Invited keynote presentation given at *Rond-Point 2010: Congress on Addictions*, sponsored by Quebec Association of Addiction Rehab Centers, May 14, 2010, Montreal, Canada.

# Planning for Effective Treatment Services and Implementing Change

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Emeritus Director of IBR and
S.B. Sells Distinguished Professor

TCU Texas Institute of Behavioral Research

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## Sustaining & improving services?

"How do we keep doing ***more with less*** and also show favorable **evidence** for outcomes"?

- ***Calibrate*** needs & services for clients (care plans)
  - ✓ Triage clients into *intensity* levels (especially CJ)
- ***Sustain*** effective treatment system & process
  - ✓ Assessments & Interventions that *work & inter-connect*
- ***Translate*** local/national policy statements
  - ✓ Special care mandates & resource streams
- **Attend** to organizational climate/functioning

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## Check List for System Effectiveness

1. Are current ***assessments*** reliable measures of client needs and stages of change?
2. Do current ***interventions*** show measureable evidence of effectiveness (*related to needs*)?
3. Are these ***treatment components*** clearly interconnected and understood by staff?
4. Has "better" ***care planning*** improved engagement and retention in treatment?
5. Are there ***organizational/staff*** barriers that limit operational/performance levels?

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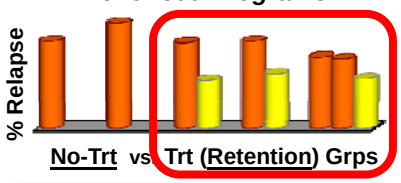
## NIDA's National Evaluations of Treatment Effectiveness in U.S.

**www.DATOS.org**

- **DARP** (1st US Study 1970s)
- **TOPS** (2st US Study 1980s)
- **DATOS** (3rd US Study 1990s)

***300+ Studies Published on 65,000 Drug Users Treated in over 300 Programs***




**PROCESS matters!!!**

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## Pathways to Recovery

(A 12-Year Followup, Simpson & Sells, 1990)

- ***Tired of the hassle – "hitting bottom" … (intra-individual)***
- ***Health/medical problems, religion …***
- ***Special events – getting married, family needs (inter-personal)***
- ***Fear of jail/violence … (environmental)***

**Starting place and route of travel differs across individuals!!**

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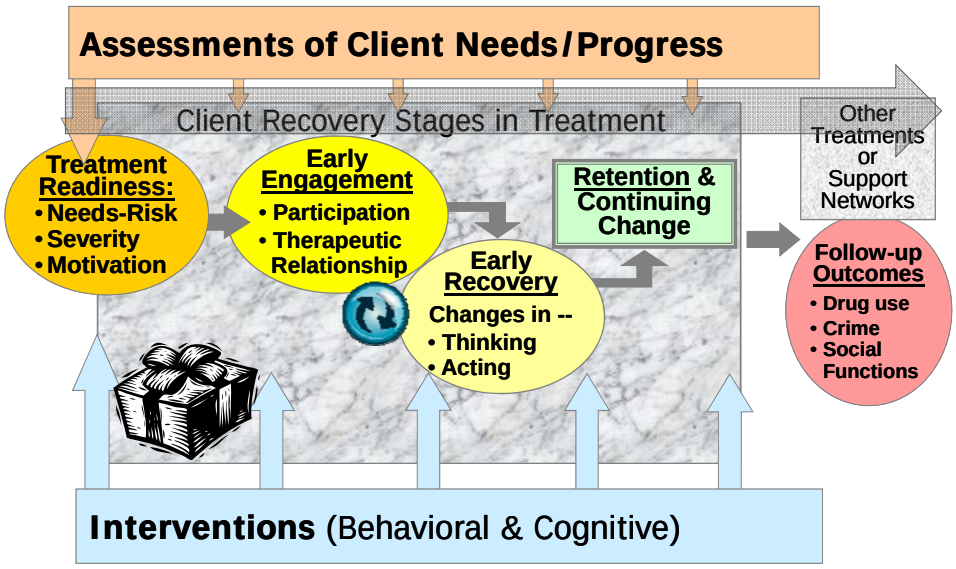
## "Adaptive" Treatment Approach




Simpson, 1995, 2001, 2004, 2006

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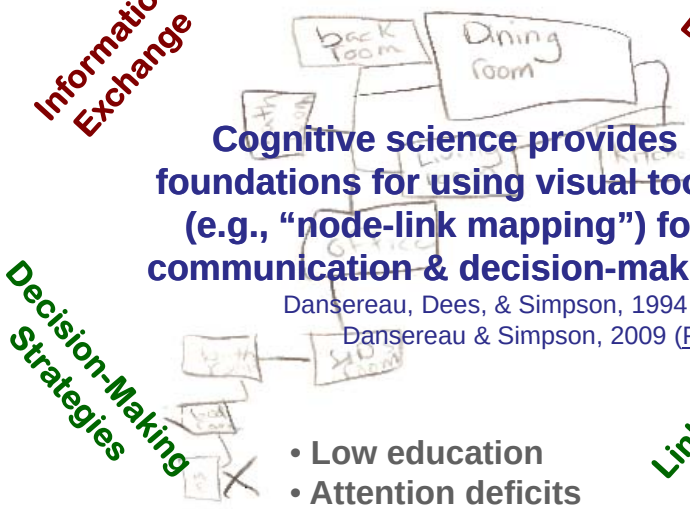
## TCU Mapping: A Visual Representation Strategy

NREPP SAMHSA's National Registry of Evidence-based Programs and Practices
"TCU Mapping-Enhanced Counseling"

Information Exchange

Group Discussion




**Cognitive science provides foundations for using visual tools (e.g., "node-link mapping") for communication & decision-making**

Dansereau, Dees, & Simpson, 1994 (JCP)
Dansereau & Simpson, 2009 (PPRP)

Decision-Making Strategies

Linking Events & Consequences

- Low education
- Attention deficits
- Language deficits

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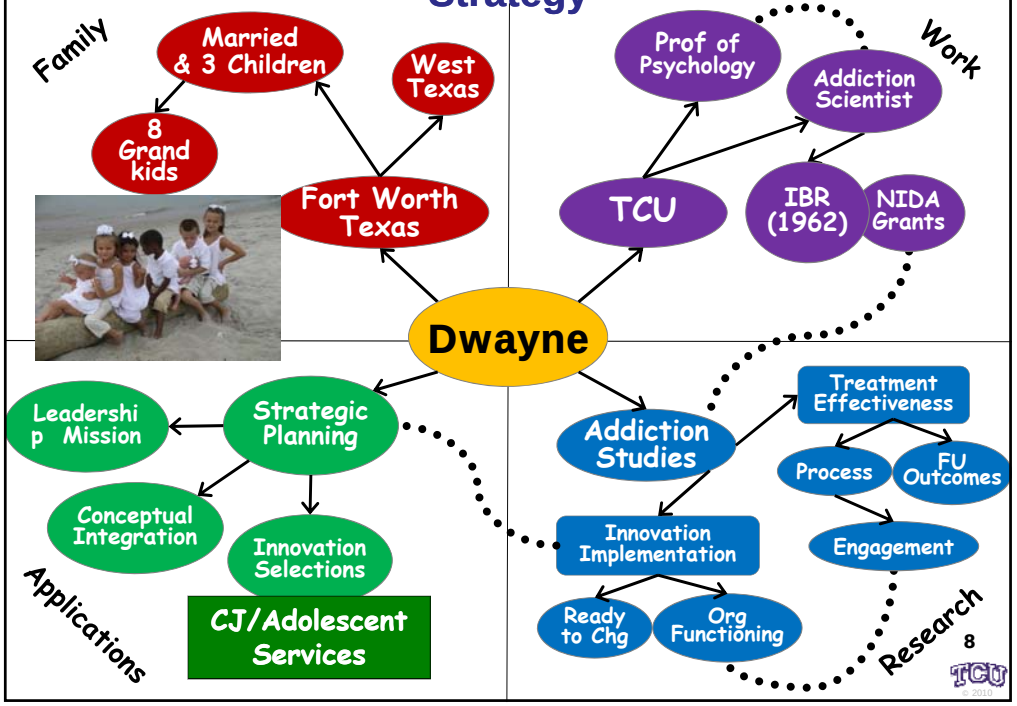
## TCU Mapping: A Visual Representation Strategy

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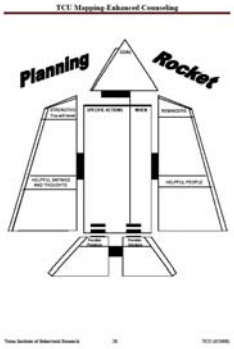
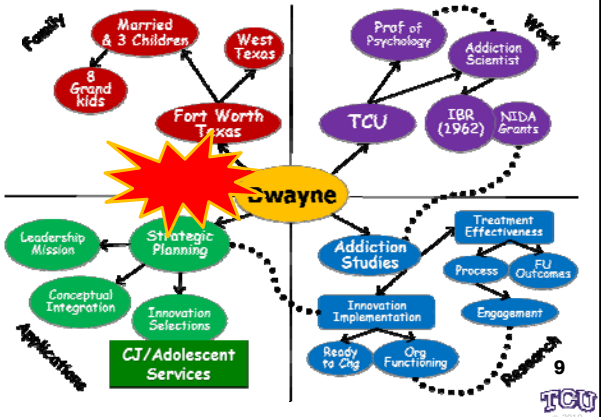
## TCU Mapping: A Visual Representation Strategy




- "Free-style" maps
- "Information" maps
- "Guided" maps

'Maps' help place events into records with visual context for discussion of impact and action.



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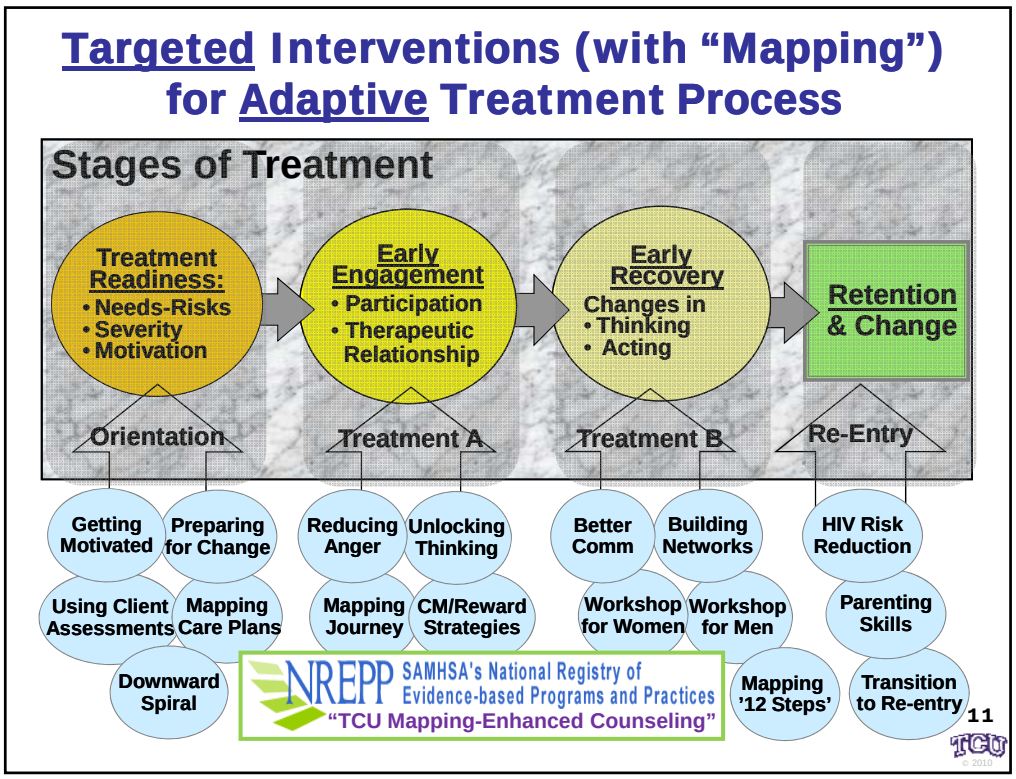


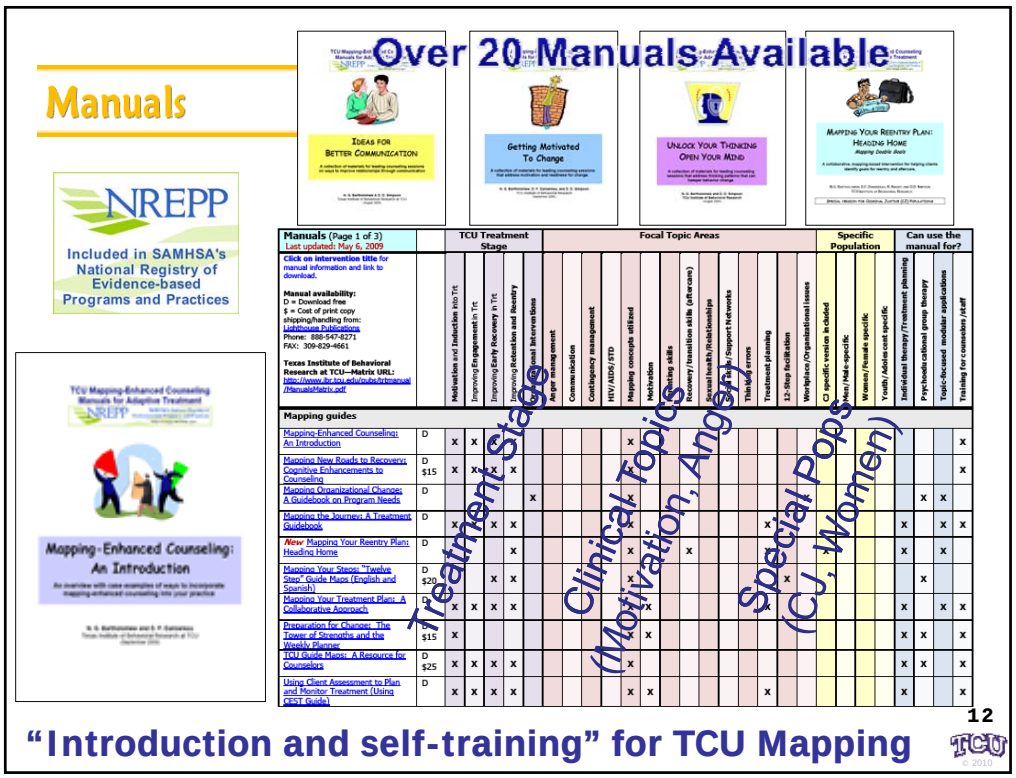


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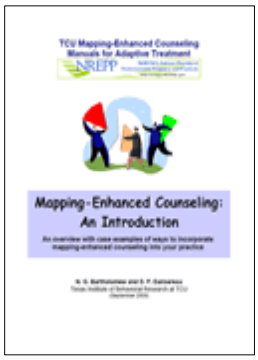
## Manuals

## New! Mapping *Atlas*

NREPP
Included in SAMHSA's National Registry of Evidence-based Programs and Practices




**Mapping Atlas for selecting guide maps for use in TCU Mapping-Enhanced Counseling for substance abuse treatment** Mar/18/2010

(Page 1 of 7)
(A matrix for selecting TCU guide maps)
Instructions for Mapping Atlas

Links to manuals' info & download:
GMTC-Getting Motivated to Change
MECI-Mapping Enhanced Counseling: An Introduction
M2-Mapping the Journey
MRP-Mapping Your Reentry Plan
MTP-Mapping Your Treatment Plan
TCUG-TCU Guide Maps

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Atlas URL: www.ibr.tcu.edu/pubs/brtmanual/mappingatlas.pdf
Click on link below to download a map.

| | | Topic Areas: Self and Others | | | | | | | Goals and Planning | | | | Recovery and Relapse | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | | Exploring self | Motivation | Dealing with emotions | Thinking errors | Health/HIV/AIDS/STDs | Improving Communication | Improving relationships | Treatment planning/goal setting | Planning critical actions | Monitoring Progress | Problem-solving/decision making | Reentry plan | Relapse prevention | Taking control | Social networks/peer inventory | Coping/stress management | Success/outcomes | Brick walls/setbacks |
| Activities "There are some activities that I could get into that would make me feel good...." | TCUG pg 83 | X | X | | | | | | X | | | | | X | | | | | |
| Attitude "This is how I would describe my attitude about...." | TCUG pg 82 | X | | | | | | X | | | | X | | | X | | | | |
| Avoid HIV/AIDS "Ways to Avoid Getting and Giving HIV/AIDS" | TCUG pg 71 | | | | | X | X | | | X | | | | | X | | | | |
| Bad Happening "What is the bad thing that happened to you?" | TCUG pg 110 | | | X | | | | | | | | X | | | | | X | | X |
| Blank map #1 ("Issue" node with 3 other empty nodes) | TCUG pg 126 | | | | | | | | | | | | | | | | | | |
| Blank map #2 (all purpose wagon wheel shape of nodes) | TCUG pg 125 | | | | | | | | | | | | | | | | | | |
| Blank map #3 (with instructions for growing a free map) | MECI pg 71 | | | | | | | | | | | | | | | | | | |
| Care Plan Update "Things I've said I want to work on" "Progress I have made in tackling them" | MTP pg 47 | | X | | | | | | X | | X | | | | | | | X | |
| Critical Action List for Aftercare and Recovery | TCUG pg 76 | X | | | | | | | | X | | | | X | | | | | |
| Decision Map (You have a decision to make about....) | MRP pg 51 | | | | | | | | | X | | X | | | X | | | | |
| Defining Your Critical Action "Picture yourself doing this...." | TCUG pg 77 | | X | | | | | | | X | | X | | X | | | | | |

**Top 70 Maps !**

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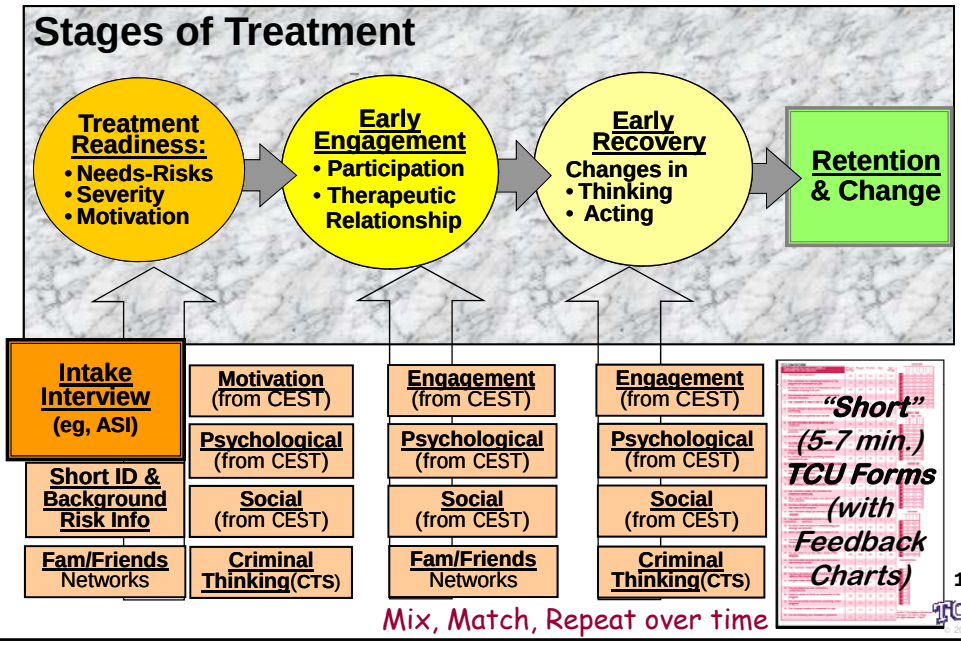
***NO Costs* for TCU Manuals**

## Tools for Assessing Client Needs and Progress During Treatment

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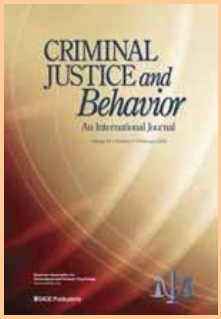
## Measures of Client Functioning

**Motivation**
- Problems
- Desire for Help
- TX Readiness
- Needs/Pressures




**Social Functioning**
- Hostility
- Risk Taking
- Social Support
- Social Desirability

**Criminal Thinking**
- Entitlement
- Justification
- Irresponsibility
- Power Orientation
- Cold Heartedness
- Rationalization

**Psychological Functioning**
- Self Esteem
- Depression/Anxiety
- Decision Making
- Expectancy

**Treatment Engagement**
- Satisfaction
- Rapport
- Participation
- Peer Support

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Joe et al, 2002; Simpson, 2004 (JSAT): Simpson & Knight, 2007 (CJB)

## TCU Short Forms for Client Assessments

**A. Client Drug Use and Crime Risk Forms:**
1. TCU Drug Screen II (DRUG SCREEN II)
2. Global Risk Assessment (A/Y-RSKFORM)
3. Criminal History Risk Assessment (CRHSFORM)
4. Criminal Thinking Scales (CTSFORM)

**B. Client Health and Social Risk Forms:**
1. Physical and Mental Health Status Screen (HLTHFORM)
2. Mental Trauma and PTSD Screen (TRMAFORM)
3. HIV/Hepatitis Risk Assessment (HVHPFORM)
4. Family and Friends Assessment (A/Y-FMFRFORM)

**C. Client Evaluation of Self and Treatment (CEST) Forms:**
1. Treatment Needs and Motivation (MOTFORM)
2. Psychological Functioning (PSYFORM)
3. Social Functioning (SOCFORM)
4. Treatment Engagement (ENGFORM)

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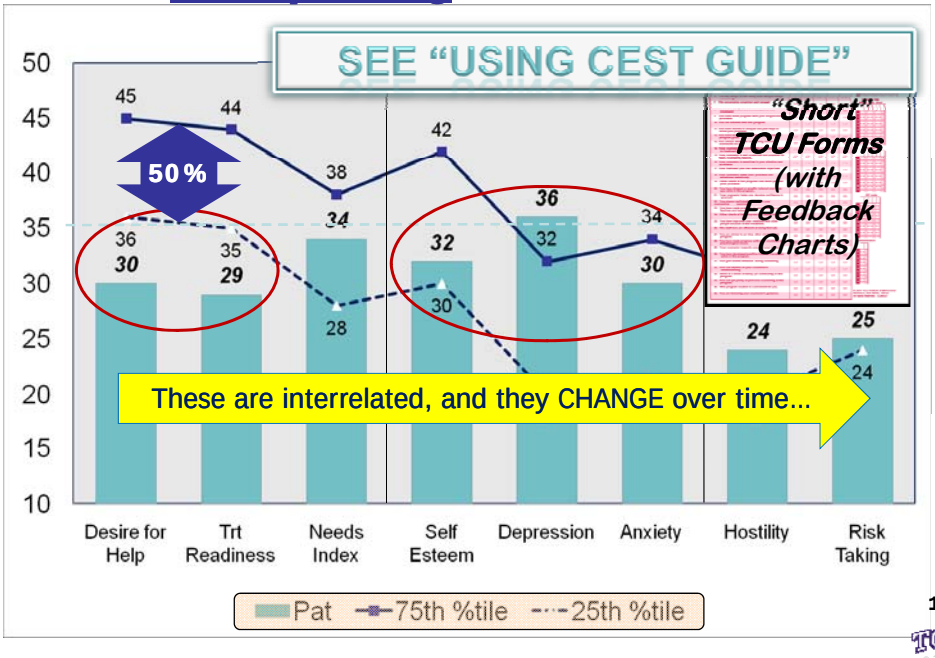
## Interpreting Client Scores

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## Core Ingredients of "Effective System"

1. Conceptual framework for treatment process
2. Assessments of client functioning (*CEST/CTS*)
3. Guides (manuals) for *targeted* interventions:
   - *Motivation/thinking engagement*
   - *Care planning & behavioral skills training*
4. Publications for showing "evidence-base"
5. Implementation principles for organizations
6. Field network of innovation "*ready* adopters"

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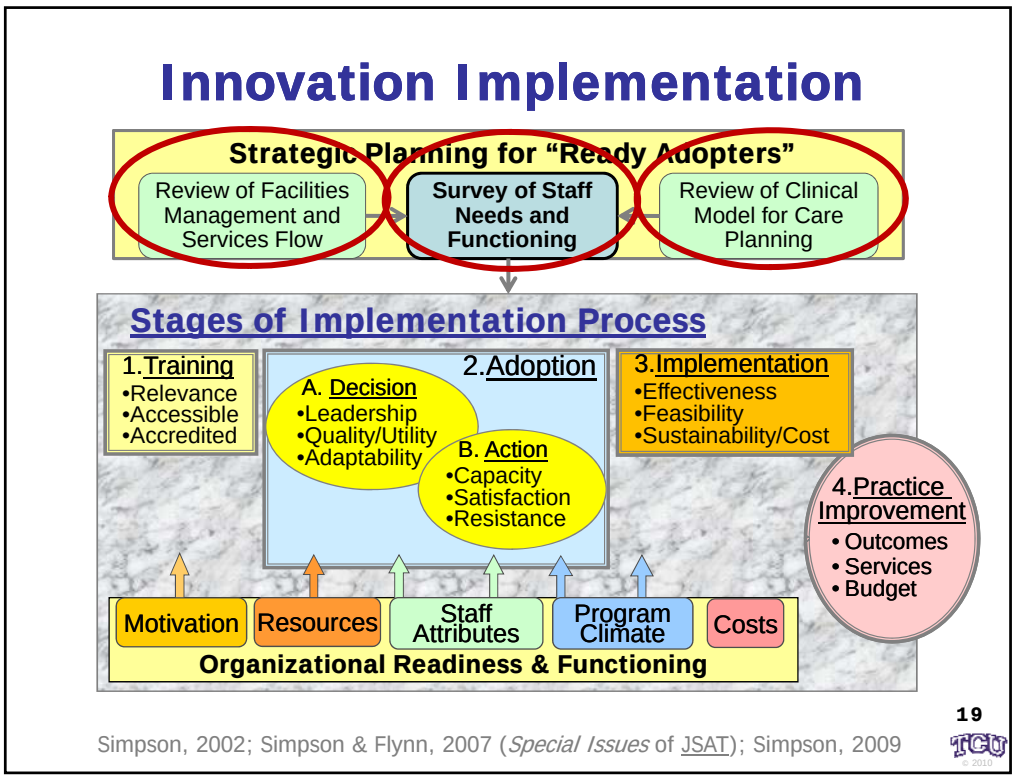


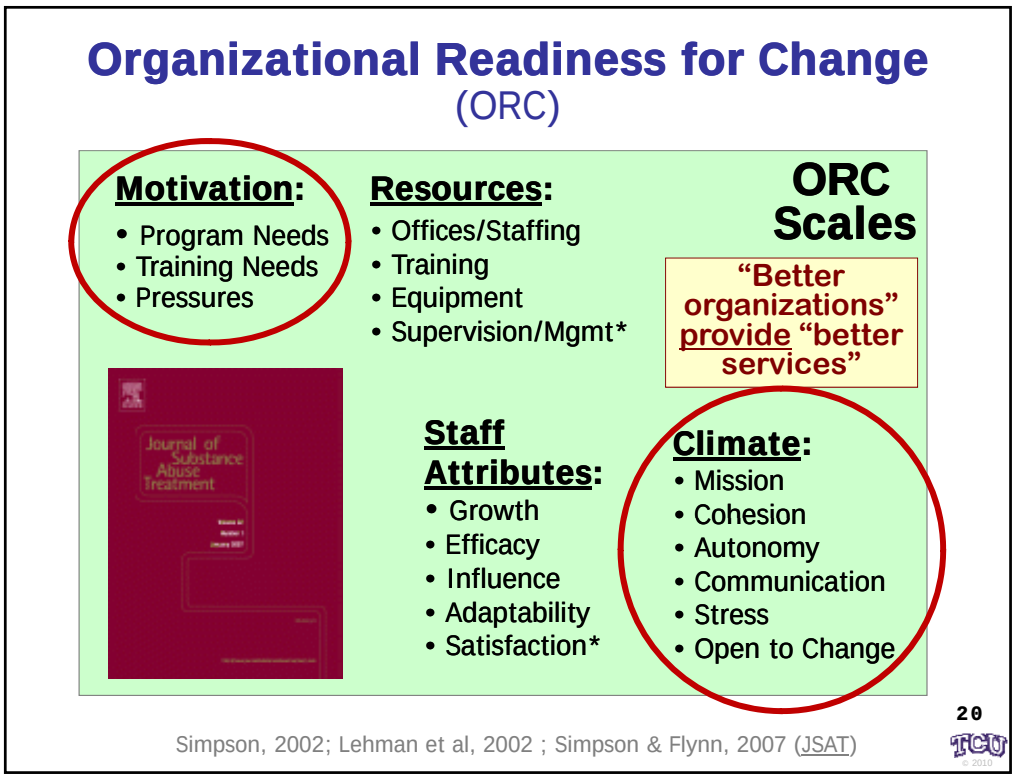


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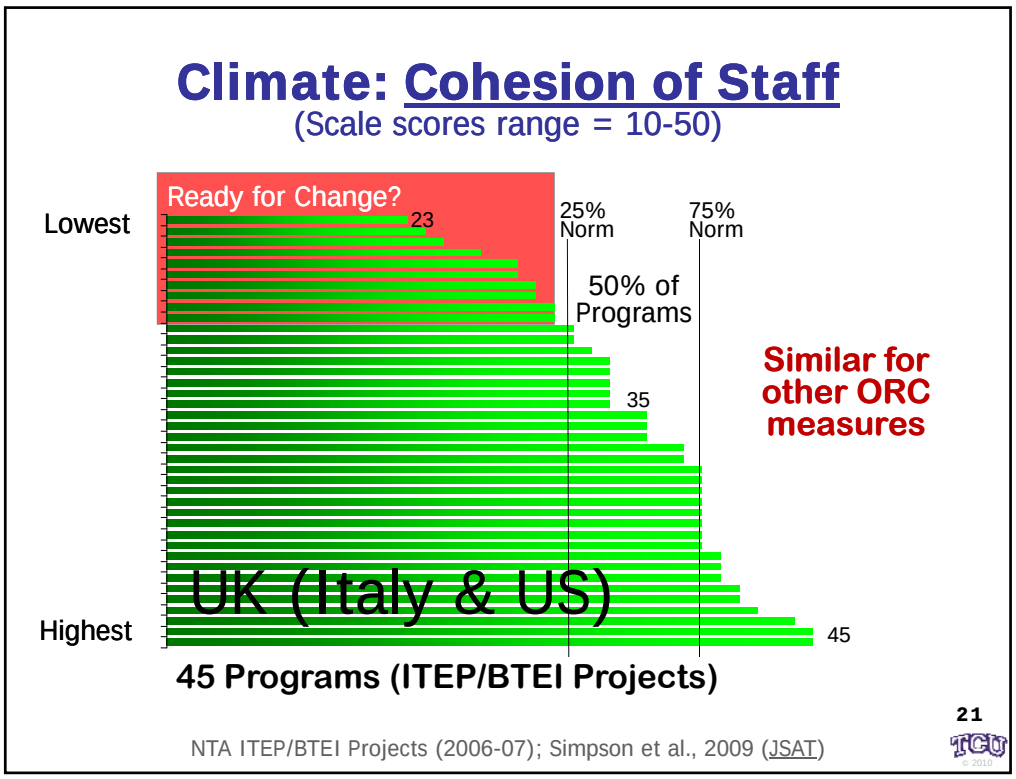


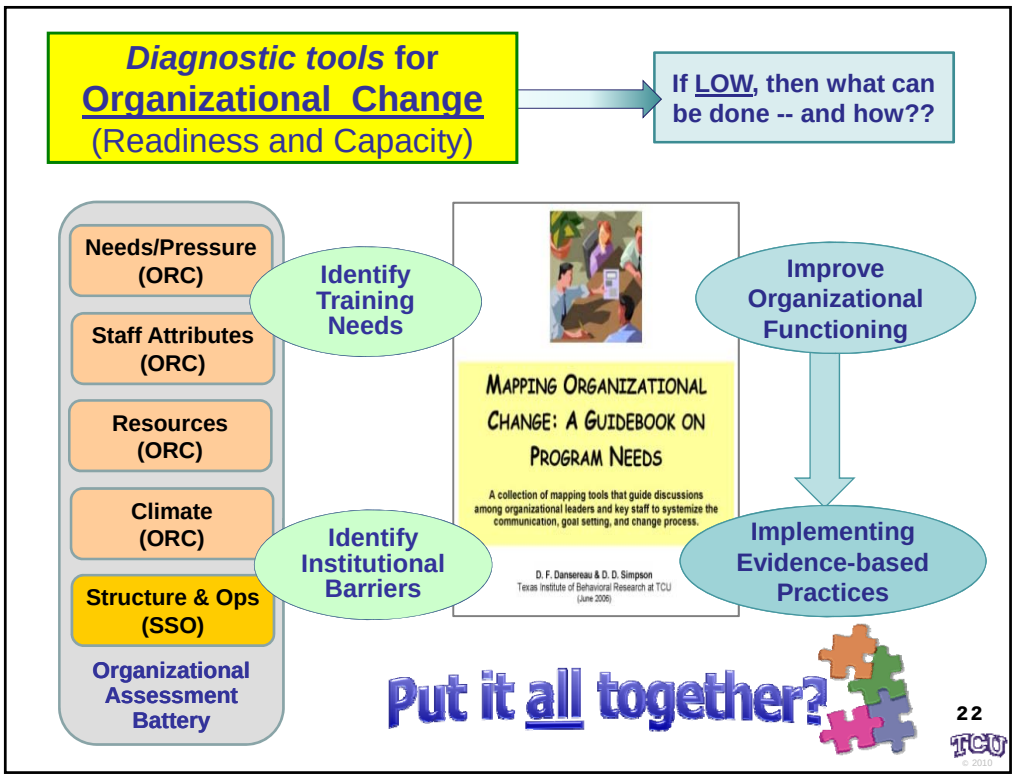


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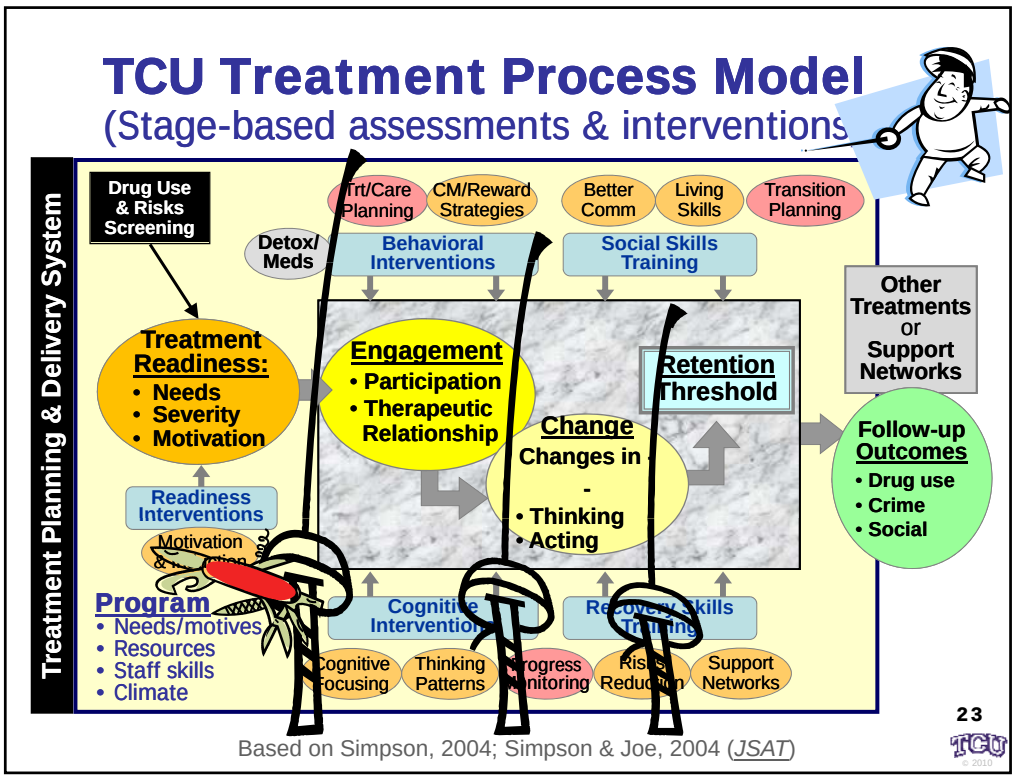


Based on Simpson, 2004; Simpson & Joe, 2004 (*JSAT*)

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