-by-step program that helps people set meaningful goals for themselves, acquire information and skills to develop more sense of mastery over their psychiatric illness, and make progress towards their own personal recovery.
Enhanced Illness Management & Recovery

Enhanced Illness Management & Recovery (Enhanced IMR or E-IMR) is a combination of two evidence-based practices:

- Integrated Dual Disorder Treatment (IDDT)
- Illness Management and Recovery
Why Illness Management and Recovery (IMR) for COD?

• IMR self management skills helpful for persons with mental illness and substance abuse
• Common language of recovery across both approaches
• IMR has comprehensive, clear, structured Curriculum
• Apply IMR teaching strategies to IDDT principles
  – Implement principles of IDDT **consistently** using IMR teaching strategies
What is Recovery?

- Outcome?
- Process?
- Both?

- Do you believe in Recovery?
  Even for the most ill, symptom impaired, high needs, filled with pain and anguish person you work with?
Client-Identified Recovery Goal

What is “Recovery?”

- Defined by the Person
- Strengths Based
- Non-linear
- Multidimensional and Holistic
Recovery Oriented Care

“As clinicians our job is not to judge who will and who will not recover. Our job is to establish strong, supportive relationships in order to maximize chance of recovery.”

People need to have the “dignity of risk” and the “right to fail”.

–Patricia Deegan
In Enhanced IMR

• People define what recovery means to them, as individuals.
• People set their own personal recovery goals.
People are successful in Enhanced IMR when information and skills are linked to GOALS

Personally meaningful recovery goals:

1. Based in the hope of recovery
2. Internally motivated

Goals may range from the modest to the ambitious
Teaching Strategies

Enhanced IMR

– Integration + (Motivational, Educational, Cognitive-behavioral)
Why Integration as a Teaching Strategy?
Keeping it on the Table

Discuss Co-occurring Disorders in every session
The Five I's

- Identify
- Initiate
- Include
- Increase
- Involve
Introduction to the Five I’s
Identify

Stage of Change or Readiness to Change
Initiate

Start the Conversation
Include

In EVERY Conversation
Increase
Strategies & Interventions for Both Diagnosis
Involve
Supportive Persons to Help
Summary: What are the Take Away Ideas?

1. What is the name of an intervention for treating individuals with co-occurring disorders?

2. What are the two EBPs for CODs used in developing that intervention?

3. How does integrated care help people?

4. What are the 5 I’s?

5. Name two specific strategies for integrating care?
THANK YOU!
For further information please refer to our website or contact us directly.

www.mncamh.umn.edu

Piper S. Meyer-Kalos, Ph.D., LP
Roxanne Kibben, M.A.

Minnesota Center for Chemical and Mental Health
1404 Gortner Avenue
170 Peters Hall
Saint Paul, MN 55108
(612) 626-9042
rkibben@umn.edu