EBP Times

OCTOBER 2009:
INTEGRATED DUAL DIAGNOSIS TREATMENT EDITION:

HIGHLIGHTING SUCCESSES:
Valeo Behavioral Health Care (in Topeka, KS) wins National Science to Service Award for Integrated Dual Diagnosis Treatment and Mental Health Center of South Central KS (in Wichita) achieves exemplary status.

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Valeo Behavioral Health Care's Integrated Dual Diagnosis Treatment Program, called the "Starfish Program" is a 2009 recipient of the Substance Abuse and Mental Health Services Administration (SAMHSA) Science to Service Award. Valeo is one of 27 organizations recognized nationally for program excellence, and is the only organization in the state of Kansas to receive this award. These awards recognize exemplary implementation of evidence-based interventions that have been shown to prevent and/or treat mental illnesses and substance abuse. Now in its third year, this annual award program recognizes organizations that have worked to improve their communities and the lives of individuals by providing the best services possible. Award recipients were chosen in each of five categories: substance abuse prevention; treatment of substance abuse and recovery support services; mental health promotion; treatment of mental illness and recovery support services; and co-occurring disorders. To be eligible, an organization had to demonstrate successful implementation of a recognized evidence-based intervention, including interventions that have been published in the scientific literature and/or appear on a federal or state registry.

Valeo began working with KU-School of Social Welfare in 2004 with one case management team learning the IDDT model. The agency has steadily increased the number of case management teams trained in IDDT to six case management teams operating as IDDT teams by 2007 and the newest case management IDDT team being created and reaching certification in 2009. Today all seven multidisciplinary case management teams provide IDDT services to more than 390 dually disordered consumers.

In addition to seven IDDT case management teams, the program has also reached high fidelity through offering:

- Supportive administration “we will provide this service to all clients who need it”
- Multiple IDDT treatment groups
- Individual active stage treatment
Moreover, the client outcomes data for Valeo also shows significant progress. Overall client movement through the Stages of Treatment during a one year period of time is positive. Of all clients receiving services during the past year, eighty-seven clients moved to a higher stage of change while only fifty-one moved to a lower stage of change. Ninety-nine clients or 47% were in the stages of relapse prevention or remission/recovery at the end of the year. In addition, 21% were in active stages of treatment at the end of one year.

MENTAL HEALTH ASSOCIATION OF SOUTH CENTRAL KANSAS (Wichita, KS) REACHES EXEMPLARY STATUS ON 18 MONTH IDDT FIDELITY RATING.

The Mental Health Association (MHA) began working with KU-School of Social Welfare in 2008 with one case management team of three learning the IDDT model. The team recently completed the 18 month fidelity review as part of the 2 year implementation process. They not only meet the IDDT certification standards set for by Social Rehabilitation Services (SRS), but did so at the exemplary level making them the first IDDT program to do so.

As with Valeo, the client outcomes data for MHA show progress toward recovery. Overall client movement through the Stages of Treatment during the most recently scored quarter is positive. Twenty-one clients or 49% were in the stages of relapse prevention or remission/recovery at the end of the quarter.

There are a number of key factors that helped them reach this exemplary level so quickly including:

- Willing attitude to do “whatever it takes” from the agency administration for example, creating new positions for the IDDT team
- Strong team leader support to model and enhance skills learned in training
- Development of new IDDT groups
- Assertive outreach
- Active health promotion throughout the program
- Ensuring that the Substance Abuse Treatment Scale (SATS) is documented on all treatment plan reviews
- Strong outreach to engage families

These two programs continue to work toward excellence in client services and treatment through ongoing commitment to high fidelity, client outcomes, and the continued refinement of an excellent program. They have succeeded due to strong leadership, talented staff, ongoing willingness to refine implementation efforts and a nonstop commitment to helping clients with dual disorders recover! Our hats are off to them….

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