



# THE BASICS, Second Edition

A Curriculum for Co-Occurring Psychiatric and Substance Disorders

## TABLE OF CONTENTS

### SUBJECT ONE: THE LINK BETWEEN PSYCHIATRIC AND SUBSTANCE DISORDERS, AN INTEGRATED TREATMENT APPROACH

SEGMENT A: <i>PREPARE PROFESSIONALS</i> .....	1-I
GOAL FOR PROFESSIONALS .....	1-I
OBJECTIVES FOR PROFESSIONALS .....	1-I
METHODS UTILIZED BY PROFESSIONALS .....	1-II
SECTIONS OF SUBJECT ONE .....	1-II
APPENDICES FOR SUBJECT ONE .....	1-II
HANDOUTS AND GROUP CLOSURE .....	1-III
SEGMENT A: <i>PREPARE GROUP</i> .....	1-IV
BEGINNING .....	1-IV
INTRODUCTIONS .....	1-IV
OVERVIEW OF FORMAT & SUBJECT .....	1-IV
SEGMENT B: <i>PRESENT SUBJECT MATERIAL</i> .....	1-IV
TODAY'S SUBJECT AND WHY IT'S IMPORTANT .....	1-1
PSYCHIATRIC, SUBSTANCE, AND CO-OCCURRING DISORDERS DEFINED .....	1-1
MEDICAL DISORDERS OF THE BRAIN .....	1-2
THE BRAIN – BODY CONNECTION .....	1-3
THE EFFECTS OF <i>UNTREATED</i> PSYCHIATRIC DISORDERS ON THE BRAIN AND BODY .....	1-4
THE EFFECTS OF <i>UNTREATED</i> SUBSTANCE DISORDERS ON THE BRAIN AND BODY .....	1-4
THE EFFECTS OF <i>UNTREATED</i> CO-OCCURRING DISORDERS ON THE BRAIN AND BODY .....	1-4
CAUSES OF PSYCHIATRIC AND SUBSTANCE DISORDERS .....	1-5
BIO-PSYCHO-SOCIO-CULTURAL-ENVIRONMENTAL-SPIRITUAL <i>APPROACH</i> .....	1-5
“Bio” or Biological Component .....	1-5
Biochemistry .....	1-5
Addictive Disorder and Biochemistry .....	1-6
Psychiatric Disorders and Biochemistry .....	1-6
Hereditary .....	1-6
Genetics .....	1-7
“PSYCHO” OR PSYCHOLOGICAL COMPONENT .....	1-7
“SOCIO” OR SOCIAL-CULTURAL-ENVIRONMENTAL COMPONENTS .....	1-7
SPIRITUAL COMPONENT .....	1-8
WEIGHING THE COMPONENTS OF RISK .....	1-8
BIO-PSYCHO-SOCIO-CULTURAL-ENVIRONMENTAL-SPIRITUAL <i>RECOVERY</i> .....	1-8
Biological Wellness .....	1-9
Psychological Wellness .....	1-9
Socio-Cultural-Environmental Wellness .....	1-9
Spiritual Wellness .....	1-10
FOCUSING ON SIMILARITIES AND <i>NOT</i> DIFFERENCES .....	1-11
SIMILARITIES OF PSYCHIATRIC AND SUBSTANCE DISORDERS .....	1-11
SUBGROUPS OF CO-OCCURRING DISORDERS .....	1-13
PREVALENCE OF CO-OCCURRING DISORDERS .....	1-14

Increasing Numbers of Individuals With Co-Occurring Disorders.....	1-14
HISTORY, PHILOSOPHIES, AND BARRIERS TO TREATMENT .....	1-15
HISTORY OF MENTAL HEALTH TREATMENT .....	1-15
HISTORY OF SUBSTANCE DISORDERS TREATMENT .....	1-16
SEPARATE SYSTEMS CREATED BARRIERS TO TREATMENT .....	1-16
Barriers in a <i>Non-Integrated</i> Mental Health Facility .....	1-16
Barriers in a <i>Non-Integrated</i> Addiction Treatment Facility .....	1-17
Separate Funding and Reimbursement Creates Barriers to Treatment .....	1-17
BARRIERS TO TREATMENT RESULT IN “PING-PONG THERAPY” .....	1-18
People “Ping-Pong” Themselves From One System to Another .....	1-18
THE INTEGRATED TREATMENT APPROACH .....	1-19
BENEFITS FOR THE INDIVIDUAL WITH A SINGLE DISORDER.....	1-19
ACCEPTING A DUAL DIAGNOSIS CAN BE DIFFICULT, EVEN DISTRESSING .....	1-20
THE “RECOVERY” MODEL FOR CO-OCCURRING DISORDERS .....	1-20
Co-Occurring Disorders and Dual Recovery .....	1-20
ETHNIC, CULTURAL, AND PERSONAL IDENTITY .....	1-23
ETHNIC AND CULTURAL IDENTITY .....	1-23
CULTURAL DIVERSITY .....	1-24
PERSONAL IDENTIFICATION WITH A SPECIFIC GROUP .....	1-26
DIVERSITY OF INDIVIDUALS.....	1-27
BREAKING DOWN STEREOTYPES AND <i>NOT</i> JUDGING OTHERS .....	1-27
IDENTIFYING WITH A RECOVERY GROUP .....	1-28
HOW PEOPLE CHANGE BEHAVIORS .....	1-28
STAGES OF CHANGE .....	1-29
The Spiraling Pattern of Change .....	1-29
Different Stages of Change at The Same Time .....	1-30
DISCOMFORT AND MISTAKES CAN LEAD TO CHANGE.....	1-30
Depression and Anxiety Can Help Lead to Change .....	1-31
BARRIERS TO CHANGE .....	1-31
Old Attitudes and Beliefs.....	1-31
Difficulty in Relating to Later Stage Symptoms .....	1-31
The “Yeah Buts” .....	1-32
The “Yets” .....	1-32
The “I’m Really, Really Going to Try... <i>Really</i> ” Syndrome.....	1-32
Putting Off Making a Decision for Change .....	1-32
Not Putting The “Action” Into Change.....	1-33
Discounting or Finding a “Reason” to Leave Treatment .....	1-33
Trying To Do It “Perfectly” .....	1-34
CHANGE TAKES PRACTICE AND OCCURS FROM THE INSIDE – OUT .....	1-34
MOTIVATION AND WORKING THROUGH AMBIVALENCE .....	1-34
Weighing The “I Want To” and The “I Don’t Want To” .....	1-35
Personal Motives .....	1-36
CHOICES .....	1-37
FEAR IN EARLY RECOVERY .....	1-38
FEAR OF LIVING LIFE WITHOUT SUBSTANCES .....	1-38
FEAR IN THE GROUP PROCESS .....	1-38
ACKNOWLEDGING FEAR .....	1-39
Working Through Fear By Living in Today .....	1-39
THE GROUP PROCESS .....	1-39

INCREASING SELF-AWARENESS WITH THE JOHARI WINDOW .....	1-40
The Window Panes Change With Self-Disclosure and Feedback .....	1-42
SELF-DISCLOSURE DEFINED .....	1-42
FEEDBACK DEFINED .....	1-43
DIFFICULTY TRUSTING SELF AND OTHERS.....	1-44
Developing Trust Through Self-Disclosure .....	1-45
BENEFITS OF THE GROUP PROCESS .....	1-46
Moving From Victim to Survivor .....	1-46
Don't Let Fear Be In Charge .....	1-47
Sharing Personal Experiences in a Support or Recovery Group .....	1-47
Learning to Value The Perceptions of Others .....	1-48
GOOD COMMUNICATION SKILLS AND GROUP .....	1-49
LISTENING SKILLS .....	1-49
PASSIVE, AGGRESSIVE, PASSIVE-AGGRESSIVE, & ASSERTIVE COMMUNICATION SKILLS .....	1-51
PASSIVE COMMUNICATION STYLE .....	1-51
AGGRESSIVE COMMUNICATION STYLE .....	1-52
PASSIVE-AGGRESSIVE COMMUNICATION STYLE .....	1-53
ASSERTIVE COMMUNICATION STYLE .....	1-54
Challenged in The Area of Assertiveness .....	1-55
Benefits of Assertive Communication .....	1-55
Individual Rights of Being Assertive .....	1-55
Reasons People Are Not Assertive .....	1-56
How to Be Assertive .....	1-56
Practice, Practice, Practice! .....	1-58
GETTING THE MOST OUT OF THE GROUP PROCESS.....	1-58
Group Guidelines .....	1-62
SEGMENT C: <i>PRACTICE HANDOUTS AND GROUP CLOSURE</i> .....	1-64
GROUP CLOSURE .....	1-65
CO-OCCURRING DISORDERS <i>WITHOUT</i> RECOVERY .....	1-65
CO-OCCURRING DISORDERS <i>WITH</i> RECOVERY .....	1-65

#### APPENDIX SECTION FOR SUBJECT ONE

APPENDIX IA: DRUG CATEGORIES SECTIONS, The Effects of Alcohol and Other Drugs on Mental Health

APPENDIX IB: DRUG CATEGORIES SECTIONS, Acute Withdrawal Symptoms of Alcohol and Other Drugs

#### HANDOUT SECTION FOR SUBJECT ONE

#1: *Personal Assessment: The Link Between Mental Health and Substance Use Disorders (Worksheet)*

#2: "Change" (Inspirational)

#3: The Rules for Being Human (Inspirational)

#4: *You May Be Strong* (Inspirational)

#### BIBLIOGRAPHY SECTION FOR SUBJECT ONE