



FOCUS ON INTEGRATED TREATMENT COURSE OBJECTIVES

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FOCUS ON INTEGRATED TREATMENT The Complete Program

This self-paced, interactive program includes case studies, exercises, and videos. FITs modules provide a firm foundation in evidence-based, integrated treatment for co-occurring disorders.

Module Objectives

At the Completion of Each Module Participants Will:

Module One – Introduction to Integrated
Co-occurring Disorders Treatment

- Data on the prevalence of CODs and their impact on the lives of those who go untreated
- Failure of traditional approaches
- Definition of integrated treatment and the evidence on improved outcomes the approach has achieved
- Perspective of clients with CODs and the experience with the integrated-treatment model of care

Module Two – Implementing Co-occurring Disorders (COD) Treatment

- Learn seven important steps that lead to successful implementation
- Learn how to monitor program improvement outcomes
- Learn organizational factors that lead to successful implementation and strategies for improving workforce proficiency
- Learn how training and supervision are critical elements in the implementation process

Module Three - Screening for Substance Use

- Learn about effective screening for substance use
- Learn about substance-use screening tools
- Learn about barriers to effective screening and methods for overcoming these barriers
- Understand how to recognize the effects of substance use problems on someone's mental health symptoms

Module Four – Screening for Psychiatric Disorders

- Learn about effective screening techniques
- Learn about three mental health screening forms
- Learn about barriers to effective screening and methods for overcoming these barriers

Module Five – Assessment of Substance Use Disorders

- Learn how to assess a client's substance use
- Learn about barriers to effective screening and methods for overcoming these barriers
- Learn about the twelve domains of assessment

Module Six - Assessment of Psychiatric Disorders

- Learn how to assess a client's mental health
- Learn about the twelve domains of assessment
- Learn about barriers to effective screening and methods for overcoming these barriers
- Learn about the elements of a mental status examination





At the Completion of Each Module Participants Will:

Module Seven – Differentiating Substance Use and Psychiatric Symptoms

- Understand various substances and symptoms of intoxication and withdrawal that might mimic psychotic symptoms
- Learn how to use a timeline to determine whether the observed symptoms are substance induced or related to an independent psychiatric disorder

Module Eight – Motivational Interviewing I (Introduction, Key Skills and Concepts)

- Receive an introduction to motivational interviewing, a client-centered, directive method for enhancing a client's own desire to change
- Learn about the spirit and the four principles of motivational interviewing
- Learn strategies for putting each principle into practice and for recognizing, eliciting and reinforcing client's change talk

Module Nine – Motivational Interviewing II (Reflective Listening and Summarizing)

- Learn how and when to use four essential skills of motivational interviewing
- Implement these motivational interviewing strategies: open-ended questions, affirmations, reflective listening, and summaries

Module Ten – Motivational Interviewing III (Ambivalence as Part of Change; Rolling with Resistance

- Learn three techniques to help people deal with their ambivalence
- Implement these motivational interviewing strategies: amplified reflection, double-sided reflection, and coming alongside

Module Eleven – Motivational Interviewing and Harm Reduction

- Examine crisis management and harm reduction
- Learn when it's appropriate to use motivational interviewing for harm reduction
- Learn how to use motivational interviewing and the ethical issues around using it

Module Twelve - Stagewise Treatment

- Understand the stages of change and the stages of treatment models
- Learn what these models are, how they interact and the importance of providing interventions that work best for each stage
- Learn the four stages of treatment, the goal of each stage, and the interventions that match each stage
- Learn how to recognize clients' stages of treatment
- Rate a client's stage of treatment
- Choose the intervention best matched for the client's stage of treatment

Module Thirteen - Early Stages of Change

- Learn how to assess a client's stage of change accurately
- Learn how to use motivational interviewing as a primary tool in the early stages of treatment
- Explore treatment interventions for each of the three early stages of change: pre-contemplation, contemplation, and preparation

Module Fourteen - Later Stages of Change

- Understand the later stages of change
- List the criteria for accurately assessing clients in these later stages
- Examine treatment interventions for the two later stages (action and maintenance)
- Learn about treatment approaches for clients in multiple stages for different disorders (for example, contemplation for substance use and action for mental health issues)





At the Completion of Each Module Participants Will:

Module Fifteen – Stagewise Treatment Groups

- Learn what stagewise treatment groups are
- Learn how these groups relate to the stages of treatment
- Learn what the difference is and how these groups are structured
- Learn about the positive client outcomes associated with stagewise groups
- Learn how to integrate other types of groups, such as coping skills and peer recovery groups, into your treatment program

Module Sixteen - Persuasion Groups

- Take a closer look at persuasion groups
- Learn the goals, clinical techniques, and characteristics of persuasion groups

Module Seventeen – Active Treatment and Relapse Prevention Groups

- Learn common interventions in active treatment and relapse prevention groups to help people learn new coping skills
- Learn how groups help clients work on real-life issues such as managing negative emotions, work, relationships, and their housing environment

Module Eighteen – Recovery Support Services in the Community

- Examine peer recovery community support groups
- Learn the benefits of Twelve-Step programs and the different meeting types
- Learn recommended strategies for promoting access to self-help programs, connecting clients to peer support groups, and overcoming potential problems clients might encounter
- Help clients connect with peer support groups in their community
- Help clients address any barriers to joining peer support groups

Module Nineteen – Cognitive-Behavioral Therapy (CBT) for Coping Skills and Problem-Solving

- Learn the basics of CBT for co-occurring disorders
- Learn the theories behind CBT, principles for implementing CBT, and strategies for using CBT in addiction counseling
- Learn how to use the functional analysis and the steps to teaching coping skills
- Learn how to apply CBT for problem-solving and goal setting

Module Twenty – Cognitive-Behavioral Therapy (CBT) for Treating Anxiety, Depression, and Trauma-Related Problems

- Learn a model for using CBT
- Learn how to create a crisis plan
- Learn how to teach breathing retraining and the five steps of cognitive restructuring

Module Twenty-One - Social Skills Training

- Learn how you can teach clients to break skills into smaller steps and help them practice new behaviors
- Understand how social skills training can help people refuse drugs, avoid social isolation, and develop healthier relationships

Module Twenty-Two - Individual Interventions

- Learn about the advantages of individual treatment and the situations and clients where individual work would be the most appropriate
- Learn strategies for developing the therapeutic relationship
- Learn how to use a stage-based approach in designing treatment plans for individual interventions
- Understand criteria for assessing a client's stage of change and matching interventions appropriate for each stage





At the Completion of Each Module Participants Will:

Module Twenty-Three – Working with Families and Other Close Supporters

- Learn how working with families or friends can be very helpful to a client's recovery
- Learn some general guidelines about forming collaborative relationships and working with families and friends
- Learn some specific models for working with single-family and multiple-family groups

Module Twenty-Four – Philosophy and Perspectives of Recovery

- Examine some of the different views of recovery in addiction and mental health treatment
- Learn how connections to peers and to the community are important for people in recovery

Module Twenty-Five – Disease Model and Individual Responsibility

- Examine the disease model of substance use and mental health disorders
- Examine the concept of recovery as a process and the importance of clients taking charge of their own recovery process
- Explore different options for managing both psychiatric and substance use disorders

Module Twenty-Six – Achieving Recovery in the Real World

 Learn about supported employment and supported housing, two models for helping clients with cooccurring disorders achieve recovery in the real world

Module Twenty-Seven – Understanding the Use of Medications for Clients with COD

- Examine how medication can be part of an effective treatment plan for people with cooccurring disorders
- Learn about some of the common medications for clients with co-occurring disorders
- Learn how to work with clients to overcome barriers to using medications
- Learn how to collaborate with clients to help them get the most out of their medications

Module Twenty-Eight – Generating the Collaborative Treatment Plan

- Examine two approaches to identifying client goals and how they can be used together to build the treatment plan
- Learn about the format of a good treatment plan: identifying measurable goals, identifying interventions, identifying roles and responsibilities, and identifying follow-up plans
- Explore the use of a shared decision-making approach in the development of the treatment plan, in monitoring the recovery process, in setting and implementing long-term goals, and in resolving disagreements between the practitioner and the client

Module Twenty-Nine – Integrating Medical, Psychiatric, and Addiction Treatment Services

- Examine the increased health risks that many people with co-occurring disorders face and the challenges they have in getting good medical care
- Learn how to help clients work with medical professionals and to build healthier lifestyles

Module Thirty - Clinical Supervision I

- Examine the importance of good supervision
- Describe two specific supervision models: case presentations, using a group model for supervision, and skills training
- Identify some of the most frequently cited barriers
- Identify solutions so that you can provide supervision in a timely fashion





At the Completion of Each Module Participants Will:

Module Thirty-One - Clinical Supervision II

 Learn about techniques you can use when supervising individuals: field mentoring, modeling, coaching, feedback, and data-based supervision

Module Thirty-Two - Clinical Leadership

- Learn about important components of successful change such as including all involved stakeholders, developing a committee that will spearhead the change process, and selecting a clinical leader or "champion"
- Learn the seven key steps and tasks that you, as a clinical leader, will need to perform throughout your agency's change process
- Understand the benefits of providing integrated treatment for your agency and the consumers of the services you provide

Module Thirty-Three – Program-Level Measures of COD Capacity

- Describe two practice indexes: the Dual Diagnosis Capability in Addiction Treatment (DDCAT) and the Dual Diagnosis Capability in Mental Health Treatment (DDCMHT)
- Describe each index, its structure and rating scale, information on finding DDCAT/DDCMHT assessment teams, strategies for setting up a site visit, and information on how to score each index
- Learn how to draft a DDCAT/DDCMHT report and how to use the data for identifying areas for program improvement
- Describe how to use the overall results of the DDCAT/DDCMHT survey to design an implementation plan

Module Thirty-Five – Tracking Outcomes and Process Improvements

- Learn how the data you collect can provide information for data-based supervision and for licensing and certification reviews, and, how it can help you determine if clients are getting better
 - Learn how to collect information to set goals and how to strengthen your programs through continuous quality improvement

Module Thirty-Four – Fidelity Assessment in IDDT

- Describe in detail the Integrated Dual Disorders
 Treatment (IDDT) fidelity scale, a fidelity scale
 designed to help you evaluate your program and
 make improvements in a continuous process
- Examine how the fidelity scale works, the domains of the fidelity scale, the program item rating scale, the structure of a fidelity scale site survey, and the selection of an assessment team
- Explore how to best use the results of your fidelity scale survey to identify areas for program improvement
- Learn how to draft an IDDT fidelity scale implementation plan and the benefits of including this plan in your agency's continuous quality improvement plan

Length of Program: 35 modules IC&RC Hours Awarded: 52.5 Cost for the Program: \$525.00

- This program is endorsed for 40 recertification hours by NAADAC, the Association for Addiction Professionals. NAADAC Approved Education Provider Program Number 000381.
- ➤ The Hazelden Graduate School of Addiction Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Hazelden Graduate School of Addiction Studies maintains responsibility for the program and its content. Participants are expected to keep certificate for a minimum of four years. This program is approved for 30 continuing education hours.
- > The program is endorsed by National Board of Certified Counselors (NBCC.)





FOCUS ON INTEGRATED TREATMENT Complete Clinician Collection

This self-paced, interactive program includes case studies, exercises, and videos. FITs modules provide a firm foundation in evidence-based, integrated treatment for co-occurring disorders.

Module Objectives

At the Completion of Each Module Participants Will:

Module One – Introduction to Integrated Co-occurring Disorders Treatment

- Data on the prevalence of CODs and their impact on the lives of those who go untreated
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- Perspective of clients with CODs and the experience with the integrated-treatment model of care

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- Learn seven important steps that lead to successful implementation
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Module Three - Screening for Substance Use

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- Help clients connect with peer support groups in their community
- Help clients address any barriers to joining peer support groups

Module Nineteen – Cognitive-Behavioral Therapy (CBT) for Coping Skills and Problem-Solving

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- Learn the theories behind CBT, principles for implementing CBT, and strategies for using CBT in addiction counseling
- Learn how to use the functional analysis and the steps to teaching coping skills
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- Learn a model for using CBT
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- Learn how to teach breathing retraining and the five steps of cognitive restructuring

Module Twenty-One - Social Skills Training

- Learn how you can teach clients to break skills into smaller steps and help them practice new behaviors
- Understand how social skills training can help people refuse drugs, avoid social isolation, and develop healthier relationships

Module Twenty-Two - Individual Interventions

- Learn about the advantages of individual treatment and the situations and clients where individual work would be the most appropriate
- Learn strategies for developing the therapeutic relationship
- Learn how to use a stage-based approach in designing treatment plans for individual interventions
- Understand criteria for assessing a client's stage of change and matching interventions appropriate for each stage





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- Examine the disease model of substance use and mental health disorders
- Examine the concept of recovery as a process and the importance of clients taking charge of their own recovery process
- Explore different options for managing both psychiatric and substance use disorders

Module Twenty-Six – Achieving Recovery in the Real World

 Learn about supported employment and supported housing, two models for helping clients with cooccurring disorders achieve recovery in the real world

Module Twenty-Seven – Understanding the Use of Medications for Clients with COD

- Examine how medication can be part of an effective treatment plan for people with cooccurring disorders
- Learn about some of the common medications for clients with co-occurring disorders
- Learn how to work with clients to overcome barriers to using medications
- Learn how to collaborate with clients to help them get the most out of their medications

Module Twenty-Eight – Generating the Collaborative Treatment Plan

- Examine two approaches to identifying client goals and how they can be used together to build the treatment plan
- Learn about the format of a good treatment plan: identifying measurable goals, identifying interventions, identifying roles and responsibilities, and identifying follow-up plans
- Explore the use of a shared decision-making approach in the development of the treatment plan, in monitoring the recovery process, in setting and implementing long-term goals, and in resolving disagreements between the practitioner and the client

Module Twenty-Nine – Integrating Medical, Psychiatric, and Addiction Treatment Services

- Examine the increased health risks that many people with co-occurring disorders face and the challenges they have in getting good medical care
- Learn how to help clients work with medical professionals and to build healthier lifestyles

Module Thirty - Clinical Supervision I

- Examine the importance of good supervision
- Describe two specific supervision models: case presentations, using a group model for supervision, and skills training
- Identify some of the most frequently cited barriers
- Identify solutions so that you can provide supervision in a timely fashion





At the Completion of Each Module Participants Will:

Module Thirty-One - Clinical Supervision II

 Learn about techniques you can use when supervising individuals: field mentoring, modeling, coaching, feedback, and data-based supervision

Length of Program: 31 modules IC&RC Hours Awarded: 46.5 Cost for the Program: \$465.00

- This program is endorsed for 35 recertification hours by NAADAC, the Association for Addiction Professionals. NAADAC Approved Education Provider Program Number 000381.
- ➤ The Hazelden Graduate School of Addiction Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Hazelden Graduate School of Addiction Studies maintains responsibility for the program and its content. Participants are expected to keep certificate for a minimum of four years. This program is approved for 26 continuing education hours.
- The program is endorsed by National Board of Certified Counselors (NBCC.)





FOCUS ON INTEGRATED TREATMENT Screening & Assessment

Module Objectives

At the Completion of Each Module Participants Will:

Module One – Introduction to Integrated Co-occurring Disorders Treatment

- Data on the prevalence of CODs and their impact on the lives of those who go untreated
- Failure of traditional approaches
- Definition of integrated treatment and the evidence on improved outcomes the approach has achieved
- Perspective of clients with CODs and the experience with the integrated-treatment model of care

Module Three - Screening for Substance Use

- Learn about effective screening for substance use
- Learn about substance-use screening tools
- Learn about barriers to effective screening and methods for overcoming these barriers
- Understand how to recognize the effects of substance use problems on someone's mental health symptoms

Module Four – Screening for Psychiatric Disorders

- Learn about effective screening techniques
- Learn about three mental health screening forms
- Learn about barriers to effective screening and methods for overcoming these barriers

Module Six - Assessment of Psychiatric Disorders

- Learn how to assess a client's mental health
- Learn about the twelve domains of assessment
- Learn about barriers to effective screening and methods for overcoming these barriers
- Learn about the elements of a mental status examination

Module Five – Assessment of Substance Use Disorders

- Learn how to assess a client's substance use
- Learn about barriers to effective screening and methods for overcoming these barriers
- Learn about the twelve domains of assessment

Module Seven – Differentiating Substance Use and Psychiatric Symptoms

- Understand various substances and symptoms of intoxication and withdrawal that might mimic psychotic symptoms
- Learn how to use a timeline to determine whether the observed symptoms are substance induced or related to an independent psychiatric disorder

Length of Program: 6 modules IC&RC Hours Awarded: 9 Cost for the Program: \$90.00

- This program is endorsed for 7.5 recertification hours by NAADAC, the Association for Addiction Professionals. NAADAC Approved Education Provider Program Number 000381.
- ➤ The Hazelden Graduate School of Addiction Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Hazelden Graduate School of Addiction Studies maintains responsibility for the program and its content. Participants are expected to keep certificate for a minimum of four years. This program is approved for 5 continuing education hours.
- > The program is endorsed by National Board of Certified Counselors (NBCC.)





FOCUS ON INTEGRATED TREATMENT Motivational Interviewing

Module Objectives

At the Completion of Each Module Participants Will:

Module One – Introduction to Integrated Co-occurring Disorders Treatment

- Data on the prevalence of CODs and their impact on the lives of those who go untreated
- Failure of traditional approaches
- Definition of integrated treatment and the evidence on improved outcomes the approach has achieved
- Perspective of clients with CODs and the experience with the integrated-treatment model of care

Module Nine – Motivational Interviewing II (Reflective Listening and Summarizing)

- Learn how and when to use four essential skills of motivational interviewing
- Implement these motivational interviewing strategies: open-ended questions, affirmations, reflective listening, and summaries

Module Eleven – Motivational Interviewing and Harm Reduction

- Examine crisis management and harm reduction
- Learn when it's appropriate to use motivational interviewing for harm reduction
- Learn how to use motivational interviewing and the ethical issues around using it

Module Eight – Motivational Interviewing I (Introduction, Key Skills and Concepts)

- Receive an introduction to motivational interviewing, a client-centered, directive method for enhancing a client's own desire to change
- Learn about the spirit and the four principles of motivational interviewing
- Learn strategies for putting each principle into practice and for recognizing, eliciting and reinforcing client's change talk

Module Ten – Motivational Interviewing III (Ambivalence as Part of Change; Rolling with Resistance

- Learn three techniques to help people deal with their ambivalence
- Implement these motivational interviewing strategies: amplified reflection, double-sided reflection, and coming alongside

Module Twenty-Two - Individual Interventions

- Learn about the advantages of individual treatment and the situations and clients where individual work would be the most appropriate
- Learn strategies for developing the therapeutic relationship
- Learn how to use a stage-based approach in designing treatment plans for individual interventions
- Understand criteria for assessing a client's stage of change and matching interventions appropriate for each stage

Length of Program: 6 modules IC&RC Hours Awarded: 9 Cost for the Program: \$90.00

- This program is endorsed for 7.5 recertification hours by NAADAC, the Association for Addiction Professionals. NAADAC Approved Education Provider Program Number 000381.
- > The Hazelden Graduate School of Addiction Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Hazelden Graduate School of Addiction Studies maintains responsibility for the program and its content. Participants are expected to keep certificate for a minimum of four years. This program is approved for 5 continuing education hours.
- The program is endorsed by National Board of Certified Counselors (NBCC.)





FOCUS ON INTEGRATED TREATMENT Cognitive Behavioral Therapy

Module Objectives

At the Completion of Each Module Participants Will:

Module One – Introduction to Integrated Co-occurring Disorders Treatment

- Data on the prevalence of CODs and their impact on the lives of those who go untreated
- Failure of traditional approaches
- Definition of integrated treatment and the evidence on improved outcomes the approach has achieved
- Perspective of clients with CODs and the experience with the integrated-treatment model of care

steps to teaching coping skills

addiction counseling

goal setting

Module Nineteen - Cognitive-Behavioral Therapy

Learn the basics of CBT for co-occurring disorders Learn the theories behind CBT, principles for

implementing CBT, and strategies for using CBT in

Learn how to use the functional analysis and the

Learn how to apply CBT for problem-solving and

(CBT) for Coping Skills and Problem-Solving

- Module Twenty-One Social Skills Training
 Learn how you can teach clients to break skills into smaller steps and help them practice new behaviors
- Understand how social skills training can help people refuse drugs, avoid social isolation, and develop healthier relationships

Module Twenty – Cognitive-Behavioral Therapy (CBT) for Treating Anxiety, Depression, and Trauma-Related Problems

- Learn a model for using CBT
- Learn how to create a crisis plan
- Learn how to teach breathing retraining and the five steps of cognitive restructuring

Length of Program: 4 modules IC&RC Hours Awarded: 6 Cost for the Program: \$80.00

- This program is endorsed for 5 recertification hours by NAADAC, the Association for Addiction Professionals. NAADAC Approved Education Provider Program Number 000381.
- The Hazelden Graduate School of Addiction Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Hazelden Graduate School of Addiction Studies maintains responsibility for the program and its content. Participants are expected to keep certificate for a minimum of four years. This program is approved for 3.5 continuing education hours.
- The program is endorsed by National Board of Certified Counselors (NBCC.)





FOCUS ON INTEGRATED TREATMENT Stagewise Treatment

Module Objectives

At the Completion of Each Module Participants Will:

Module One – Introduction to Integrated Co-occurring Disorders Treatment

- Data on the prevalence of CODs and their impact on the lives of those who go untreated
- Failure of traditional approaches
- Definition of integrated treatment and the evidence on improved outcomes the approach has achieved
- Perspective of clients with CODs and the experience with the integrated-treatment model of care

Module Twelve - Stagewise Treatment

- Understand the stages of change and the stages of treatment models
- Learn what these models are, how they interact and the importance of providing interventions that work best for each stage
- Learn the four stages of treatment, the goal of each stage, and the interventions that match each stage
- Learn how to recognize clients' stages of treatment
- Rate a client's stage of treatment
- Choose the intervention best matched for the client's stage of treatment

Module Thirteen - Early Stages of Change

- Learn how to assess a client's stage of change accurately
- Learn how to use motivational interviewing as a primary tool in the early stages of treatment
- Explore treatment interventions for each of the three early stages of change: pre-contemplation, contemplation, and preparation

Module Fourteen - Later Stages of Change

- Understand the later stages of change
- List the criteria for accurately assessing clients in these later stages
- Examine treatment interventions for the two later stages (action and maintenance)
- Learn about treatment approaches for clients in multiple stages for different disorders (for example, contemplation for substance use and action for mental health issues)

Module Fifteen – Stagewise Treatment Groups

- Learn what stagewise treatment groups are
- Learn how these groups relate to the stages of treatment
- Learn what the difference is and how these groups are structured
- Learn about the positive client outcomes associated with stagewise groups
- Learn how to integrate other types of groups, such as coping skills and peer recovery groups, into your treatment program

Module Sixteen - Persuasion Groups

- Take a closer look at persuasion groups
- Learn the goals, clinical techniques, and characteristics of persuasion groups





At the Completion of Each Module Participants Will:

Module Seventeen – Active Treatment and Relapse Prevention Groups

- Learn common interventions in active treatment and relapse prevention groups to help people learn new coping skills
- Learn how groups help clients work on real-life issues such as managing negative emotions, work, relationships, and their housing environment

Module Twenty-Two – Individual Interventions

- Learn about the advantages of individual treatment and the situations and clients where individual work would be the most appropriate
- Learn strategies for developing the therapeutic relationship
- Learn how to use a stage-based approach in designing treatment plans for individual interventions
- Understand criteria for assessing a client's stage of change and matching interventions appropriate for each stage

Length of Program: 8 modules IC&RC Hours Awarded: 12 Cost for the Program: \$160.00

- This program is endorsed for 10 recertification hours by NAADAC, the Association for Addiction Professionals. NAADAC Approved Education Provider Program Number 000381.
- > The Hazelden Graduate School of Addiction Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Hazelden Graduate School of Addiction Studies maintains responsibility for the program and its content. Participants are expected to keep certificate for a minimum of four years. This program is approved for 7.5 continuing education hours.
- The program is endorsed by National Board of Certified Counselors (NBCC.)





FOCUS ON INTEGRATED TREATMENT Integrated Treatment Planning

Module Objectives

At the Completion of Each Module Participants Will:

Module One – Introduction to Integrated Co-occurring Disorders Treatment

- Data on the prevalence of CODs and their impact on the lives of those who go untreated
- Failure of traditional approaches
- Definition of integrated treatment and the evidence on improved outcomes the approach has achieved
- Perspective of clients with CODs and the experience with the integrated-treatment model of care

Module Twelve - Stagewise Treatment

- Understand the stages of change and the stages of treatment models
- Learn what these models are, how they interact and the importance of providing interventions that work best for each stage
- Learn the four stages of treatment, the goal of each stage, and the interventions that match each stage
- Learn how to recognize clients' stages of treatment
- Rate a client's stage of treatment
- Choose the intervention best matched for the client's stage of treatment

Module Thirteen - Early Stages of Change

- Learn how to assess a client's stage of change accurately
- Learn how to use motivational interviewing as a primary tool in the early stages of treatment
- Explore treatment interventions for each of the three early stages of change: pre-contemplation, contemplation, and preparation

Module Fourteen - Later Stages of Change

- Understand the later stages of change
- List the criteria for accurately assessing clients in these later stages
- Examine treatment interventions for the two later stages (action and maintenance)
- Learn about treatment approaches for clients in multiple stages for different disorders (for example, contemplation for substance use and action for mental health issues)

Module Fifteen – Stagewise Treatment Groups

- Learn what stagewise treatment groups are
- Learn how these groups relate to the stages of treatment
- Learn what the difference is and how these groups are structured
- Learn about the positive client outcomes associated with stagewise groups
- Learn how to integrate other types of groups, such as coping skills and peer recovery groups, into your treatment program

Module Twenty-Two - Individual Interventions

- Learn about the advantages of individual treatment and the situations and clients where individual work would be the most appropriate
- Learn strategies for developing the therapeutic relationship
- Learn how to use a stage-based approach in designing treatment plans for individual interventions
- Understand criteria for assessing a client's stage of change and matching interventions appropriate for each stage





At the Completion of Each Module Participants Will:

Module Twenty-Eight – Generating the Collaborative Treatment Plan

- Examine two approaches to identifying client goals and how they can be used together to build the treatment plan
- Learn about the format of a good treatment plan: identifying measurable goals, identifying interventions, identifying roles and responsibilities, and identifying follow-up plans
- Explore the use of a shared decision-making approach in the development of the treatment plan, in monitoring the recovery process, in setting and implementing long-term goals, and in resolving disagreements between the practitioner and the client

Length of Program: 7 modules IC&RC Hours Awarded: 10.5 Cost for the Program: \$105.00

- This program is endorsed for 8.5 recertification hours by NAADAC, the Association for Addiction Professionals. NAADAC Approved Education Provider Program Number 000381.
- The Hazelden Graduate School of Addiction Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Hazelden Graduate School of Addiction Studies maintains responsibility for the program and its content. Participants are expected to keep certificate for a minimum of four years. This program is approved for 5.75 continuing education hours.
- The program is endorsed by National Board of Certified Counselors (NBCC.)





FOCUS ON INTEGRATED TREATMENT Medications & Integrated Treatment

Module Objectives

At the Completion of Each Module Participants Will:

Module One – Introduction to Integrated Co-occurring Disorders Treatment

- Data on the prevalence of CODs and their impact on the lives of those who go untreated
- Failure of traditional approaches
- Definition of integrated treatment and the evidence on improved outcomes the approach has achieved
- Perspective of clients with CODs and the experience with the integrated-treatment model of care

Module Twenty-Seven – Understanding the Use of Medications for Clients with COD

- Examine how medication can be part of an effective treatment plan for people with cooccurring disorders
- Learn about some of the common medications for clients with co-occurring disorders
- Learn how to work with clients to overcome barriers to using medications
- Learn how to collaborate with clients to help them get the most out of their medications

Module Twenty-Nine – Integrating Medical, Psychiatric, and Addiction Treatment Services

- Examine the increased health risks that many people with co-occurring disorders face and the challenges they have in getting good medical care
- Learn how to help clients work with medical professionals and to build healthier lifestyles

Length of Program: 3 modules IC&RC Hours Awarded: 4.5 Cost for the Program: \$60.00

- This program is endorsed for 3.75 recertification hours by NAADAC, the Association for Addiction Professionals. NAADAC Approved Education Provider Program Number 000381.
- The Hazelden Graduate School of Addiction Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Hazelden Graduate School of Addiction Studies maintains responsibility for the program and its content. Participants are expected to keep certificate for a minimum of four years. This program is approved for 2.5 continuing education hours.
- > The program is endorsed by National Board of Certified Counselors (NBCC.)





FOCUS ON INTEGRATED TREATMENT Basics of Integrated Treatment

Order in which modules are recommended for learning: 1, 24, 25, 26, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 23, 27, 29

Module Objectives

has achieved

ipants Will:

At the Completion of Each Module Participants Will:		
Module One – Introduction to Integrated		
Co-occurring Disorders Treatment		
•	Data on the prevalence of CODs and their impact	
	on the lives of those who go untreated	
•	Failure of traditional approaches	
•	Definition of integrated treatment and the	
	evidence on improved outcomes the approach	

Perspective of clients with CODs and the experience with the integrated-treatment model of care

substance use problems on someone's mental health symptoms

Learn about substance-use screening tools

methods for overcoming these barriers Understand how to recognize the effects of

Learn about effective screening for substance use

Learn about barriers to effective screening and

Module Three - Screening for Substance Use

Module Five – Assessment of Substance Use Disorders Learn how to assess a client's substance use

Learn about barriers to effective screening and

- Module Four Screening for Psychiatric Disorders Learn about effective screening techniques
- Learn about three mental health screening forms
- Learn about barriers to effective screening and methods for overcoming these barriers
- Module Six Assessment of Psychiatric Disorders
 - Learn how to assess a client's mental health
 - Learn about the twelve domains of assessment
 - Learn about barriers to effective screening and methods for overcoming these barriers
 - Learn about the elements of a mental status examination
- Learn about the twelve domains of assessment Module Seven - Differentiating Substance Use and

Psychiatric Symptoms

methods for overcoming these barriers

- Understand various substances and symptoms of intoxication and withdrawal that might mimic psychotic symptoms
- Learn how to use a timeline to determine whether the observed symptoms are substance induced or related to an independent psychiatric disorder

Module Eight - Motivational Interviewing I (Introduction, Key Skills and Concepts)

- Receive an introduction to motivational interviewing, a client-centered, directive method for enhancing a client's own desire to change
- Learn about the spirit and the four principles of motivational interviewing
- Learn strategies for putting each principle into practice and for recognizing, eliciting and reinforcing client's change talk

Module Nine - Motivational Interviewing II (Reflective **Listening and Summarizing)**

- Learn how and when to use four essential skills of motivational interviewing
- Implement these motivational interviewing strategies: open-ended questions, affirmations, reflective listening, and summaries

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At the Completion of Each Module Participants Will:

Module Ten – Motivational Interviewing III (Ambivalence as Part of Change; Rolling with Resistance)

- Learn three techniques to help people deal with their ambivalence
- Implement these motivational interviewing strategies: amplified reflection, double-sided reflection, and coming alongside

Module Eleven – Motivational Interviewing and Harm Reduction

- Examine crisis management and harm reduction
- Learn when it's appropriate to use motivational interviewing for harm reduction
- Learn how to use motivational interviewing and the ethical issues around using it

Module Twelve - Stagewise Treatment

- Understand the stages of change and the stages of treatment models
- Learn what these models are, how they interact and the importance of providing interventions that work best for each stage
- Learn the four stages of treatment, the goal of each stage, and the interventions that match each stage
- Learn how to recognize clients' stages of treatment
- Rate a client's stage of treatment
- Choose the intervention best matched for the client's stage of treatment

Module Twenty-Three – Working with Families and Other Close Supporters

- Learn how working with families or friends can be very helpful to a client's recovery
- Learn some general guidelines about forming collaborative relationships and working with families and friends
- Learn some specific models for working with single-family and multiple-family groups

Module Twenty-Four – Philosophy and Perspectives of Recovery

- Examine some of the different views of recovery in addiction and mental health treatment
- Learn how connections to peers and to the community are important for people in recovery

Module Twenty-Five – Disease Model and Individual Responsibility

- Examine the disease model of substance use and mental health disorders
- Examine the concept of recovery as a process and the importance of clients taking charge of their own recovery process
- Explore different options for managing both psychiatric and substance use disorders

Module Twenty-Six – Achieving Recovery in the Real World

 Learn about supported employment and supported housing, two models for helping clients with cooccurring disorders achieve recovery in the real world

Module Twenty-Seven – Understanding the Use of Medications for Clients with COD

- Examine how medication can be part of an effective treatment plan for people with cooccurring disorders
- Learn about some of the common medications for clients with co-occurring disorders
- Learn how to work with clients to overcome barriers to using medications
- Learn how to collaborate with clients to help them get the most out of their medications





At the Completion of Each Module Participants Will:

Module Twenty-Nine – Integrating Medical, Psychiatric, and Addiction Treatment Services

- Examine the increased health risks that many people with co-occurring disorders face and the challenges they have in getting good medical care
- Learn how to help clients work with medical professionals and to build healthier lifestyles

Length of Program: 17 modules IC&RC Hours Awarded: 25.5 Cost for the Program: \$170.00

- This program is endorsed for 21.25 recertification hours by NAADAC, the Association for Addiction Professionals. NAADAC Approved Education Provider Program Number 000381.
- The Hazelden Graduate School of Addiction Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Hazelden Graduate School of Addiction Studies maintains responsibility for the program and its content. Participants are expected to keep certificate for a minimum of four years. This program is approved for 19 continuing education hours.
- The program is endorsed by National Board of Certified Counselors (NBCC.)





FOCUS ON INTEGRATED TREATMENT Recovery Support & Community Resources

Order in which modules are recommended for learning: 1, 24, 25, 26, 18, 23

Community

Module Objectives

At the Completion of Each Module Participants Will:

Module One – Introduction to Integrated Co-occurring Disorders Treatment

- Data on the prevalence of CODs and their impact on the lives of those who go untreated
- Failure of traditional approaches
- Definition of integrated treatment and the evidence on improved outcomes the approach has achieved
- Perspective of clients with CODs and the experience with the integrated-treatment model of care

problems clients might encounter Help clients connect with peer support groups in their community

Module Eighteen – Recovery Support Services in the

the different meeting types

Examine peer recovery community support groups

access to self-help programs, connecting clients to

peer support groups, and overcoming potential

Learn the benefits of Twelve-Step programs and

Learn recommended strategies for promoting

Help clients address any barriers to joining peer support groups

Module Twenty-Three – Working with Families and Other Close Supporters

- Learn how working with families or friends can be very helpful to a client's recovery
- Learn some general guidelines about forming collaborative relationships and working with families and friends
- Learn some specific models for working with single-family and multiple-family groups

Module Twenty-Four – Philosophy and Perspectives of Recovery

- Examine some of the different views of recovery in addiction and mental health treatment
- Learn how connections to peers and to the community are important for people in recovery

Module Twenty-Five – Disease Model and Individual Responsibility

- Examine the disease model of substance use and mental health disorders
- Examine the concept of recovery as a process and the importance of clients taking charge of their own recovery process
- Explore different options for managing both psychiatric and substance use disorders

Module Twenty-Six – Achieving Recovery in the Real World

 Learn about supported employment and supported housing, two models for helping clients with co-occurring disorders achieve recovery in the real world





Length of Program: 6 modules IC&RC Hours Awarded: 9 Cost for the Program: \$90.00

This program is endorsed for 7.5 recertification hours by NAADAC, the Association for Addiction Professionals. NAADAC Approved Education Provider Program Number 000381.

- The Hazelden Graduate School of Addiction Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Hazelden Graduate School of Addiction Studies maintains responsibility for the program and its content. Participants are expected to keep certificate for a minimum of four years. This program is approved for 6 continuing education hours.
- ➤ The program is endorsed by National Board of Certified Counselors (NBCC.)





FOCUS ON INTEGRATED TREATMENT Clinical Supervision

Module Objectives

At the Completion of Each Module Participants Will:

Module One – Introduction to Integrated Co-occurring Disorders Treatment

- Data on the prevalence of CODs and their impact on the lives of those who go untreated
- Failure of traditional approaches
- Definition of integrated treatment and the evidence on improved outcomes the approach has achieved
- Perspective of clients with CODs and the experience with the integrated-treatment model of care

Module Thirty – Clinical Supervision I

- Examine the importance of good supervision
- Describe two specific supervision models: case presentations, using a group model for supervision, and skills training
- Identify some of the most frequently cited barriers
- Identify solutions so that you can provide supervision in a timely fashion

Module Thirty-One - Clinical Supervision II

 Learn about techniques you can use when supervising individuals: field mentoring, modeling, coaching, feedback, and data-based supervision

Length of Program: 3 modules IC&RC Hours Awarded: 4.5 Cost for the Program: \$60.00

- This program is endorsed for 3.75 recertification hours by NAADAC, the Association for Addiction Professionals. NAADAC Approved Education Provider Program Number 000381.
- ➤ The Hazelden Graduate School of Addiction Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Hazelden Graduate School of Addiction Studies maintains responsibility for the program and its content. Participants are expected to keep certificate for a minimum of four years. This program is approved for 2.5 continuing education hours.
- The program is endorsed by National Board of Certified Counselors (NBCC.)





FOCUS ON INTEGRATED TREATMENT Complete Clinical Administrator Collection

Module Objectives

At the Completion of Each Module Participants Will:

Module One – Introduction to Integrated Co-occurring Disorders Treatment

- Data on the prevalence of CODs and their impact on the lives of those who go untreated
- Failure of traditional approaches
- Definition of integrated treatment and the evidence on improved outcomes the approach has achieved
- Perspective of clients with CODs and the experience with the integrated-treatment model of care

Module Two – Implementing Co-occurring Disorders (COD) Treatment

- Learn seven important steps that lead to successful implementation
- Learn how to monitor program improvement outcomes
- Learn organizational factors that lead to successful implementation and strategies for improving workforce proficiency
- Learn how training and supervision are critical elements in the implementation process

Module Thirty-Two - Clinical Leadership

- Learn about important components of successful change such as including all involved stakeholders, developing a committee that will spearhead the change process, and selecting a clinical leader or "champion"
- Learn the seven key steps and tasks that you, as a clinical leader, will need to perform throughout your agency's change process
- Understand the benefits of providing integrated treatment for your agency and the consumers of the services you provide

Module Thirty-Three – Program-Level Measures of COD Capacity

- Describe two practice indexes: the Dual Diagnosis Capability in Addiction Treatment (DDCAT) and the Dual Diagnosis Capability in Mental Health Treatment (DDCMHT)
- Describe each index, its structure and rating scale, information on finding DDCAT/DDCMHT assessment teams, strategies for setting up a site visit, and information on how to score each index
- Learn how to draft a DDCAT/DDCMHT report and how to use the data for identifying areas for program improvement
- Describe how to use the overall results of the DDCAT/DDCMHT survey to design an implementation plan





At the Completion of Each Module Participants Will:

Module Thirty-Four – Fidelity Assessment in IDDT

- Describe in detail the Integrated Dual Disorders
 Treatment (IDDT) fidelity scale, a fidelity scale
 designed to help you evaluate your program and
 make improvements in a continuous process
- Examine how the fidelity scale works, the domains of the fidelity scale, the program item rating scale, the structure of a fidelity scale site survey, and the selection of an assessment team
- Explore how to best use the results of your fidelity scale survey to identify areas for program improvement
- Learn how to draft an IDDT fidelity scale implementation plan and the benefits of including this plan in your agency's continuous quality improvement plan

Module Thirty-Five – Tracking Outcomes and Process Improvements

- Learn how the data you collect can provide information for data-based supervision and for licensing and certification reviews, and, how it can help you determine if clients are getting better
- Learn how to collect information to set goals and how to strengthen your programs through continuous quality improvement

Length of Program: 6 modules IC&RC Hours Awarded: 9 Cost for the Program: \$90.00

- This program is endorsed for 7.5 recertification hours by NAADAC, the Association for Addiction Professionals. NAADAC Approved Education Provider Program Number 000381.
- The Hazelden Graduate School of Addiction Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Hazelden Graduate School of Addiction Studies maintains responsibility for the program and its content. Participants are expected to keep certificate for a minimum of four years. This program is approved for 6 continuing education hours.
- > The program is endorsed by National Board of Certified Counselors (NBCC.)





FOCUS ON INTEGRATED TREATMENT Administrator Program Benchmark & Fidelity Measures

Module Objectives

At the Completion of Each Module Participants Will:

Module One – Introduction to Integrated Co-occurring Disorders Treatment

- Data on the prevalence of CODs and their impact on the lives of those who go untreated
- Failure of traditional approaches
- Definition of integrated treatment and the evidence on improved outcomes the approach has achieved
- Perspective of clients with CODs and the experience with the integrated-treatment model of care

Module Two – Implementing Co-occurring Disorders (COD) Treatment

- Learn seven important steps that lead to successful implementation
- Learn how to monitor program improvement outcomes
- Learn organizational factors that lead to successful implementation and strategies for improving workforce proficiency
- Learn how training and supervision are critical elements in the implementation process

Module Thirty-Three – Program-Level Measures of COD Capacity

- Describe two practice indexes: the Dual Diagnosis Capability in Addiction Treatment (DDCAT) and the Dual Diagnosis Capability in Mental Health Treatment (DDCMHT)
- Describe each index, its structure and rating scale, information on finding DDCAT/DDCMHT assessment teams, strategies for setting up a site visit, and information on how to score each index
- Learn how to draft a DDCAT/DDCMHT report and how to use the data for identifying areas for program improvement
- Describe how to use the overall results of the DDCAT/DDCMHT survey to design an implementation plan

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- Describe in detail the Integrated Dual Disorders
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 make improvements in a continuous process
- Examine how the fidelity scale works, the domains of the fidelity scale, the program item rating scale, the structure of a fidelity scale site survey, and the selection of an assessment team
- Explore how to best use the results of your fidelity scale survey to identify areas for program improvement
- Learn how to draft an IDDT fidelity scale implementation plan and the benefits of including this plan in your agency's continuous quality improvement plan





At the Completion of Each Module Participants Will:

Module Thirty-Five – Tracking Outcomes and Process Improvements

- Learn how the data you collect can provide information for data-based supervision and for licensing and certification reviews, and, how it can help you determine if clients are getting better
- Learn how to collect information to set goals and how to strengthen your programs through continuous quality improvement

Length of Program: 5 modules IC&RC Hours Awarded: 7.5 Cost for the Program: \$75.00

- This program is endorsed for 6.25 recertification hours by NAADAC, the Association for Addiction Professionals. NAADAC Approved Education Provider Program Number 000381.
- ➤ The Hazelden Graduate School of Addiction Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Hazelden Graduate School of Addiction Studies maintains responsibility for the program and its content. Participants are expected to keep certificate for a minimum of four years. This program is approved for 5.5 continuing education hours.
- The program is endorsed by National Board of Certified Counselors (NBCC.)





FOCUS ON INTEGRATED TREATMENT Administrator Clinic Leadership

Module Objectives

At the Completion of Each Module Participants Will:

Module One – Introduction to Integrated Co-occurring Disorders Treatment

- Data on the prevalence of CODs and their impact on the lives of those who go untreated
- Failure of traditional approaches
- Definition of integrated treatment and the evidence on improved outcomes the approach has achieved
- Perspective of clients with CODs and the experience with the integrated-treatment model of care

Module Two – Implementing Co-occurring Disorders (COD) Treatment

- Learn seven important steps that lead to successful implementation
- Learn how to monitor program improvement outcomes
- Learn organizational factors that lead to successful implementation and strategies for improving workforce proficiency
- Learn how training and supervision are critical elements in the implementation process

Module Thirty-Two - Clinical Leadership

- Learn about important components of successful change such as including all involved stakeholders, developing a committee that will spearhead the change process, and selecting a clinical leader or "champion"
- Learn the seven key steps and tasks that you, as a clinical leader, will need to perform throughout your agency's change process
- Understand the benefits of providing integrated treatment for your agency and the consumers of the services you provide

Length of Program: 3 modules IC&RC Hours Awarded: 4.5 Cost for the Program: \$60.00

- This program is endorsed for 3.75 recertification hours by NAADAC, the Association for Addiction Professionals. NAADAC Approved Education Provider Program Number 000381.
- The Hazelden Graduate School of Addiction Studies is approved by the American Psychological Association to sponsor continuing education for psychologists. The Hazelden Graduate School of Addiction Studies maintains responsibility for the program and its content. Participants are expected to keep certificate for a minimum of four years. This program is approved for 3 continuing education hours.
- > The program is endorsed by National Board of Certified Counselors (NBCC.)