

Working with People Diagnosed with Substance Use Disorder

Kenneth Ginlack, LCSW, CSAC, ICS
IPS Conference, 2020

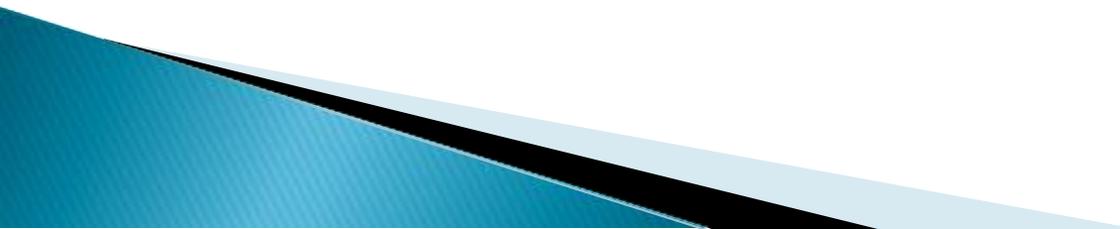
Milwaukee County Behavioral Health Division
Director of Outpatient Programs



BHD | Behavioral
Health
Division

A Division of the Department of
Health & Human Services

Overview

- **Substance Use Disorder and Co-Occurring Disorders**
 - **Engagement**
 - **Employment and Recovery**
 - **Resources**
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- **Learn and define Substance Use and Co-Occurring disorders.**
- **Learn strategies for working with individuals diagnosed with substance use disorder.**
- **Learn how employment plays a role in recovery.**
- **Learn the benefits of keeping consumers engaged to help identify resources.**



- ▶ To provide an overview and understanding of substance use disorder and co-occurring disorders (mental health and substance use disorder), focusing on
- ▶ Learn how employment plays an important role in recovery for the individuals we serve. Attendees will be provided strategies for working with individuals who have a substance use disorder to keep them engaged and identify resources to help them be successful.

What is Substance Use Disorder

Substance use disorders are patterns of symptoms resulting from the use of a substance that you continue to take, despite experiencing problems, as a result.

Substance use disorder occurs when a person's use of alcohol or another substance (drug) leads to health issues or problems at work, school, or home.

Definitions

▶ Comorbidity

- ▶ Someone who has both a mental illness and addiction.
- ▶ Two disorders or diseases occur in the same person.
- ▶ this term could be applied to drug addiction and mental illness
- ▶ Could also describe someone who has Parkinson's disease and anxiety.

Definitions

▶ Dual Diagnosis

- ▶ General term for two or more conditions that occur in the same person at the same time.
- ▶ Physical or Mental.
- ▶ The presence of heart disease and diabetes could be considered a dual diagnosis.

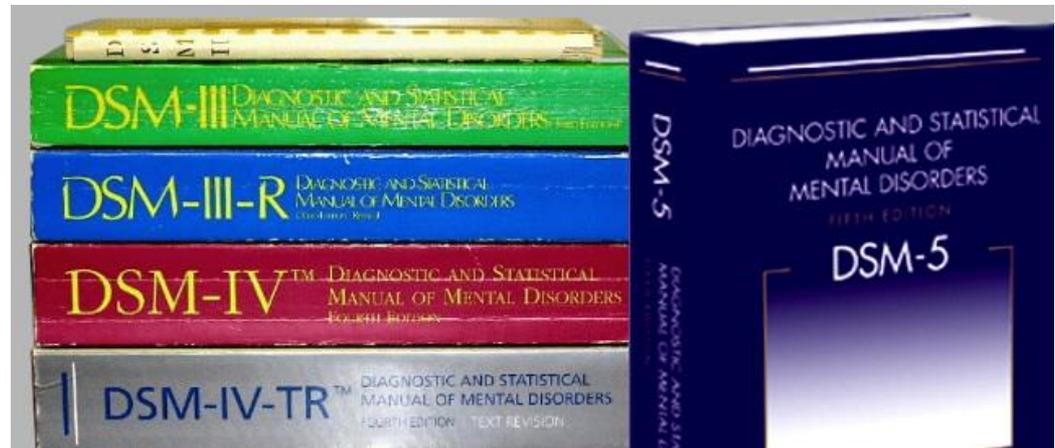
Definitions

▶ Co-Occurring Disorders (CODs)

- ▶ Refers to the simultaneous presence of at least one substance use disorder and at least one mental health disorder.
- ▶ The disorders impact each other but exist independently.
- ▶ Both require assessment, treatment, and an intensity of service that matches needs.

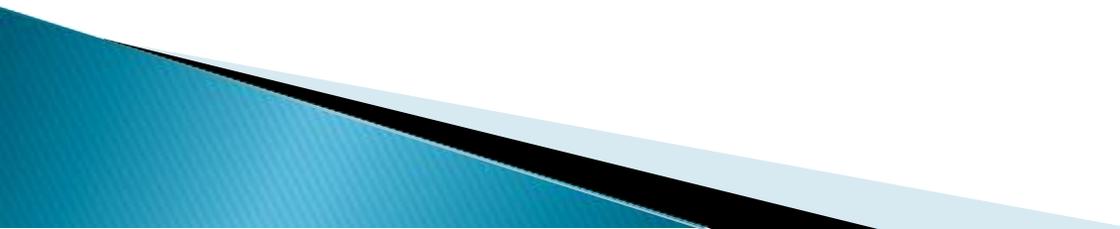
DSM-5 (10 Classes of Drugs)

- ▶ Alcohol
- ▶ Caffeine
- ▶ Cannabis;
- ▶ Hallucinogens
- ▶ Inhalants
- ▶ Opioids
- ▶ Sedatives
- ▶ Hypnotics
- ▶ Anxiolytics
- ▶ Stimulants

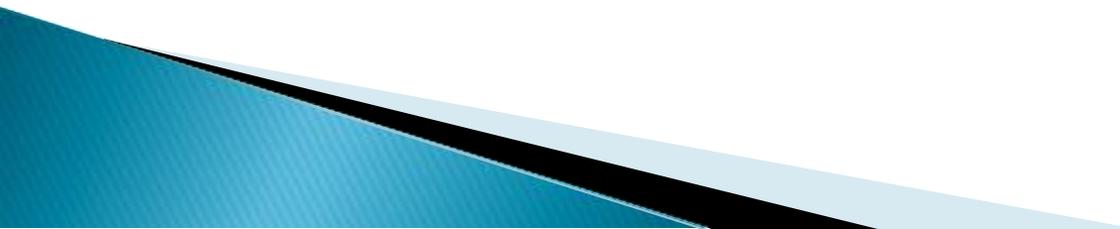


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DSM Criteria (Signs & Symptoms)

- ▶ Taking the substance in larger amounts or for longer than you're meant to.
 - ▶ Wanting to cut down or stop using the substance, but not managing to.
 - ▶ Spending a lot of time getting, using, or recovering from use of the substance.
 - ▶ Cravings and urges to use the substance.
 - ▶ Not managing to do what you should at work, home, or school because of substance use.
 - ▶ Continuing to use, even when it causes problems in relationships.
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DSM Criteria (Signs & Symptoms Cont.)

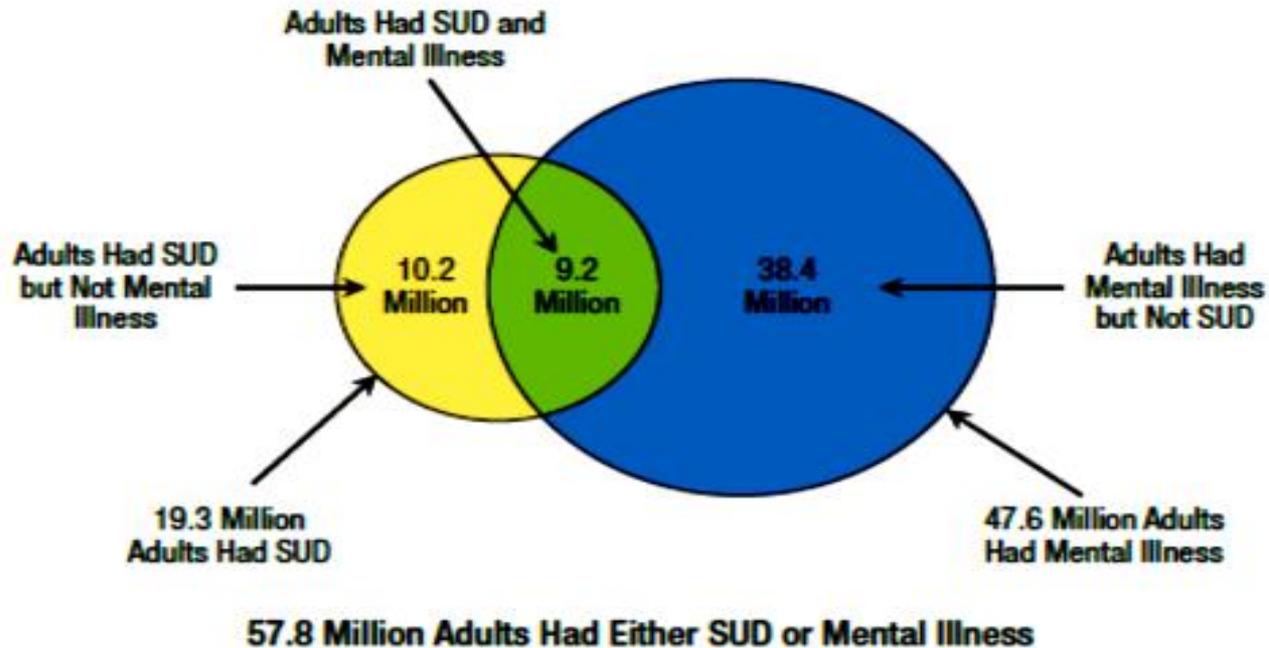
- ▶ Giving up important social, occupational, or recreational activities because of substance use.
 - ▶ Using substances again and again, even when it puts you in danger.
 - ▶ Continuing to use, even when you know you have a physical or psychological problem that could have been caused or made worse by the substance.
 - ▶ Needing more of the substance to get the effect you want (tolerance).
 - ▶ Development of withdrawal symptoms, which can be relieved by taking more of the substance.
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Substance Use & Mental Health

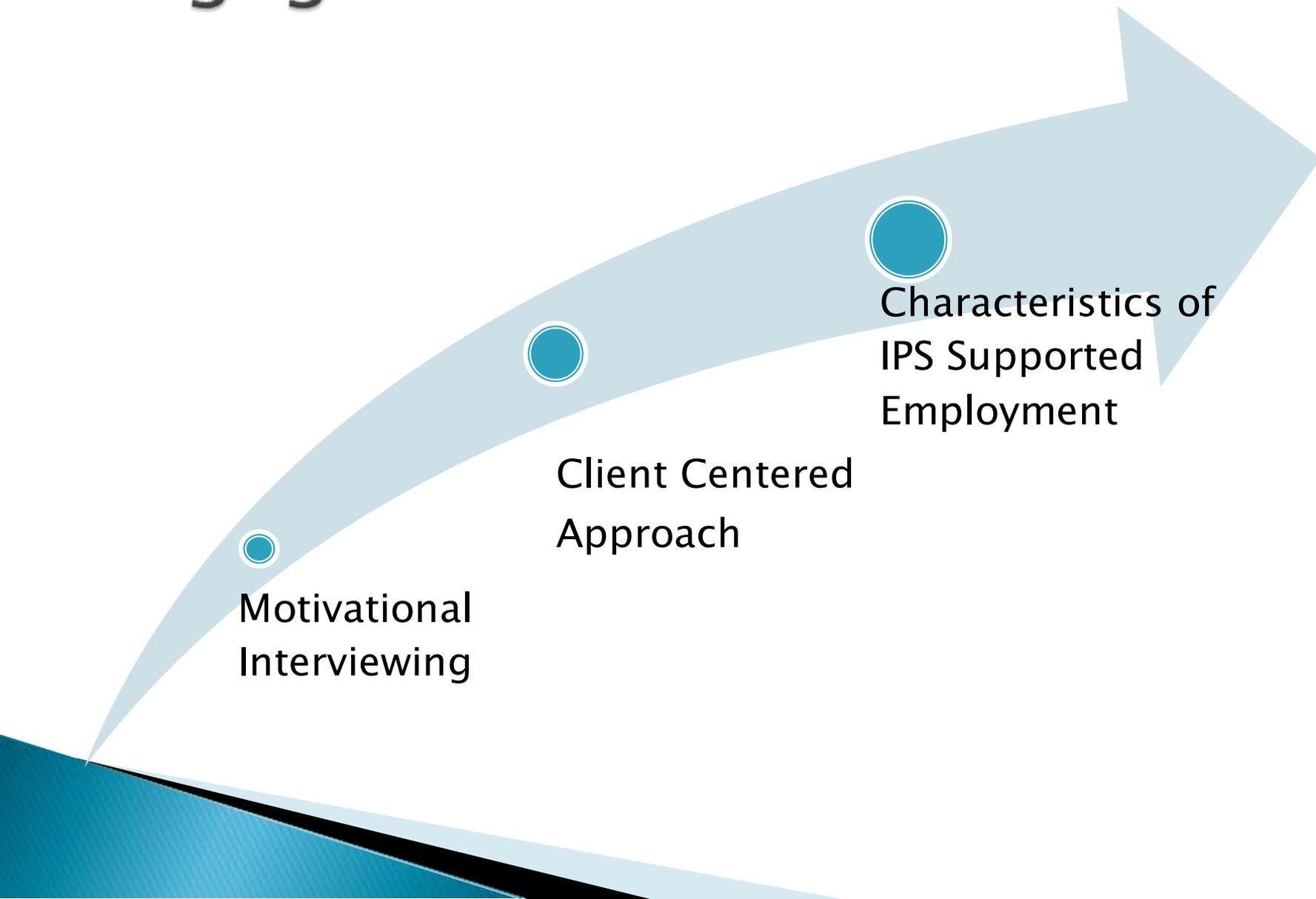
- ▶ There is a strong link between mental illness and substance abuse.
 - ▶ Quite often, an underlying mental health condition can lead people to self-medicate with drugs or alcohol, to relieve their symptoms.
 - ▶ These substances can cause serious mental health conditions with long-term use.
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Substance Use & Mental Health

Figure 53. Past Year Substance Use Disorder (SUD) and Mental Illness among Adults Aged 18 or Older: 2018



Engagement

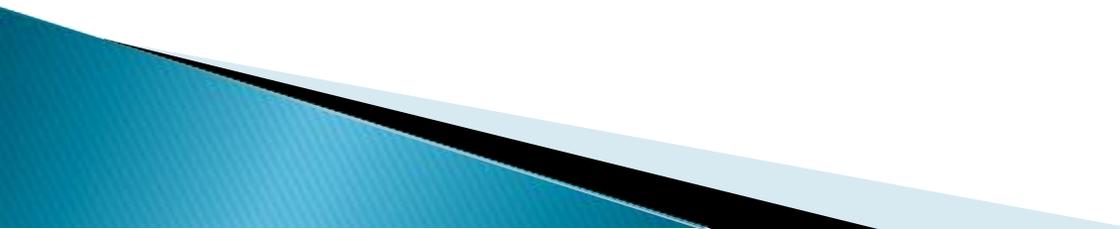


Motivational
Interviewing

Client Centered
Approach

Characteristics of
IPS Supported
Employment

Motivational Interviewing

- ▶ Express Empathy
 - ▶ Develop Discrepancy
 - ▶ Roll with Resistance
 - ▶ Support Self-Efficacy
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Motivational Interviewing

The Four Processes



MI
Progresses
Through 4
Processes

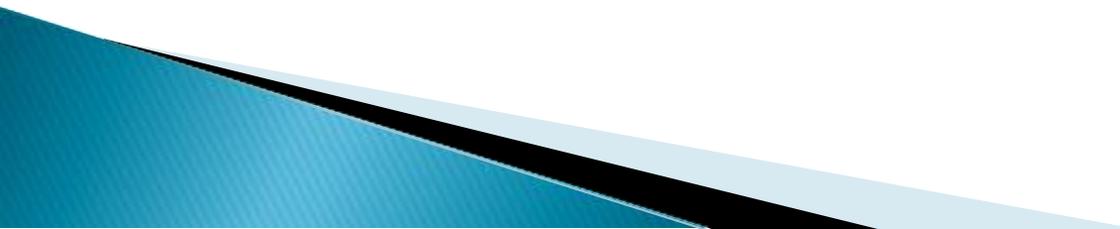
Engage: Establish a working relationship.

Focus: Clarify their agenda.

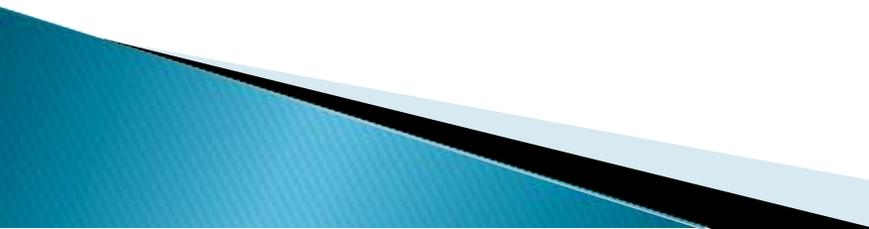
Evoke: Elicit their reasons for change.

Plan: Develop and commit to a plan of action

Client-Centered Approach

- ▶ Client-centered programs include strategies to identify and build on clients' strengths and goals rather than focusing primarily on their problem areas.
 - ▶ Service providers in partnership with clients, tap into clients' motivation and identify clients' skills and capacities, existing resources, challenges, and the supports they need to meet their short- and long-term goals.
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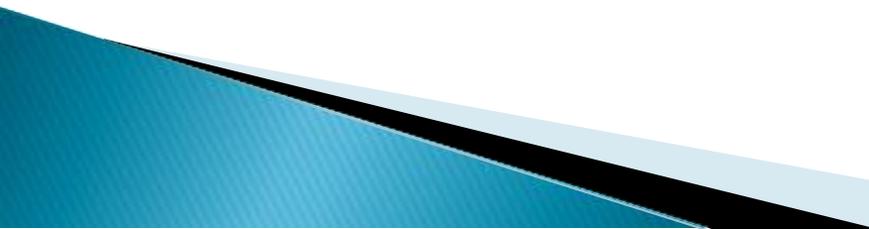
Strengths-based approaches

- ▶ Employ a holistic approach to working with clients, recognizing their intrinsic value, and working with the individual's strengths and capacities in addition to his/her unmet needs.
 - ▶ When employed together, client-centered case management and strength-based approaches aim to reduce stigmatization and marginalization experienced by clients by promoting their self-worth and value,
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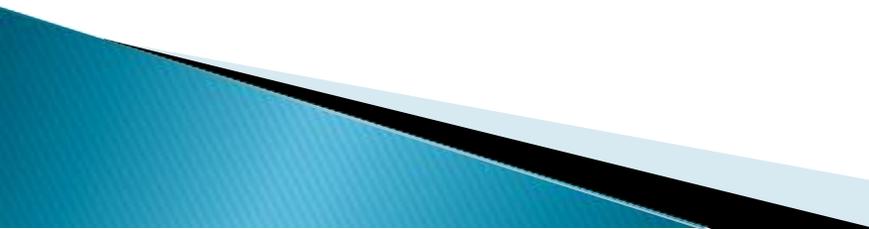
Characteristics of IPS Supported Employment:

- It is an evidence-based practice.
 - IPS Supported Employment practitioners focus on client strengths.
 - Work can promote recovery and wellness.
 - Practitioners work in collaboration with state vocational rehabilitation.
 - It uses a multidisciplinary team.
 - Services are individualized and long-lasting.
 - The IPS approach changes the way mental health services are delivered.
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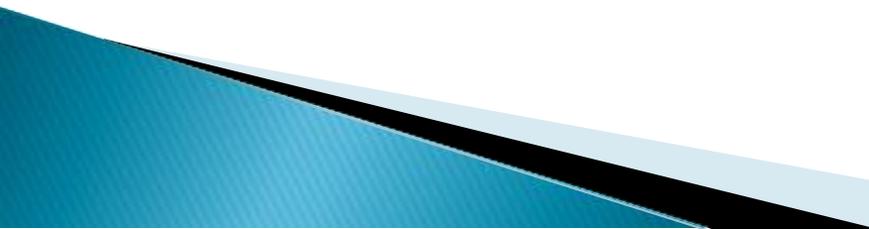
Employment Barriers

- ▶ Individuals in recovery face barriers to obtaining and sustaining gainful employment
 - ▶ Prior criminal record,
 - ▶ Negative educational histories,
 - ▶ Technology illiteracy,
 - ▶ Gaps in employment history,
 - ▶ Financial complications,
 - ▶ Stigmatization of those with a history of addiction
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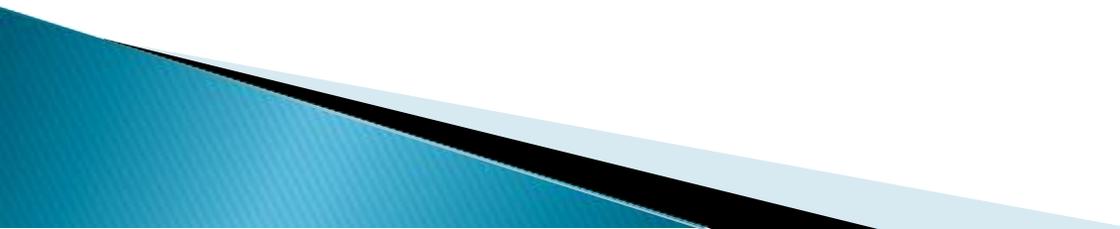
Practice Principles of IPS Supported Employment

- ▶ Practice Principles of IPS Supported Employment:
 - ▶ 1. Focus on Competitive Employment: Agencies providing IPS services are committed to competitive employment as an attainable goal for clients with serious mental illness seeking employment.
 - ▶ 2. Eligibility Based on Client Choice: Clients are not excluded on the basis of readiness, diagnoses, symptoms, substance use history, psychiatric hospitalizations, level of disability, or legal system involvement.
 - ▶ 3. Integration of Rehabilitation and Mental Health Services: IPS programs are closely integrated with mental health treatment teams.
 - ▶ 4. Attention to Client Preferences: Services are based on clients' preferences and choices, rather than providers' judgments.
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Practice Principles of IPS Supported Employment

- ▶ 5. Personalized Benefits Counseling: Employment specialists help clients obtain personalized, understandable, and accurate information about their Social Security, Medicaid, and other government entitlements.
 - ▶ 6. Rapid Job Search: IPS programs use a rapid job search approach to help clients obtain jobs directly, rather than providing lengthy pre-employment assessment, training, and counseling.
 - ▶ 7. Systematic Job Development: Employment specialists build an employer network based on clients' interests, developing relationships with local employers by making systematic contacts.
 - ▶ 8. Time-Unlimited and Individualized Support: Follow-along supports are individualized and continued for as long as the client wants and needs the support.
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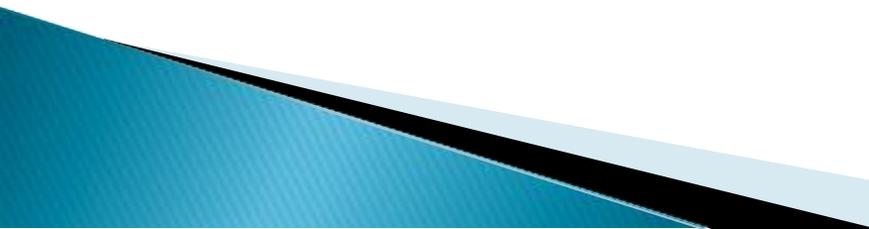
Resources and Referrals

- ▶ Diagnosing drug addiction (substance use disorder) requires a thorough evaluation and often includes an assessment by a psychiatrist, a psychologist, or a licensed alcohol and drug counselor.
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Resources and Referrals

- ▶ Conduct an environmental scan to identify major addiction treatment providers in your area. Determine what levels of care they provide, how many patients they can take, and what insurances they accept, so that you can make referrals. Where possible, an in-person meeting can help facilitate referrals.
 - ▶ Develop a standard screening process to identify patients with substance use disorder, using resources from the American Society of Addiction Medicine and the National Institute of Drug Abuse.
 - ▶ This process should include a conversation with patients to ensure they understand and agree to the treatment.
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Resources and Referrals

- ▶ When identifying service providers in your area, try calling your county behavioral health and substance use disorder authority to find out who they contract with.
 - ▶ Use the Behavioral Health Treatment Services Locator from the Substance Abuse and Mental Health Services Administration (SAMHSA). You can perform specific searches to find providers who provide medication-assisted treatment with buprenorphine and methadone.
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Resources and Referrals

▶ Screening

- ▶ The [National Institute of Drug Abuse](#) offers a Quick Screen and more in-depth assessment called the NIDA-Modified ASSIST to help identify patients who are at high risk for substance abuse and refer them for a definitive screening to diagnose a disorder.