

NEW FREEDOM DUAL DIAGNOSIS OPEN GROUP/OPEN ADMISSION MODEL

- residential or intensive outpatient
- both male and female program options
- flexible administration - clients may be added to the program at any stage
- parallel substance abuse and mental health tracks may be led by separate staff (substance abuse and mental health) - or by same staff member.
- resources reflect the stages-of-change perspective for mental health stages, as well as substance use/abuse stages
- core program is three (3) ten-hour units from the substance abuse resources and three (3) ten-hour units from the mental health resources. Extended program models available.
- each ten-session unit is topic-focused and stages-of-change-based: precontemplation, contemplation, preparation/ determination, and early action stages. Includes extensive MI tools, action plans, CBT and DBT elements and critical coping skills for relapse prevention
- Critical combined session achieves specific behaviorally-stated objectives integrated to support individual treatment plans. Resources provide the critical demonstration of achievement of objectives for clinical supervision, program documentation, and assessment of outcomes.
- Concluding elements (relapse prevention, community reintegration, include substance abuse focus, mental health focus, dual diagnosis aftercare, or transition from residential or correctional to community settings).

<i>Open to Change Program</i> Substance abuse		<i>The Bridge Program</i> Mental health
Unit A: Successful management of internal risk factors and difficult symptoms relating to their substance abuse. (10 sessions)	Dual diagnosis linking elements 	Unit A: Awareness and self-management of symptoms and internal risk factors for mental health issues and problems. (10 sessions)
	Combined session (see below)	
Unit B: Successful management of external risk factors and triggers relating to their use/abuse of substances. (10 sessions)		Unit B: Awareness and self-management of triggers and external risk factors for specific mental health issues and problems (including anger, anxiety, depression). (10 sessions)
	Combined session	
Unit C: Development of internal strengths and insight relating to their substance use/abuse, and relapse prevention. (10 sessions)		Unit D: Increasing treatment adherence and medication compliance. (10 sessions)
	Combined session	

THE COMBINED SESSION is shaped to accomplish the following objectives:

- 1 Clarify the interaction between past substance use/abuse and specific mental health issue
Unit A: symptom, internal risk factors
Unit B: triggers, external risk factors
Unit C/D: treatment adherence/medication compliance issues
- 2 Identify specific insights gained, and with respect to the connection between:
Unit A: symptoms, internal risk factors
Unit B: triggers, external and environmental risk factors
Unit C/D: treatment adherence/medication compliance issues
- 3 Identify specific steps (including coping skills) they have committed to for success in:
Unit A: managing symptoms successfully; especially in avoidance of substance use/abuse to mental health symptoms
Unit B: using CBT/DBT and other coping skills successfully in dealing with triggers affecting their mental health and/or return to substance use/abuse
Unit C/D: treatment adherence/medication compliance issues. This includes concrete action plans and integration of specific protective factors
- 4 Document the above (done for each unit in the combined session and also in summary documentation).

Note that each 10-session unit also provides an opportunity to assess participation, motivation, understanding, and (hopefully) insight. Units include Situation Confidence assessments and summary documentation such as competency checklists based on the behaviorally-stated objectives for key elements. They provide for assessment of written action plans for self-care and aftercare.

- 5 The above provides key support for clinical supervisors. Also supports program documentation for funding agencies, court supervision, and other agencies, as well as assessment of outcomes.

ADDITIONAL RESOURCES PROVIDED

Key program resources

- Fidelity monitoring checklist
- Progress evaluation model (monitoring individual progress). Tracks motivation, comprehension, participation, and behavior). Recommended for use at the completion of each unit.

Pre-program resources

- Staff overview and implementation suggestions
- Assessment and Motivational Interviewing tools
- Worksheets for participants
- Supplemental (optional) 1:1 resources

Post-program and aftercare resources

- Program completion and individual assessment
- Correctional post-program resources
- Aftercare and follow-up resources

EXTENDED PROGRAM OPTIONS

UNIT OPEN D

This unit provides a risk factors approach to relapse prevention. It focuses primarily on the most common internal risk factors, but also identifies early warning signs that their thinking may be drawing them closer to their highest external risk factors (high risk people, places, things, and situations). The final elements provide a working model for building on their internal protective factors and making specific changes.

UNIT MH-C

Core change-focused mental health program unit. The primary focus of these resources assessing and establishing balance - emotional stability and the capability to respond in appropriate ways to events. There is major emphasis on dealing with specific feelings and triggers. The final elements address protective factors, resilience and building personal confidence.

UNIT OPEN E

This unit provides a change-focused approach to relapse prevention. It targets the most common internal risk factors (lapses), external risk factors (identifying and avoiding their specific high risk people, places, things, and situations), and the development of internal and external protective factors (safety nets).

UNIT MH-E

This unit provides a change-focused approach to relapse prevention, both substance abuse and mental health issues. It targets the most common internal risk factors (lapses), and external risk factors (identifying and avoiding their specific high risk people, places, things, and situations). It also supports the development of internal protective factors and external protective factors (safety nets). The MH version is similar to the substance abuse model, with differences noted by (MH) in the resource title for selected core lesson elements. Each lesson also includes a brief mindfulness element.

AFTERCARE AND/OR RETURNING HOME (community reintegration) OPTIONS

- Relapse prevention (both substance abuse and mental health issues)
- Community reintegration - preparing for transition from residential or correctional to community settings
- Community reintegration - early transition resources
- Aftercare - continued support. Options include: substance abuse focus, mental health focus, dual diagnosis aftercare
- Life skills (self-care, activities for daily living, independent living, pre-vocational, money management, etc.)