

Focus on Integrated Treatment (FIT)

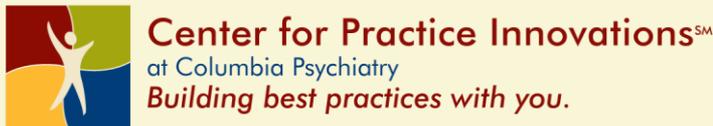


Focus on Integrated Treatment
Whole Treatment. Whole Recovery. Whole Lives.

Funded Jointly by



and



The Challenge

- In 2007, 5.4 million adults in the U.S. had a co-occurring mental illness and substance abuse disorder (COD), yet only 10% received treatment for both.
- Failure to treat both disorders increases re-hospitalization, homelessness, incarceration, violence, economic hardship, and infectious diseases, leading to higher treatment costs and family burden.

What is integrated treatment for People with Co-Occurring Mental Health and Substance Use Disorders (COD)?



Both mental health and substance use treatment provided by the same clinician or team.

Receive treatment whether you walk into an OMH-licensed or OASAS-certified program.

No Wrong Door



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What does integrated treatment for COD include?

- Assertive outreach and engagement
- Screening and assessment
- Motivational interventions
- Education about mental health and substance use
- Counseling – **group**, individual and/or family
- Staged interventions to target an individual's stage of readiness for change
- Linkage to 12-step programs
- Long-term and comprehensive perspective
- Culturally sensitive

Drake, RE, Essock, SM, et al. (2001). *Psychiatric Services*, 52, 469-476.



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Integrated Treatment is Effective!



People achieve abstinence or really cut down on substance use

They get jobs

**POSITION
FILLED**



They get their own apartments or homes



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They make friends
with people who
don't use
substances



Their mental health
symptoms improve
and they are happier
with life overall.

Drake RE, Mueser KT, Brunette MF, et al. (2004). A review of treatments for people with severe mental illnesses and co-occurring substance use disorders. *Psychiatric Rehabilitation Journal*, 27, 360–374.

Essock SM, Mueser KT, Drake RE, et al. (2006). Comparison of ACT and standard case management for delivering integrated treatment for co-occurring disorders. *Psychiatric Services*, 57, 185-196.



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What is Unique about FIT?



We offer all training and supports online

We are one of a few blazing this new trail



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Advantages to Distance Learning

Practitioners do not leave the office for extended periods to obtain training



No cancelled trainings (e.g., for weather) resulting in lost resources

Travel costs are eliminated



Advantages to Distance Learning



Log in and
complete modules
when convenient

New staff trained
immediately and
consistently



Re-review
modules
any time



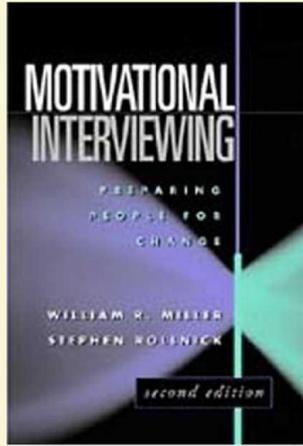
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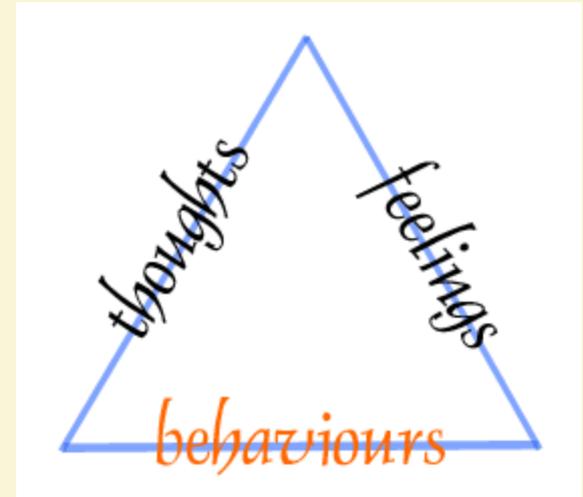
35 Modules to Choose from

Pick what works best for your program



Motivational Interviewing

Cognitive-behavioral therapy



Stage-wise Treatment



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Screening & Assessment



Peer
Recovery
supports

Individual
collaborative
treatment



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Supervision



Leadership

Capability & Fidelity

DUAL DIAGNOSIS

Capability

Team Leaders See Staff Progress

Dashboard View - Windows Internet Explorer
https://rfmh.csod.com/Dashboard/DashboardView.aspx?db_id=4

File Edit View Favorites Tools Help

Windows Live Bing What's New Profile Mail Photos Calendar MSN Share Sign in

Favorites LMS LMS Pilot NRI Inc Joint Task Screening Joint Task Force OMH Groupwise CPI Success Firedancer Time

Tic-Tac Mobile Dashboard View

Standard Reports | Dashboards

My Dashboards

For assistance, please contact [Melissa Hinds-Martinez at cpihelp@pi.cpmc.columbia.edu](mailto:cpihelp@pi.cpmc.columbia.edu) or 212-543-5941

View dashboards that you have created or which have been shared with you by selecting from the dropdown below. For help creating a dashboard, [click here](#).

View: Test Dashboard Refresh Modify View Dashboard List

Training Status

Staff Member	Registered/Not Started	In Progress	Completed	Incomplete	Past Due	Removed
Nacht, Michele	1	11	4	0	0	0
Margolies, Paul	0	13	1	0	0	0
Essock, Susan	0	2	0	0	0	0

Module 1

Category	Percentage
Completed	75.0%
In Progress	25.0%
No Show	0%
Requested	0%
Registered	0%
Past Due	0%

Done Internet | Protected Mode: On 100% 3:03 PM 9/22/2010

FIT Modules



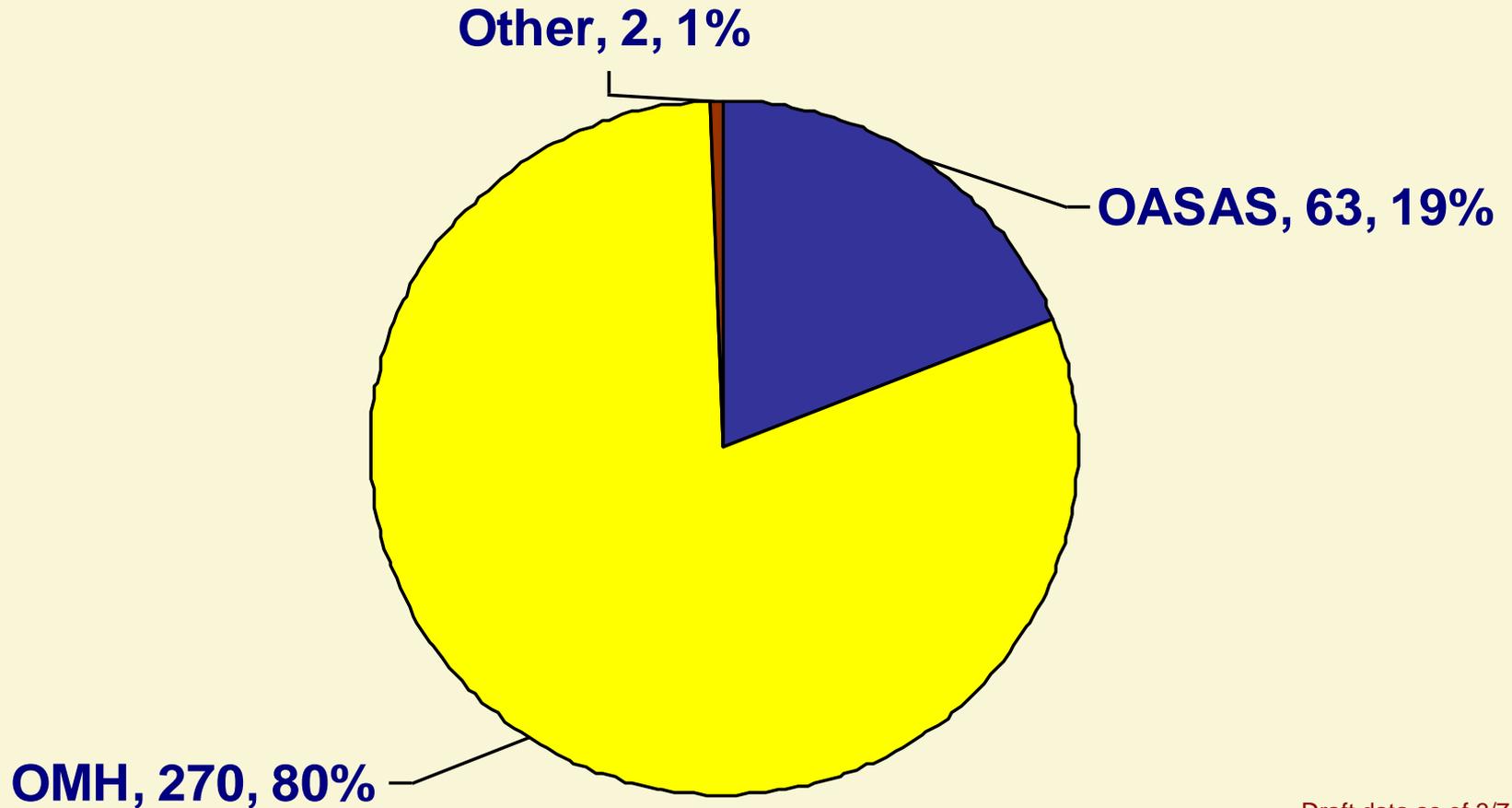
Recovery
Stories

Interactive
Exercises



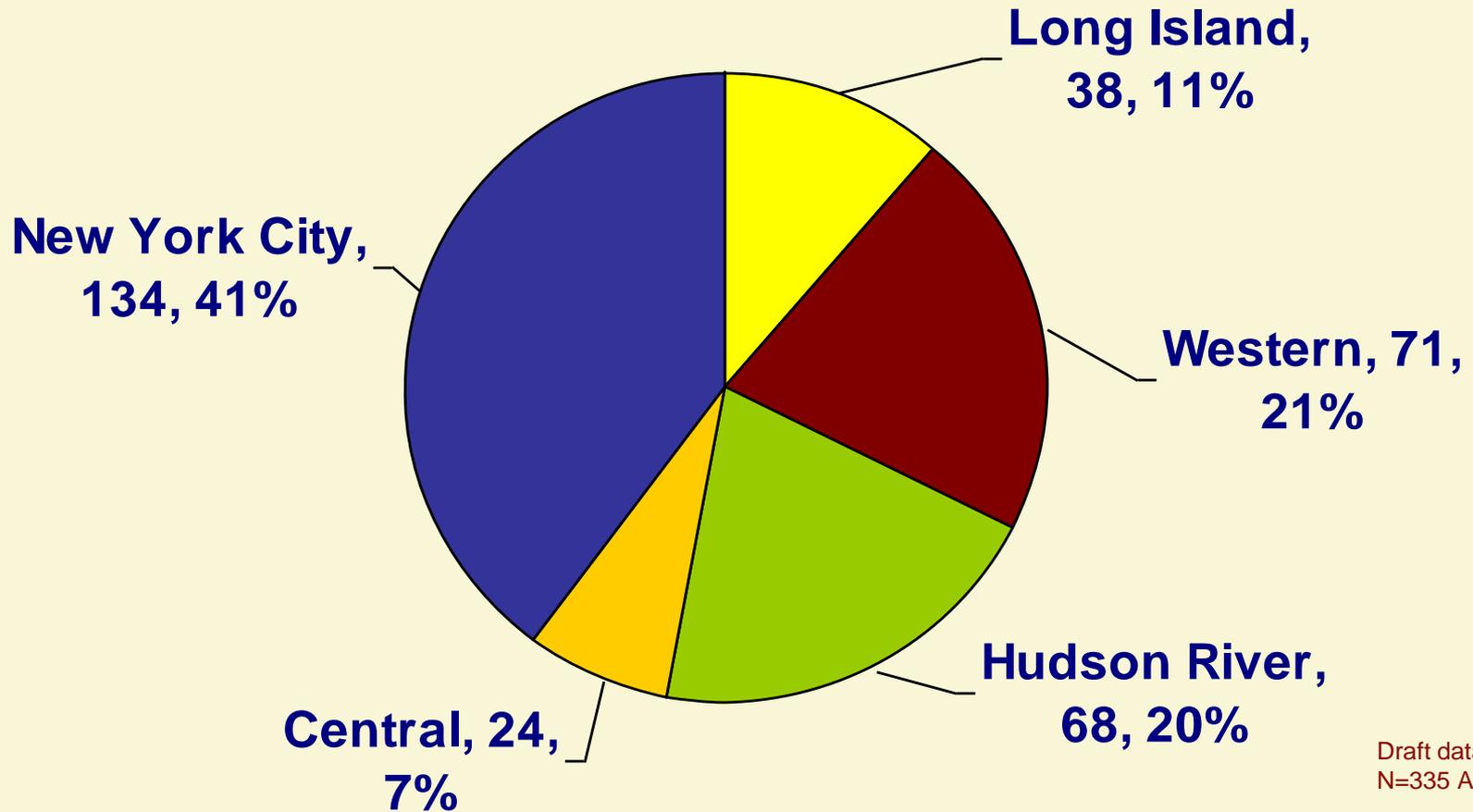
Video Skill
Demonstrations

335 Active Programs Participating in FIT Distributed by License Type



Draft data as of 3/7/11
N=335 Active Programs

335 Active Programs Participating in FIT Distributed by OMH Region



Draft data as of 3/7/11
N=335 Active Programs

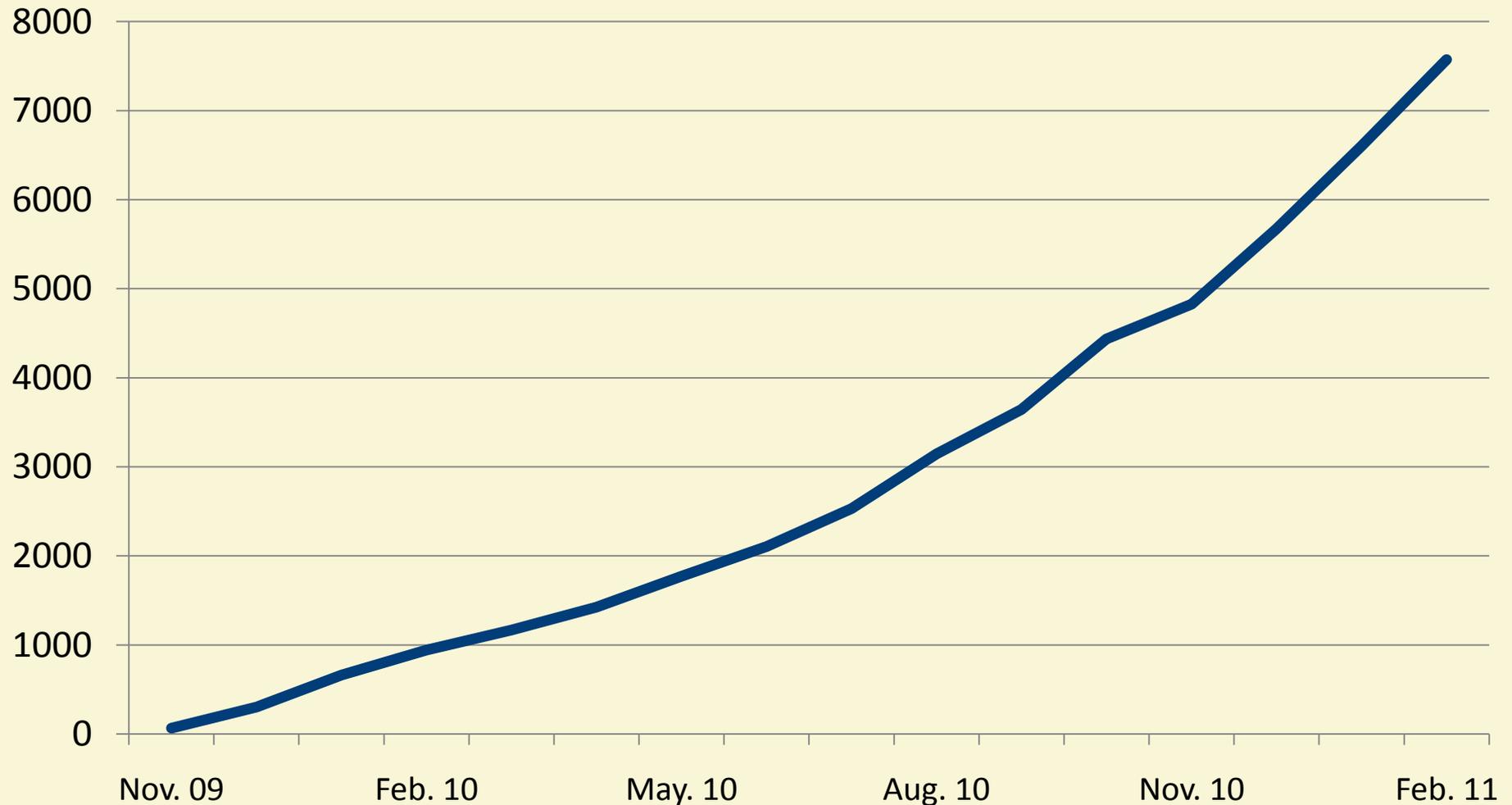


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Cumulative Number of FIT Modules Completed Through 2/28/11, Active Programs



Implementation: Lessons Learned

- Thoughtful Implementation Yields Results!
 - Workgroups and Implementation Plans are crucial
 - Training is important and Supervision is essential
 - Many programs have successfully implemented Integrated Treatment
 - Overtime not overnight
 - Small steps are important

FIT Implementation Support Goals

- Help support programs to build capacity in providing integrated treatment for persons with a co-occurring psychiatric and substance use disorder
- Help support high fidelity implementation

FIT Plan

- All implementation supports will be provided either through the internet or by teleconference
- Supports include:
 1. Monthly Interactive Webinars for Practitioners
 - Expansion and application of knowledge/skills presented in the online training modules for practitioners
 - Topics requested by programs – e.g., developing stage-based treatment groups, engagement strategies for people who have been hard to engage

2. Monthly Interactive Webinars for supervisors

- Expansion and application of skills/knowledge presented in the online training modules for supervision
- 4 part series based on the 2 supervision modules (completed webinars available as archive)
 - Field Mentoring (January 19, 2011)
 - Engaging Staff in the Change Process (February 16, 2011)
 - Peer Group Supervision Format (March 16, 2011)
 - Outcome Based Supervision (April 20, 2011)
- Additional webinars monthly based upon requests from supervisors

3. Development of Practice Improvement Networks (PINS)

- Support programs in their efforts to implement the core components of integrated treatment
- Collegial: programs share with each other their plans and successes and problem solve barriers
- Specific to program type:
 - ACT Teams
 - Clinics
 - PROS Programs



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- PINS discuss topics relevant to program needs regarding implementation
- Potential and Actual PIN topics
 - Developing your program implementation plan
 - Deciding who should be part of the planning process, and selecting your workgroup
 - Identifying core components of integrated treatment and practitioner core competencies
 - Tools for evaluating and Improving staff core competencies

4. In addition, FIT will offer:

- Individual program consultation as needed via teleconference
 - If demand exceeds resources, we will use alternative methods for consultation, such as the breakout room feature in Adobe Connect during PIN calls
- Printable/linkable resources via the FIT Learning Community (e.g. copies of forms, recommended group treatment manuals)
- *Coming soon:* Online Discussion Threads and Online “Ask the Expert” opportunities

For more information, please contact
Nancy Covell at covelln@pi.cpmc.columbia.edu
or call her at (646) 945-0227

To join the initiative, go to our website at
<http://practiceinnovations.org/>
Click on “Quick Links” and Choose “Join the FIT
Initiative”, and you can download a brief
application (Word or Pdf)

