

ONLINE METHOD TO SCALE-UP INTEGRATED CO-OCCURRING DISORDER SERVICES

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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.

- Evidence-based integrated treatment for COD mitigates these risks, reduces treatment costs, and promotes individuals' recovery, independent living, and employment.
- Nationally, system administrators are faced with the challenge of helping practitioners make use of this evidence-based treatment and helping to assure the competencies of an ever-changing workforce.

- The Focus on Integrated Treatment (FIT) initiative was funded jointly by the State of New York Offices of Mental Health and Alcoholism and Substance Abuse Services.
- 35 half-hour modules provide training on integrated evidence-based COD treatment including assessment and identification of COD, stage-wise treatment, motivational interviewing, and more.
- First 10 modules were available November 2009, an additional 12 July 2010, and the final 13 December 2010.

- FIT is free to NYS providers.
- Participation in FIT is not required by NYS.
- In general, there are no fiscal incentives for providing integrated treatment.
- We are working with NYS to strengthen their message to providers to encourage participation.
- We are working with regional leaders to promote participation and to identify regional champions.

FIT Modules



Recovery
Stories

Interactive
Exercises



Video Skill
Demonstrations



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Award-Winning

Brandon Hall Gold and 2 Silver Omni Intermedia



If you build it, will they come?



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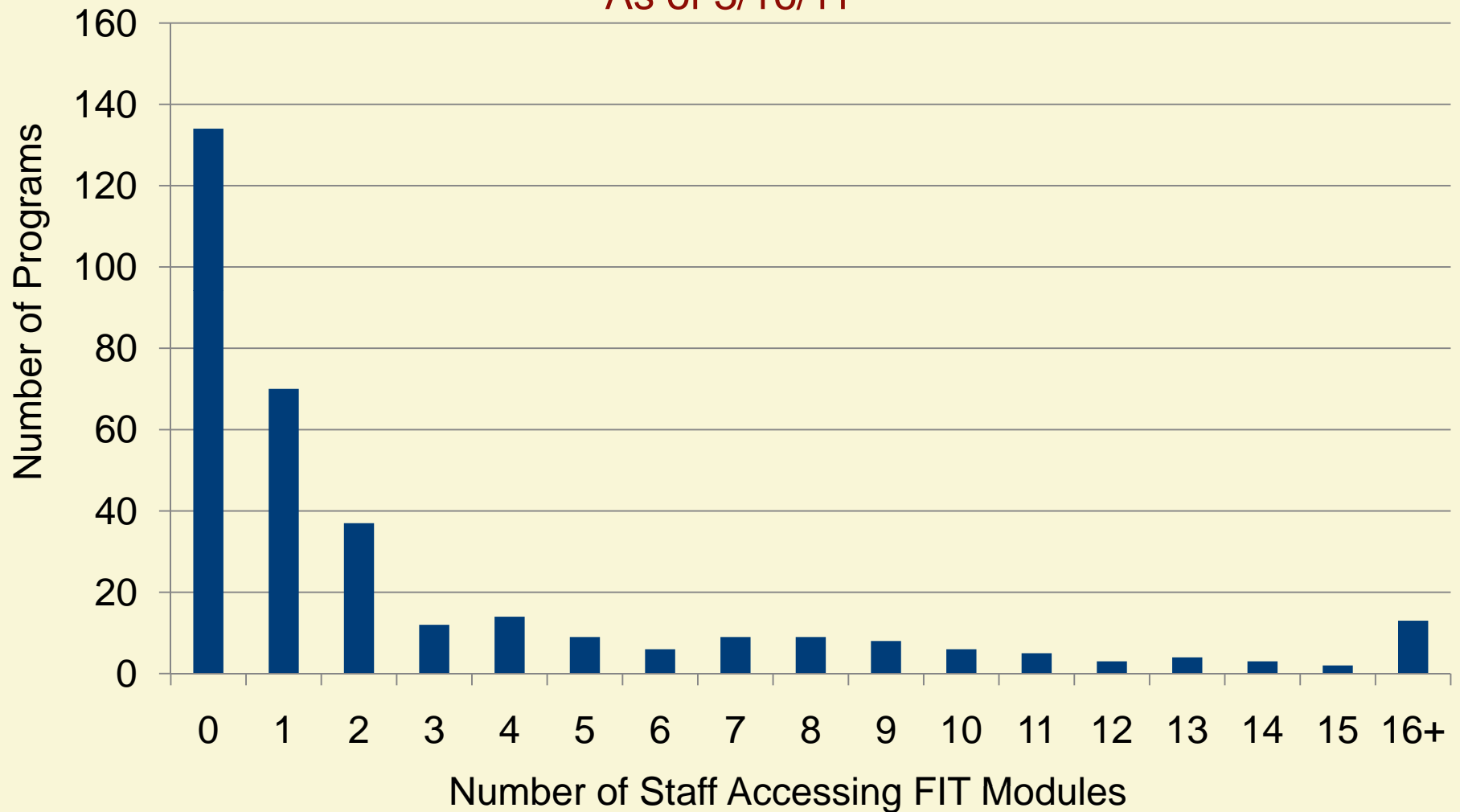
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Reach of FIT as of March 16, 2011

- 344 programs were actively participating in FIT.
- Of these, 210 (61%) had at least one staff member accessing the online modules.
- 28% of programs had 1/3 or more of their staff accessing the online modules (21% had half or more of their staff accessing the online modules).
- Staff who started taking the training averaged a little over 6 modules completed to date.

Frequency Distribution of Number of Staff Accessing FIT Modules

As of 3/16/11



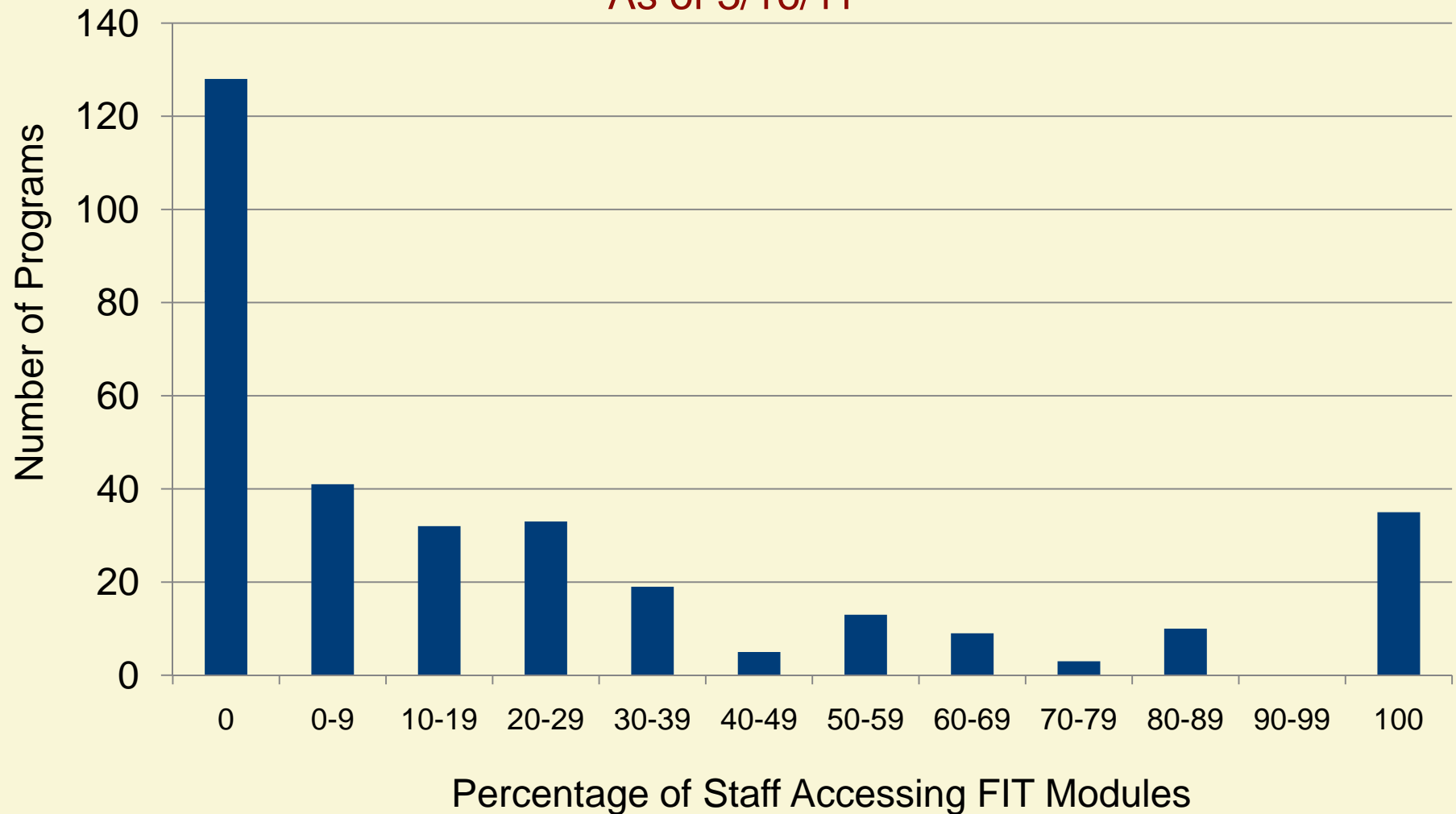
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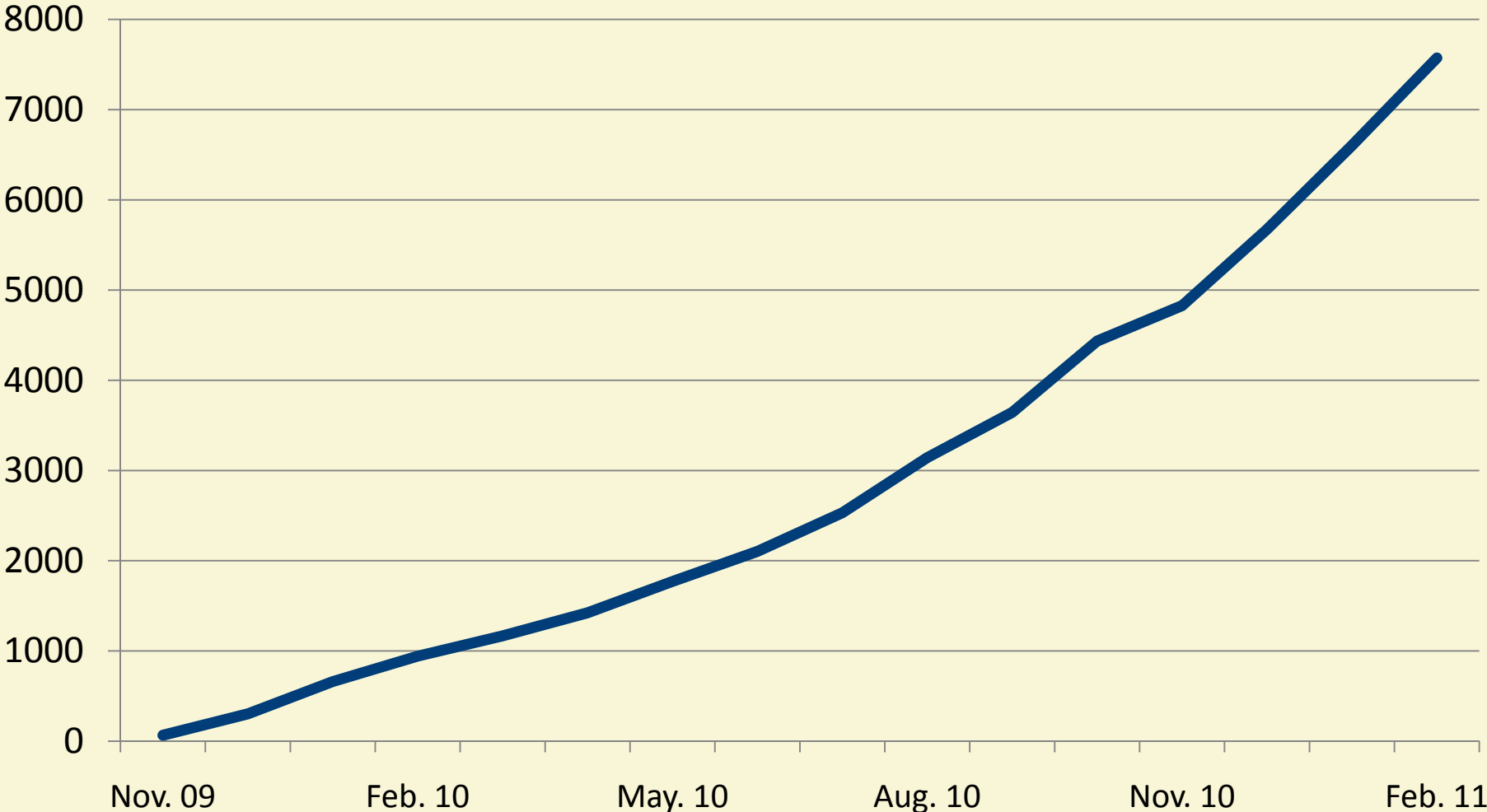
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Frequency Distribution of Percentage of Staff Accessing FIT Modules

As of 3/16/11



Cumulative Number of FIT Modules Completed Through 2/28/11



Practitioners Like the Modules

“I love the trainings. They are so welcome because it is difficult to get out of the office. I enjoy learning more about substance abuse and value the melding of the two disciplines.”

“I like the way you showed a real person in a real situation... the steps of each module were broken down to make them easy to learn, manageable and much in the same way I would hope I treat my clients.”



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“I like the mix of video and text. The information about stages of treatment and stages of change gives one some very concrete information which I can directly utilize when working with an individual”

Team Leaders Like Monitoring Staff Progress Online

The screenshot shows a web browser window displaying a dashboard for monitoring staff progress. The browser is Windows Internet Explorer, and the URL is https://rfmh.csod.com/Dashboard/DashboardView.aspx?db_id=4. The dashboard is titled "My Dashboards" and includes a contact information for Melissa Hinds-Martinez at cpihelp@pi.cpmc.columbia.edu or 212-543-5941. Below this, there is a "View" dropdown menu set to "Test Dashboard" and a "Refresh" button. The dashboard displays two charts:

Training Status

Staff Member	Registered/Not Started	In Progress	Completed	Incomplete	Past Due	Removed
Nacht, Michele	1	11	4	0	0	0
Margolies, Paul	0	13	1	0	0	0
Essock, Susan	0	0	2	0	0	0

Module 1

Category	Percentage
In Progress	75.0%
Completed	25.0%

The dashboard also includes a taskbar at the bottom with various application icons and a system tray showing the time as 3:03 PM on 9/22/2010.

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 Distance Implementation Supports

1. Monthly Interactive Webinars for Practitioners
2. Monthly Interactive Webinar for Supervisors
3. Monthly Practice Improvement Networks
4. Individual program consultations as needed
5. Printable/linkable resources via the FIT Learning Community (e.g. copies of forms, recommended group treatment manuals)

What's Next for FIT?

- Does taking the online training and participating in distance supports change practitioner behavior?
- Is there a “critical mass” in the proportion of staff trained that predicts successful implementation and sustainability?
- Do clients get better?

References

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Welcome to the Center for Practice Innovations



The Center for Practice Innovations (CPI) supports the New York State Office of Mental Health's mission to promote the widespread availability of evidence-based practices to improve mental health services, ensure accountability, and promote recovery-oriented outcomes for consumers and families. The CPI serves as a key resource to OMH by spreading those practices identified by OMH as most critical to accomplish OMH's system-transformation initiatives.