

BEST PRACTICES RESOURCES FOR BEHAVIORAL HEALTH

RESOURCE PURPOSE	BEST PRACTICE	REFERENCES
Overarching Best Practices	<ul style="list-style-type: none"> • NIDA Principles of Effective Drug Addiction Treatment SAMHSA 12-Step Screening and Assessment • TIP 42 Treatment Improvement Protocol 42: For Person with Co-Occurring Disorders • CCISC Principles • Integrated Dual Diagnosis Treatment (IDDT) • Supported Housing • Supported Education 	<p>http://www.nida.nih.gov/PODAT/PODATIndex.html</p> <p>http://www.ncbi.nlm.nih.gov/bookshelf/br.fcgi?book=hssamhsatip&part=A74073</p> <p>http://coce.samhsa.gov/cod_resources</p> <p>www.samsha.gov</p> <p>www.samsha.gov</p> <p>“May 3, 2010 - Supported Education and Supported Employment Summit:” www.cimh.org/services/mhsa/workforce-education-training/past-conference-calls-and-meetings.aspx</p>
Client Engagement & Retention	<ul style="list-style-type: none"> • Motivational Interviewing (MI) • Motivational Enhancement Therapy (MET) 	<p>http://www.motivationalinterview.org</p> <p>http://www.motivationalinterview.org</p>

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Core Treatment Components (CTC)		
Cognitive-Behavior Therapy (CBT) for various mental health/substance use disorders	<ul style="list-style-type: none"> • Dialectical Behavior Therapy (DBT) • Matrix Model • Cocaine Specific Coping Skills Training (CST) • Brief Marijuana Dependence Counseling (BMDC) • Living in Balance (LIB) • Cognitive Behavioral Therapy: <i>Beck Model</i> • Rational Emotive Behavioral Therapy • Acceptance and Commitment Therapy (ACT) 	<p>http://www.behavioraltech.org</p> <p>http://www.matrixmodel.org</p> <p>E-mail: Damaris_Rohsenow@brown.edu</p> <p>E-mail: steinberg@psychiatry.uchc.edu</p> <p>http://www.hazelden.org/bookstore E-mail: rschladweiler@hazelden.org</p> <p>www.beckinstitute.org</p> <p>http://www.rebt.org/</p> <p>http://contextualpsychology.org/</p>
Medication Related Services	<ul style="list-style-type: none"> • Broad Spectrum Treatment (BST) and Naltrexone for Alcohol Dependence 	<p>http://www.nrepp.samhsa.gov/programfulldetails.asp?PROGRAM_ID=293</p>
Relapse Prevention	<ul style="list-style-type: none"> • CENAPS Model (Gorski) • Relapse Prevention (RPT-Marlatt & Gordon) 	<p>http://www.cenaps.com</p> <p>http://depts.washington.edu/abrc/relapseprevention.htm</p>

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Trauma-Informed Treatment	<ul style="list-style-type: none"> • Addictions and Trauma Recovery Integration Model (ATRIUM) • Helping Women Recover (HWR) [Gender-specific] • Seeking Safety • Trauma Affect Regulation: Guide for Education and Therapy (TARGET) • Trauma Recovery and Empowerment Model (TREM; M-TREM) 	<p>www.dustymiller.org</p> <p>www.centerforgenderandjustice.org</p> <p>www.seekingsafety.org</p> <p>www.ptsdfreedom.org</p> <p>www.ccdc1.org</p>

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Recovery Management/ Community Support	<ul style="list-style-type: none"> • Network Therapy • Twelve Step Facilitation Therapy (TSF) • Voices of Recovery • Twelve step programs (Alcoholics Anonymous; Narcotics Anonymous; Cocaine Anonymous; Co-dependents Anonymous, etc) • Rational Recovery • Dual Recovery Anonymous (DRA) • SMART Recovery • Double Trouble in Recovery (DTR) • Friends Care • Modified Therapeutic Community for Persons with Co-Occurring Disorders • Assertive Community Treatment (ACT) 	<p>www.med.nyu.edu/substanceabuse/manuals/nt/</p> <p>http://www.hazelden.org, or E-mail: rschladweiler@hazelden.org</p> <p>http://www.facesandvoicesofrecovery.org, or locally contact: rmills@co.sanmateo.ca.us</p> <p>www.aa.org http://www.na.org/ http://www.ca.org/ http://www.codependents.org/, etc.</p> <p>http://www.rational.org</p> <p>http://www.draonline.org</p> <p>http://www.smartrecovery.org/</p> <p>http://www.doubletroubleinrecovery.org</p> <p>E-mail: brownb@uncw.edu</p> <p>http://www.ndri.org/ctrs/cirp.html</p> <p>http://www.actassociation.org/</p>

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Contingency Management	<ul style="list-style-type: none"> • Prize Incentives Contingency Management for Substance Abuse • Drug Screening with rewards/vouchers • Community Reinforcement Approach (CRA) plus Vouchers • Voucher Based Reinforcement Therapy in Methadone Maintenance • Day Treatment with Abstinence Contingencies and Vouchers 	<p>E-mail: petry@psychiatry.uhc.edu</p> <p>E-mail: petry@psychiatry.uhc.edu and stephen.higgins@uvm.edu</p> <p>http://www.drugabuse.gov/PODAT</p> <p>http://www.drugabuse.gov/PODAT</p> <p>http://www.drugabuse.gov/PODAT</p>
Smoking Cessation	<ul style="list-style-type: none"> • Combined Behavioral and Nicotine Replacement Therapy • Team Awareness <p>Treating Tobacco Dependence in Smokers with Co-Occurring Disorders (Prochaska)</p>	<p>http://www.nida.nih.gov/PODAT</p> <p>http://www.organizationalwellness.com or http://www.ibr.tcu.edu</p> <p>http://smokingcessationleadership.ucsf.edu/</p>

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Family Relations/Parenting	<ul style="list-style-type: none"> • Behavioral Couples Therapy for Alcoholism and Drug Abuse (BCT) • Family Behavior Therapy (FBT) • Celebrating Families • Nurturing Parent (and Nurturing Fathers; adaptations for Women with trauma) • Systematic Training for Effective Parenting (S.T.E.P.S.) • Touchpoints • Community Reinforcement and Family Training (CRAFT) 	<ul style="list-style-type: none"> http://www.addictionandfamily.org http://www.unlv.edu/centers/achievement/index/html http://www.celebratingfamilies.net http://www.nurturingparenting.com http://www.steppublishers.com http://www.touchpoints.org http://casaa.unm.edu/craftinfo.html

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Screening Tools

For a complete list of Screening Tools including scoring/administration time, clinical utility, fees, and more, please see:

TIP 42: Substance Abuse Treatment For Persons with Co-Occurring Disorders

A Treatment Improvement Protocol: Substance Abuse and Mental Health Services Administration
www.samhsa.gov (free publication)

★ - *BHRS currently suggested tools*

Screening for Treatment Readiness & Stage of Change

URICA: University of Rhode Island Change Assessment Scale

Treatment Readiness Screen : 8 item Stage of Change Assessment

Dept. of Psychology, University of Maryland, Baltimore County, 1000 Hilltop Circle, Baltimore, MD 21250

<http://www.uri.edu/research/cprc/Measures/urica.htm>

SOCRATES: The Stages of Change Readiness and Treatment Eagerness Scale

Treatment Readiness Screen: Stage of Change Breakdown

<http://www.motivationalinterview.org/library/socrates8.pdf>

Screening for Co-Occurring Substance Use & Mental Health

★ **AC-OK COD SCREEN**©: Andrew Cherry-Oklahoma Co-Occurring Disorder Screen

Integrated Screen tool for Substance Use and Mental Health including Trauma

<http://faculty-staff.ou.edu/C/Andrew.L.Cherry-1.Jr/AC-OK%20COD%20Screen%20Packet%205-23-7.pdf>

Adapted from Collaborative Care Project, Canada and Co-Morbidity Screen, Boston Consortium.

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★ ASI: Addiction Severity Index

A general intake screening tool

http://www.tresearch.org/resources/instruments/ASI_5th_Ed.pdf

http://www.tresearch.org/resources/instruments/ASI_5_Spanish.pdf

GAIN-Short Screener: Global Appraisal of Individual Needs 2.0.3

Developed to implement an integrated biopsychosocial model w/ outcome monitoring

This instrument is copyright © 2005-2008 Chestnut Health Systems. Use of this measure is permitted for anyone who holds a GAIN license. www.chestnut.org/li/gain GAINSupport@chestnut.org, or contact Joan Unsicker at (309) 451-7806 or junsicker@chestnut.org

MINI SCREEN / Modified Mini Screen (MMS)

M.I.N.I. SCREEN 5.0.0 / English version / DSM-IV July/1/06 © 2001-2006 Sheehan DV & Lecrubier Y. All rights reserved. D. Sheehan, J. Janavs, R. Baker, (University of South Florida-TAMPA, USA) : Y. Lecrubier, T. Hergueta, E. Weiller, (INSERM-PARIS, FRANCE). T. Proeschel.

Brief Intake Interview (TCU BI)

<http://www.ibr.tcu.edu/pubs/datacoll/Forms/bi.pdf>

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Screening for Substance Use

CRAFFT Screening Tool

http://www.projectcork.org/clinical_tools/pdf/CRAFFT.pdf

Behavioral health screen for use with children under the age of 21 recommended by the American Academy of Pediatrics' Committee on Substance Abuse for use with adolescents

Simple Screening Instrument for Substance Abuse (SSI-SA)

http://www.dhs.state.mn.us/main/groups/disabilities/documents/pub/dhs16_138738.pdf

CAGE Questionnaire

http://www.projectcork.org/clinical_tools/html/CAGE.html

To detect alcoholism, less than one minute

DAST: Drug Abuse Screening Test

Identifies psychoactive drug use and scores degree of problems related to drug use/misuse.

http://www.projectcork.org/clinical_tools/pdf/DAST.pdf

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Screening for Mental Health

Mental Health Screening Form III

Initially designed as a rough screening device for clients seeking admission to substance abuse treatment programs

<http://www.asapnys.org/resources/mhscreen.pdf>

Beck's Depression Inventory

Screens for presence and rates severity of depression symptoms

Fee for use www.psychorp.com