Focus on Integrated Treatment (FIT)

Focus on Integrated Treatment
Whole Treatment. Whole Recovery. Whole Lives.

Funded Jointly by

New York State Office of Mental Health and OASAS
Improving Lives.

Center for Practice Innovations
Building best practices with you.
The Challenge

• In 2007, 5.4 million adults in the U.S. had a co-occurring mental illness and substance abuse disorder (COD), yet only 10% received treatment for both.

• Failure to treat both disorders increases re-hospitalization, homelessness, incarceration, violence, economic hardship, and infectious diseases, leading to higher treatment costs and family burden.
What is integrated treatment for People with Co-Occurring Mental Health and Substance Use Disorders (COD)?

Both mental health and substance use treatment provided by the same clinician or team.

Receive treatment whether you walk into an OMH-licensed or OASAS-certified program.

No Wrong Door
What does integrated treatment for COD include?

- Assertive outreach and engagement
- Screening and assessment
- Motivational interventions
- Education about mental health and substance use
- Counseling – group, individual and/or family
- Staged interventions to target an individual’s stage of readiness for change
- Linkage to 12-step programs
- Long-term and comprehensive perspective
- Culturally sensitive

Integrated Treatment is Effective!

People achieve abstinence or really cut down on substance use

They get jobs

They get their own apartments or homes
They make friends with people who don’t use substances.

Their mental health symptoms improve and they are happier with life overall.


What is Unique about FIT?

We offer all training and supports online

We are one of a few blazing this new trail
Advantages to Distance Learning

Practitioners do not leave the office for extended periods to obtain training

No cancelled trainings (e.g., for weather) resulting in lost resources

Travel costs are eliminated
Advantages to Distance Learning

Log in and complete modules when convenient

New staff trained immediately and consistently

Re-review modules any time
35 Modules to Choose from
Pick what works best for your program

Motivational Interviewing

Cognitive-behavioral therapy

Stage-wise Treatment

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Screening & Assessment

Peer Recovery supports

Individual collaborative treatment
Supervision

Leadership

Capability & Fidelity
Team Leaders See Staff Progress

For assistance, please contact Melissa Hinds-Martinez at cpihelp@pi.cpmc.columbia.edu or 212-543-5941

View dashboards that you have created or which have been shared with you by selecting from the dropdown below. For help creating a dashboard, click here.
FIT Modules

Recovery Stories

Interactive Exercises

Video Skill Demonstrations

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at Columbia Psychiatry

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335 Active Programs Participating in FIT Distributed by License Type

- OMH, 270, 80%
- OASAS, 63, 19%
- Other, 2, 1%

Draft data as of 3/7/11
N=335 Active Programs
335 Active Programs Participating in FIT
Distributed by OMH Region

- Long Island, 38, 11%
- Western, 71, 21%
- Hudson River, 68, 20%
- Central, 24, 7%
- New York City, 134, 41%

Draft data as of 3/7/11
N=335 Active Programs
Cumulative Number of FIT Modules Completed Through 2/28/11, Active Programs

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Implementation: Lessons Learned

• Thoughtful Implementation Yields Results!
  • Workgroups and Implementation Plans are crucial
  • Training is important and Supervision is essential
  • Many programs have successfully implemented Integrated Treatment
  • Overtime not overnight
  • Small steps are important
FIT Implementation Support Goals

• Help support programs to build capacity in providing integrated treatment for persons with a co-occurring psychiatric and substance use disorder

• Help support high fidelity implementation
FIT Plan

- All implementation supports will be provided either through the internet or by teleconference

- Supports include:
  
  1. Monthly Interactive Webinars for Practitioners
     
     - Expansion and application of knowledge/skills presented in the online training modules for practitioners
     
     - Topics requested by programs – e.g., developing stage-based treatment groups, engagement strategies for people who have been hard to engage
2. Monthly Interactive Webinars for supervisors

- Expansion and application of skills/knowledge presented in the online training modules for supervision

- 4 part series based on the 2 supervision modules (completed webinars available as archive)
  - Field Mentoring (January 19, 2011)
  - Engaging Staff in the Change Process (February 16, 2011)
  - Peer Group Supervision Format (March 16, 2011)
  - Outcome Based Supervision (April 20, 2011)

- Additional webinars monthly based upon requests from supervisors
3. Development of Practice Improvement Networks (PINS)

- Support programs in their efforts to implement the core components of integrated treatment
- Collegial: programs share with each other their plans and successes and problem solve barriers
- Specific to program type:
  - ACT Teams
  - Clinics
  - PROS Programs
• PINS discuss topics relevant to program needs regarding implementation
• Potential and Actual PIN topics
  • Developing your program implementation plan
  • Deciding who should be part of the planning process, and selecting your workgroup
  • Identifying core components of integrated treatment and practitioner core competencies
  • Tools for evaluating and Improving staff core competencies
4. In addition, FIT will offer:
   • Individual program consultation as needed via teleconference
     • If demand exceeds resources, we will use alternative methods for consultation, such as the breakout room feature in Adobe Connect during PIN calls
   • Printable/linkable resources via the FIT Learning Community (e.g. copies of forms, recommended group treatment manuals)
   • *Coming soon*: Online Discussion Threads and Online “Ask the Expert” opportunities
For more information, please contact Nancy Covell at covelln@pi.cpmc.columbia.edu or call her at (646) 945-0227

To join the initiative, go to our website at http://practiceinnovations.org/
Click on “Quick Links” and Choose “Join the FIT Initiative”, and you can download a brief application (Word or Pdf)