



# CASE

CASE WESTERN RESERVE UNIVERSITY

Ohio Substance Abuse and Mental Illness  
Coordinating Center of Excellence  
OHIO SAMI CCOE

INTEGRATED DUAL DISORDER TREATMENT  
**IDDT & FAMILIES**



[www.ohiosamiccoe.case.edu](http://www.ohiosamiccoe.case.edu)  
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## INTEGRATED DUAL DISORDER TREATMENT

The Integrated Dual Disorder Treatment (IDDT) model is an evidence-based practice that improves the quality of life for people with co-occurring mental and substance use disorders by integrating substance abuse services with mental health services. It helps people address both disorders at the same time--in the same service organization with the same treatment providers. An evidence-based practice is a service model that research has demonstrated to generate reliable outcomes.

The IDDT model utilizes biopsychosocial treatments that combine the use of medication with psychological, educational, and social interventions to address the needs of consumers and their caregivers (family and friends). IDDT promotes consumer and family involvement in service delivery, stable housing as a necessary condition for recovery, and employment as an expectation for many. IDDT includes the following core principles:

- |                                     |   |
|-------------------------------------|---|
| 1a. Multidisciplinary Team          | 7. Substance Abuse Counseling                               |
| 1b. Substance Abuse Specialist      | 8. Group Treatment  |
| 2. Stage-Wise Intervention          | 9. Family Psychoeducation                                   |
| 3. Access to Comprehensive Services | 10. Alcohol and Drug Self-help Group                        |
| 4. Time-Unlimited Services          | 11. Pharmacological Treatment                               |
| 5. Assertive Outreach               | 12. Interventions to Promote Health                         |
| 6. Motivational Interviewing        | 13. Secondary Interventions for Treatment of Non-Responders |

### Service Team

The IDDT model views all activities of life as part of the treatment and recovery process. Therefore, each consumer receives help from a variety of service providers, who function as a service team. Each team member contributes his or her expertise to help consumers plan and achieve their personal recovery goals. The team consists of the following:

- |                                       |                          |
|---------------------------------------|--------------------------|
| • Case manager(s)                     | • Housing specialist     |
| • Mental health counselor             | • Nurse                  |
| • Substance abuse specialist          | • Psychiatrist/physician |
| • Criminal justice specialist/liaison | • Family specialist      |
| • Employment specialist               |                          |

### Family (Caregiver) Involvement

Research shows that social support plays an important role in improving assessments and in reducing relapse and hospitalization for persons with severe mental illness. Family education fosters social support. It includes consumers, caregivers (family members and friends), and service providers in the process. Educational programs help caregivers learn about the symptoms and effects of mental illness, about the medicines used in treatment, and the challenges that consumers face. Caregivers also learn about consumers' hopes, fears, and goals for daily living. Another term commonly used to describe family education is *family psychoeducation*.

Family programs encourage partnerships and communication among consumers, caregivers, and service providers. The programs also help reduce caregiver stress. Research has shown that family psychoeducational programs can be a powerful resource for improving substance abuse outcomes in clients who have a severe mental illness. The IDDT model stresses that service providers should always attempt to involve family members or friends in collaborations with consumers and treatment teams. It also recommends that service providers develop relationships with representatives from the National Alliance on Mental Illness (NAMI) and Ohio Advocates for Mental Health and refer families to these organizations. Service providers should also help family members access all members of the treatment team when necessary. Family services may include the following:

- Outreach, psychoeducation, consultations
- Collaborations with NAMI
- Multiple family groups
- Behavioral Family Treatment (BFT)
- Multisystemic Family Therapy (MFT)

## Resources

For a more detailed description of the IDDT model, consult our free *IDDT Overview* training booklet:

[www.ohiosamickey.case.edu/library/media/iddtoverview.pdf](http://www.ohiosamickey.case.edu/library/media/iddtoverview.pdf)

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## OHIO PROGRAMS

In December 2000, the Ohio Department of Mental Health (ODMH) created the Ohio SAMI CCOE to provide technical assistance for the implementation of IDDT at 9 service organizations in Ohio. The SAMI CCOE is currently working with 51 community-based and inpatient IDDT programs. Consult our online program locator database:

[www.ohiosamickey.case.edu/ebpprograms/](http://www.ohiosamickey.case.edu/ebpprograms/)

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## MESSAGE BOARDS

The Ohio SAMI CCOE provides free message boards for consumers and family members (and other caregivers) on its web site. Use the message boards to ask questions and to communicate with each other about IDDT:

[www.ohiosamickey.case.edu/training/messageboard\\_fr.html](http://www.ohiosamickey.case.edu/training/messageboard_fr.html)

## **ABOUT US**

The Ohio Substance Abuse and Mental Illness Coordinating Center of Excellence (Ohio SAMI CCOE) is a technical-assistance organization that promotes knowledge development and the implementation of evidence-based practices for the treatment and recovery of people with mental and substance use disorders. The SAMI CCOE helps service systems, organizations, and providers implement and sustain the Integrated Dual Disorder Treatment (IDDT) model, maintain fidelity to the model, and develop collaborations within local communities that enhance the quality of life for consumers and their families. The SAMI CCOE provides these services:

- Service systems consultation
  - Program consultation
  - Clinical consultation
  - Training and education
  - Research and evaluation
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## **CONTACT US**

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