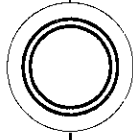


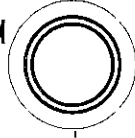
What we learned treating Substance Abuse in Individuals with ID



DAVID O'NEAL
SOUND MENTAL HEALTH

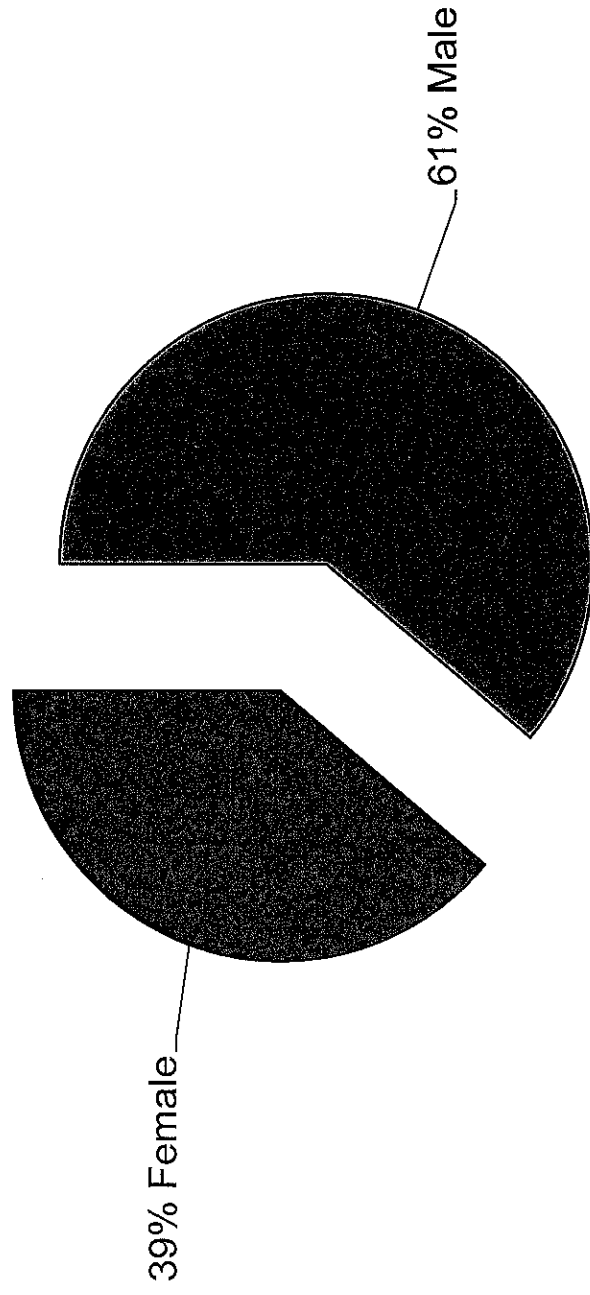
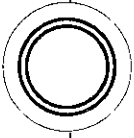


Participants

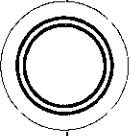


- Prevalence (range is 2-18%)
- Those who do not connect
- Those who are “inappropriate” for treatment

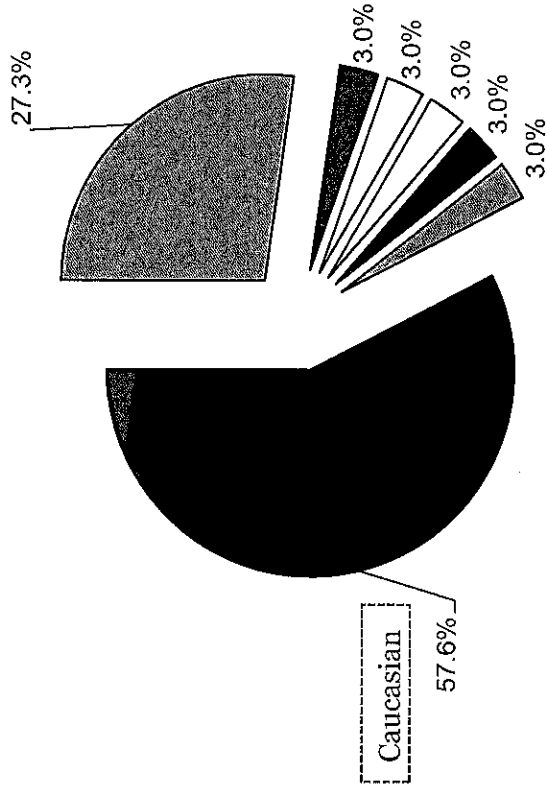
Gender



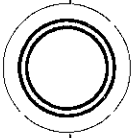
Ethnicity



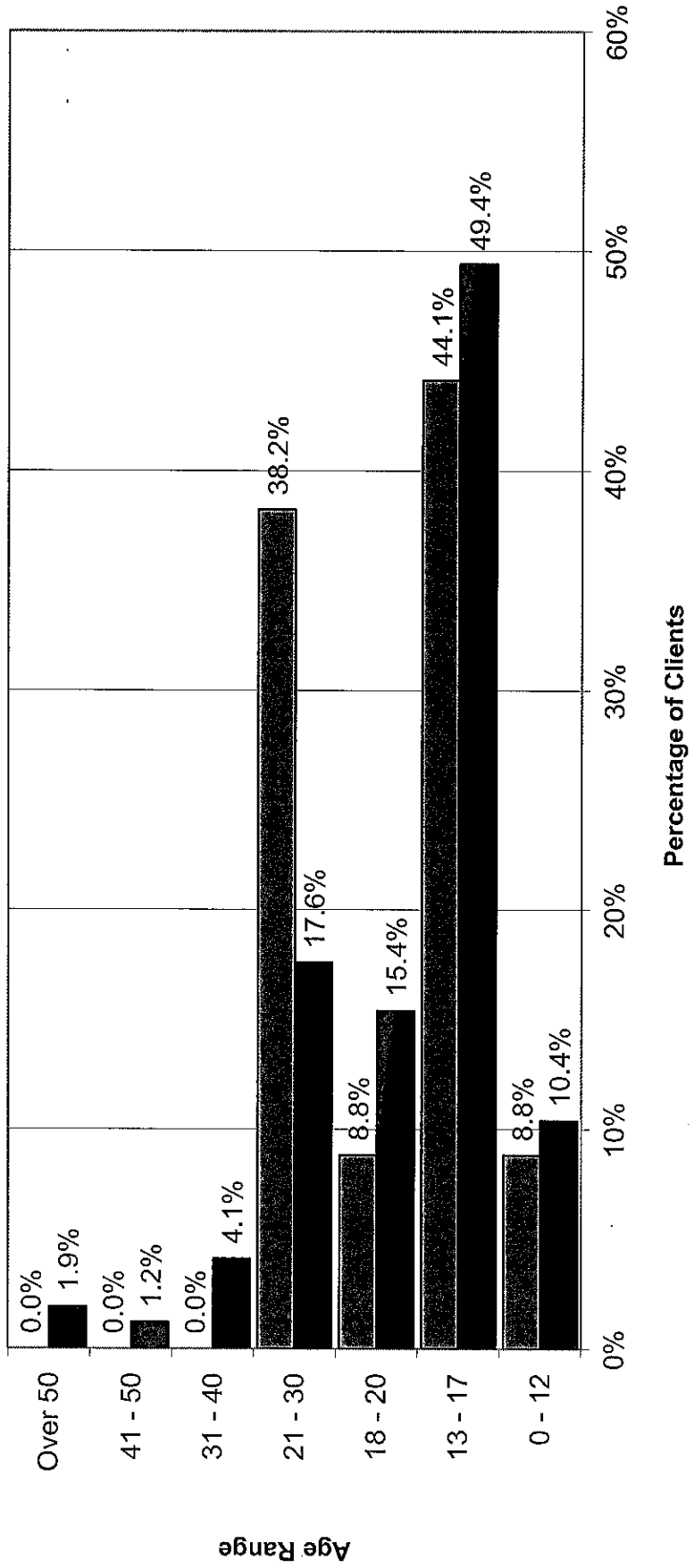
- Black/African American/ (Not Spanish/Hispanic/Latino)
- Native American, White/European American/ (Not Spanish/Hispanic/Latino)
- Native American/ (Not Spanish/Hispanic/Latino)
- Other Race/ (Not Spanish/Hispanic/Latino)
- Japanese/ (Other Spanish/Hispanic/Latino)



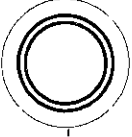
Age Of First Use



■ STAR ■ King Co.

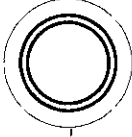


Making Connection



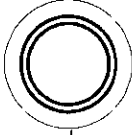
- Check Yourself (before you wreck yourself)
- Consistency
- Patience
- Watch and Listen
- Seek common ground
- Be real and concrete
- Motivational Interviewing?
- VIDEOS\919 0667.MOV

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

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...

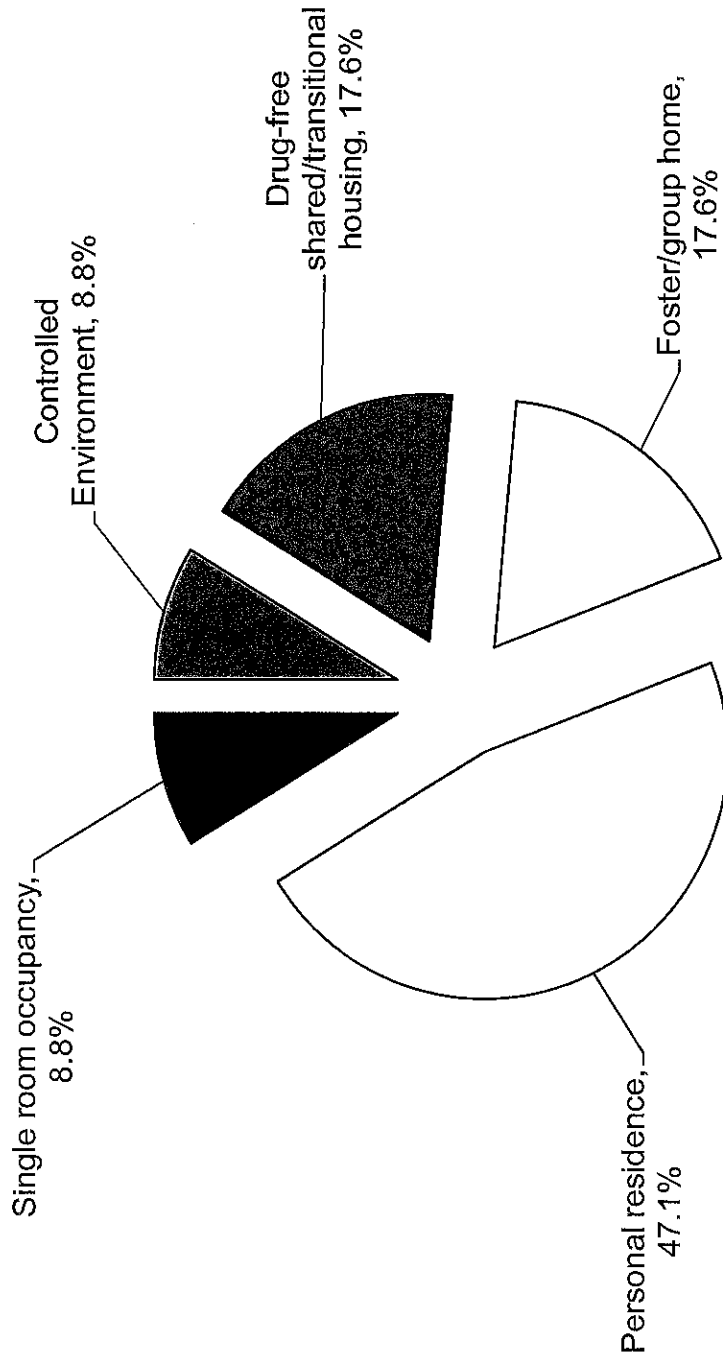
Square Peg, Round Hole

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

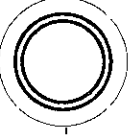
Living Arrangements



Living Arrangements

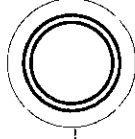


Understanding the Behavior



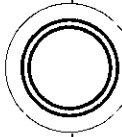
- Compliance
- Acceptance
- Environment
- Communication
- Modulations
- Trauma reactions

Trauma Informed Care

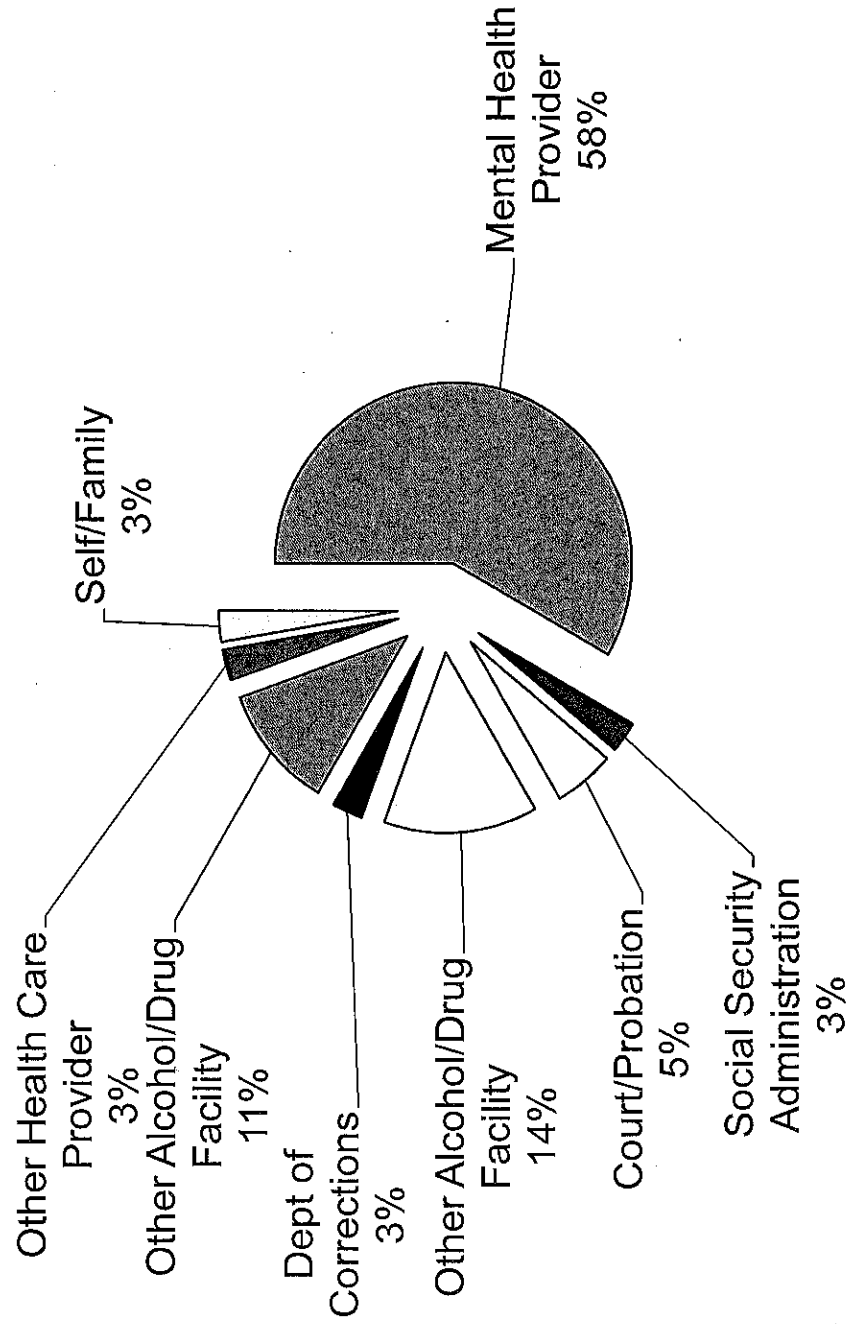


- High rate of PTSD in individuals with ID
- Safety – Check yourself
- Inform yourself

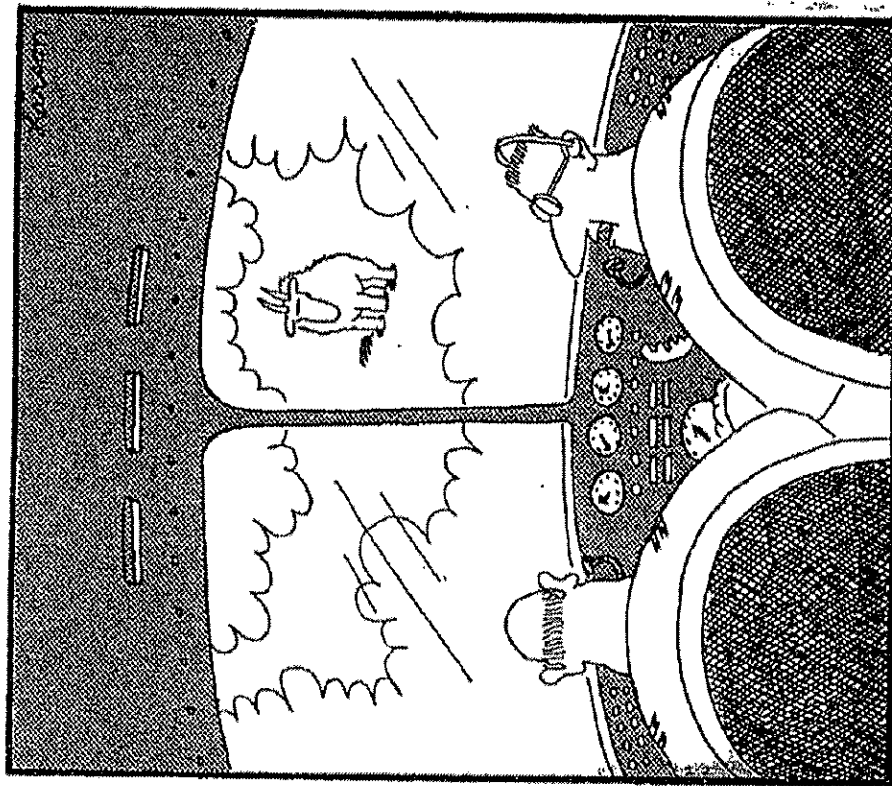
Referral Sources



Entry Referral Sources -- STAR Clients

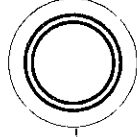


Experts See What They Know



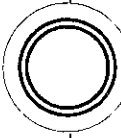
"Say ... What's a mountain goat doing way up here in a cloud bank?"

Good Practices In Place

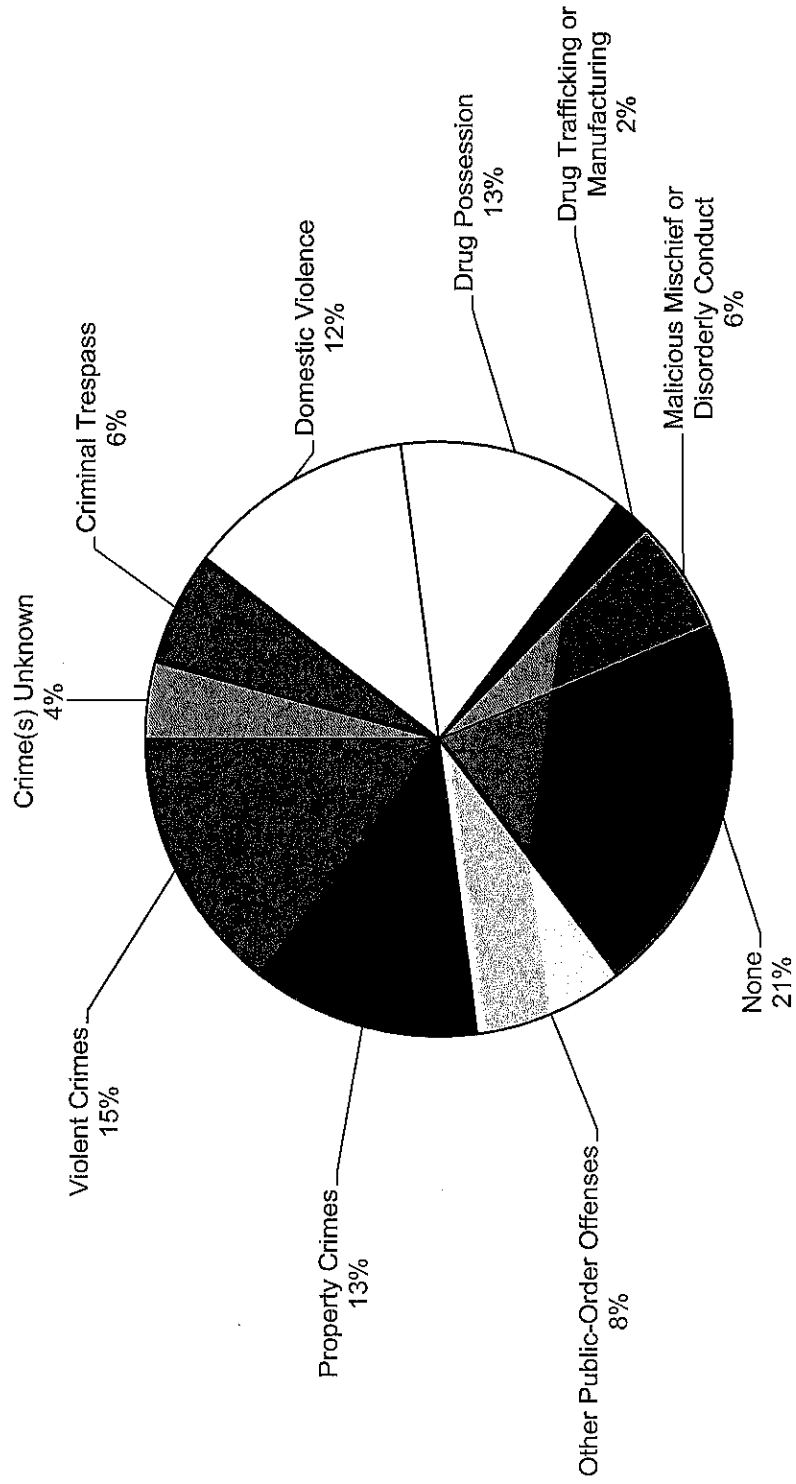


- Mental Health Centers and Emergency rooms provide good care
- Holistic health model
- Motivational Interviewing
- Create connection and improve self esteem
- Provide consistency, repetition and safety

Criminal History

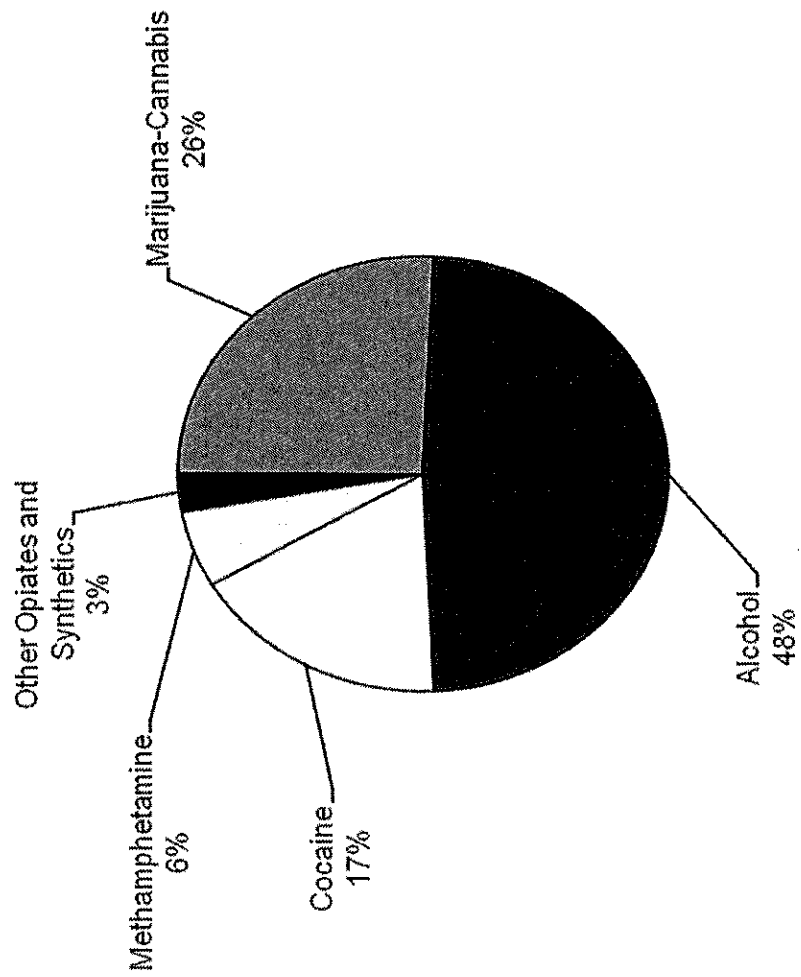


Previous Crimes -- STAR Program

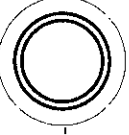


Drugs of Choice

Primary Drug -- STAR Program



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

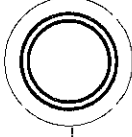
Recreating Our Approach



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

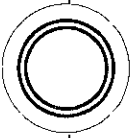
Reinforcers and other Attractive Alternatives



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



Outcomes

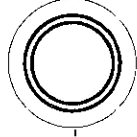


	STAR	STATE	King
Treatment Retention @ 90 days	92.5%	60.5%	61.1%
Treatment Completion	4%	48.6%	47.8%

Also:

- Satisfaction Surveys
- Linkage to systems

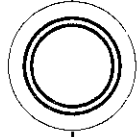
Investing Resources



Start up and Expansion

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

Contact Us



DAVID O'NEAL
davido@smh.org

Sound Mental Health
1600 East Olive Street
Seattle, WA 98122

206.302.2200

fax 206.302.2210