What we learned treating Substance Abuse in Individuals with ID

DAVID O’NEAL
SOUND MENTAL HEALTH
Participants

- Prevalence (range is 2-18%)
- Those who do not connect
- Those who are “inappropriate” for treatment
Ethnicity

- Black/African American/ (Not Spanish/Hispanic/Latino)
- Native American, White/European American/ (Not Spanish/Hispanic/Latino)
- Other Race/ (Not Spanish/Hispanic/Latino)
- Japanese/ (Other Spanish/Hispanic/Latino)

Caucasian: 57.6%

27.3%
Age Of First Use

<table>
<thead>
<tr>
<th>Age Range</th>
<th>STAR</th>
<th>King Co.</th>
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<tbody>
<tr>
<td>Over 50</td>
<td>0.0%</td>
<td>1.9%</td>
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<tr>
<td>41 - 50</td>
<td>0.0%</td>
<td>1.2%</td>
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<td>31 - 40</td>
<td>0.0%</td>
<td>4.1%</td>
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<td>21 - 30</td>
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<td>17.6%</td>
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<td>18 - 20</td>
<td>8.8%</td>
<td>15.4%</td>
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<td>13 - 17</td>
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<td>44.1%</td>
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<td>0 - 12</td>
<td>8.8%</td>
<td>10.4%</td>
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Percentage of Clients
Making Connection

- Check Yourself (before you wreck yourself)
- Consistency
- Patience
- Watch and Listen
- Seek common ground
- Be real and concrete
- Motivational Interviewing?
- VIDEOS\919_0667.MOV
Motivational Interviewing

- Motivation is behavior specific

- Our clients exhibit Less Direct Ambivalence

- Open ended questions are not so good for the DD client but reflective listening is good.

- Affirm positive Talk and Behaviors

- Develop discrepancy

- VIDEOS\919_0668.MOV
Traditional CD Treatment

- Client hits bottom
- Medical model
- Set of abstract descriptions
- Often court ordered to treatment

Completes a prescribed number of days in treatment
- 30 days of inpatient
- 90 days - 2 years in outpatient

Client attends education and process groups
Attends 12 step meetings in the community

Relapse, Repeat...
Square Peg, Round Hole

- “Triply diagnosed”
- Poor communication/ interpersonal skills
- Limited Peer network
- Limited vocational skills
- Restricted activities and exposure to world
- Medical concerns
- Learned Helplessness
Living Arrangements

- Single room occupancy, 8.8%
- Controlled Environment, 8.8%
- Drug-free shared/transitional housing, 17.6%
- Personal residence, 47.1%
- Foster/group home, 17.6%
Understanding the Behavior

- Compliance
- Acceptance
- Environment
- Communication
- Modulations
- Trauma reactions
Trauma Informed Care

- High rate of PTSD in individuals with ID
- Safety – Check yourself
- Inform yourself
Referral Sources

Entry Referral Sources – STAR Clients

- Other Health Care Provider: 3%
- Other Alcohol/Drug Facility: 11%
- Dept of Corrections: 3%
- Other Alcohol/Drug Facility: 14%
- Court/Probation: 5%
- Social Security Administration: 3%
- Self/Family: 3%
- Mental Health Provider: 58%
Experts See What They Know

"Say... What's a mountain goat doing way up here in a cloud bank?"
Good Practices In Place

- Mental Health Centers and Emergency rooms provide good care
- Holistic health model
- Motivational Interviewing
- Create connection and improve self esteem
- Provide consistency, repetition and safety
Drugs of Choice

Primary Drug -- STAR Program

- Marijuana-Cannabis: 26%
- Alcohol: 48%
- Cocaine: 17%
- Methamphetamine: 6%
- Other Opiates and Synthetics: 3%
Substance Treatment and Recovery - STAR

- CD treatment tailored to cognitive needs
- Harm reduction & relapse prevention
- Team & case management support
- Skill building and family education
- Psychiatric/Medication management
- 24/7 crisis services
Recreating Our Approach

A co-credentialed team (mental health, developmental disability and chemical dependency specialists) allows knowledge of cognitive disabilities to affect and guide all aspects of the program

- Outreach and engagement = relationship
- Accommodation of tools and activities = education
- Encourage harm reduction & relapse prevention
- Provide attractive alternatives = environment and reinforcers
Creative Interventions and Adaptations

- Visual cues, mixed media
- Expressive therapy
- Role-playing
- Games
- Music, Dance and Art
- Cycle celebration and rewards
Reinforcers and other Attractive Alternatives

- Belonging
- Peers
- Acceptance
- Feel healthy and content
- Reinforcers (They Work!)
# Outcomes

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<th>King</th>
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<tr>
<td>Treatment Retention @ 90 days</td>
<td>92.5%</td>
<td>60.5%</td>
<td>61.1%</td>
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<tr>
<td>Treatment Completion</td>
<td>4%</td>
<td>48.6%</td>
<td>47.8%</td>
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Also:

- Satisfaction Surveys
- Linkage to systems
Investing Resources

Start up and Expansion

- Commitment of system partners and funders
- Costs
- Training resources
- Blending treatment funds
Contact Us

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