

CONCURRENT DISORDERS SCREENING AND ASSESSMENT TOOL

Client/Patient ID Label

STEP 1 (Goals, Challenges, Plan, Strengths and Supports)

<ul style="list-style-type: none"> • What would help make your stay here meaningful? • What are your goals for a happy life? • If life could be different, what would you change? • What might you identify as challenges/barriers to achieving your goals (i.e. confidence, motivation, lack of social support, spiritual connection) 	Client's goals: 1. _____ 2. _____ 3. _____	Client's reported challenges/barriers: 1. _____ 2. _____ 3. _____	Plan (to be completed last): 1. _____ 2. _____ 3. _____
STRENGTHS & SOURCES OF SUPPORT	Client's strengths: _____ Client's sources of support (i.e. family, friends, community resources, spiritual affiliations, healthcare team): _____		
SUBSTANCE USE	When was the last time that you used alcohol or drugs? _____ Have you ever used substances intravenously? <input type="checkbox"/> NO <input type="checkbox"/> YES → If yes, which substances did you use intravenously? _____		

STEP 2 (CAGE-AID Screening)

1	Have you ever felt that you ought to cut down on your drinking (i.e. beer/liquor) or drug use (i.e. cannabis, cocaine, heroin)?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
2	Have people annoyed you by criticizing your drinking or drug use?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
3	Have you ever felt bad or guilty about you drinking or drug use?	<input type="checkbox"/> YES	<input type="checkbox"/> NO
4	Have you ever had a drink or used drugs first thing in the morning to steady your nerves or get rid of a hangover?	<input type="checkbox"/> YES	<input type="checkbox"/> NO

STEP 3 (Concurrent Disorders Assessment)

SUBSTANCE USE HISTORY	Substance	Pattern of Use (Last time used, Route, Pattern)	Quantity	Triggers/Identified Reasons of Use
<ul style="list-style-type: none"> • How long has it been since you last used (substance name) <ul style="list-style-type: none"> ○ More than one year ago ○ Within the last 3 months ○ Within the last month ○ Within the last 7 days ○ Within the last 3 days • How often do you use? • How much do you use? • How do you use them? (i.e. inject, inhale, by mouth) • When are you more likely to use? (triggers i.e. people, places, things, thoughts, emotions) • What would a situation in which you would use look like? 				

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STEP 3 (Concurrent Disorders Assessment - Continued)

Example Questions	Have you ever experienced cravings or physical discomfort when you stopped using? (i.e. Seizures, tremors, nausea, anxiety, etc.): _____	
SUBSTANCE USE HISTORY	Have you ever received treatment for substance use? What was your experience? _____	
<ul style="list-style-type: none"> Can you describe a time (or times) when you stopped using for a period of time? What was that experience like for you? Have you previously received help for substance use concerns? If so, what were some of the negative and positive experiences? 	Have you ever tried any alternative therapies to aid you in attaining your substance use goals? (i.e. Antabuse, Suboxone): _____	
	Do you feel as though you may have any other addiction? (i.e. gambling/lottery tickets, sex addiction): _____	
MENTAL HEALTH SERVICE HISTORY	Have you received support for mental health in the past? _____	
<ul style="list-style-type: none"> In the past, have you received any supports for your mental health? Have you ever been (admitted into a mental health hospital, received community support for your mental health, etc.)? From your experiences, what was helpful in supporting your mental health recovery? 	What services have you accessed and when? _____	
	What led you to these services? _____	
	What was helpful? _____	
MENTAL HEALTH AND SUBSTANCE USE INTERCONNECTIONS	Please check all statements that apply to the client:	Comments:
For clients with high insight regarding their mental health symptoms:	<input type="checkbox"/> Substance use may trigger mental health symptoms	
<ul style="list-style-type: none"> How does substance use affect your mental health? (i.e. hallucinations, paranoid thoughts, improved/decreased mood, etc. Vice-versa)? Have you had any life challenges that impacted on both your use of substances and your mental health? (i.e. trauma, grief and loss, stigma etc.)? 	<input type="checkbox"/> Mental health symptoms may trigger substance	
For clients with low insight regarding mental health symptoms:	<input type="checkbox"/> Common factor(s) (i.e. interpersonal difficulties, lack of support, trauma) may trigger both worsening of mental health and substance use.	
<ul style="list-style-type: none"> What thoughts/and or feelings usually go through your mind before you use? After you use? 	<input type="checkbox"/> Substance use issues and mental health symptoms may mutual influence each other.	
STAGE OF CHANGE & READINESS	Check the statement(s) that apply to each substance:	Substances:
<ul style="list-style-type: none"> What are some of the positives of your use of substances? What are some of the negatives? What are your thoughts about your use? *NOTE: A client may be at one stage of change for once substance, and another stage of change for a second substance. 	<input type="checkbox"/> Pre-contemplation Client does not recognize the need for change or is not actively considering change	
	<input type="checkbox"/> Contemplation Client recognizes problem and is considering change	
	<input type="checkbox"/> Preparation Client has decided to change and begins to plan steps towards recovery	
	<input type="checkbox"/> Action Client has initiated change in relation to substance use	
	<input type="checkbox"/> Maintenance Client is adjusting to change and is practicing new skills and behaviours to sustain change	
	<input type="checkbox"/> Relapse Client has relapsed to substance use	

Staff Name: _____

Signature/Designation: _____

Date (yyyy/mm/dd): _____

STEP 4: Stage-Wise Interventions

Stage of Change	Goals of Treatment	Interventions and Strategies	Resources (Can be accessed on Concurrent Disorders Intranet)
Pre-Contemplation	<ul style="list-style-type: none"> Establish therapeutic relationship Increase awareness of the impact of substances use on the client's life Increase awareness of meaningful activities that may be of interest to client. 	<ul style="list-style-type: none"> Establish rapport and build trust using Open-ended questions, Affirmations, Reflections and Summaries (OARS). Help client identify personal goals. Help client identify meaningful and recreational activities Ask permission to discuss substance abuse. Educate and support significant others to enhance their skills in supporting clients commitment to change. Provide information about the nature of substance use and its interactions with mental illness if permission granted 	<ul style="list-style-type: none"> Goal Sheet What are my character strengths worksheet Recreational Activities Worksheet Developing Discrepancy Worksheet Fact sheets on concurrent disorders Information for families on concurrent disorders
Contemplation	<ul style="list-style-type: none"> Create ambivalence regarding the need to continue as is or to change. Help the client discover intrinsic motivators. (Intrinsic motivation usually begins when clients recognize the discrepancies between "where they are" and "where they want to be") 	<ul style="list-style-type: none"> Help client identify personal goals and then develop discrepancy between the attainment of those goals and continued use of substances Evoke reasons for change. Focus on self-efficacy- review past and present successes. Emphasize personal choice. Enlist social support (family, peer). 	<ul style="list-style-type: none"> Pay off matrix Developing Discrepancy Worksheet Recreational Activities Worksheet What are my character strengths worksheet Schedule of self-help groups
Preparation	<ul style="list-style-type: none"> Help client develop self-efficacy (help client show optimism that he/she can take action to change substance use behaviour). Identify potential change strategies and choose the most appropriate one for their circumstances 	<ul style="list-style-type: none"> Reinforce self-efficacy Help client clarify their own goals and strategies for change Help client identify barriers to change and strategies to address barriers Continue to help client enlist social support Continue to focus on self-efficacy (review past and present successes). 	<ul style="list-style-type: none"> Payoff matrix and appraising change Goal sheet Identifying triggers worksheet Triggers and coping worksheet Schedule of self-help groups
Action	<ul style="list-style-type: none"> Carry out change strategies Provide support and encouragement to maintain gains achieved Reduce ambivalence in transitions from thought to action 	<ul style="list-style-type: none"> Help client develop coping strategies for symptoms and triggers as an alternative to self-medicating with substances Encourage and reinforce previous accomplishments. Help clients recognize stressful situations. Help clients generate ideas for self-rewards. Teach client skills for dealing with offers to use substances and cravings Encourage self-help groups for addiction or concurrent disorders 	<ul style="list-style-type: none"> Refusing drugs and alcohol worksheet Emergency coping card Identifying triggers worksheet Relapse prevention plan 3 D's worksheet Schedule of self-help groups
Maintenance	<ul style="list-style-type: none"> Reinforce new skills that help maintain recovery and a healthy lifestyle Develop a relapse prevention plan Develop a network of supports 	<ul style="list-style-type: none"> Develop a relapse prevention plan. Help client identify and sample substance-free sources of pleasure Help client practice and use new coping strategies Continue to encourage self-help groups/ building positive relationships. 	<ul style="list-style-type: none"> Relapse prevention plan Refusing drugs and alcohol worksheet Emergency coping card 3 D's worksheet Recreational activities worksheet Schedule of self-help groups
Relapse	<ul style="list-style-type: none"> Provide empathy, support, renew motivation, explore utilization of previous deterrents to relapse and explore possible 	<ul style="list-style-type: none"> Review relapse prevention plan Explore risk situations and strategies to overcome risk situations. Help the client see relapse as a learning opportunity. 	<ul style="list-style-type: none"> Relapse prevention plan Any of the above as indicated.

References

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