

# RESEARCH REPORTS FROM IBR

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## Date set for Summer Mapping Training

**Update:** the 2010 Summer Mapping Training was cancelled.

IBR's Summer Mapping Training held in July 2009 was highly successful (see the [Spring-Summer '09 issue](#) of *Research Reports from IBR*) and after working around some challenges of new research projects we have now another training set for June 22-24, 2010. As before, this 2 ½ day training will specialize on "TCU Mapping Enhanced Counseling: Applications for Mapping Trainers and Counseling Supervisors."

Information to be covered includes –

- What cognitive science tells us about useful communication and decision-making tools (**Professor Donald Dansereau**, TCU developer of "node-link mapping")
- Practical strategies for applying TCU Mapping techniques (**Norma Bartholomew**, Licensed Professional Counselor and IBR Clinical Training Coordinator)
- Using TCU Mapping (and Web resources) for care planning and staff training/supervision
- Practice and role-playing sessions for learning/training TCU Mapping

### IN THIS ISSUE

	Page
Figures 1-2	2
International Update: Mapping the UK	3
Latest IBR project updates	
Sustainable Disease Risk Reduction (DRR) Strategies for CJ Systems	4
Treatment Retention and Induction Program (TRIP) for Adolescents	4

## IBR Website Activity Update:

Top 10 treatment resources downloaded in 2009 from [www.ibr.tcu.edu](http://www.ibr.tcu.edu):

Title	Downloads
1. <a href="#">TCU Drug Screen II (CJ Forms)</a>	3,513
2. <a href="#">TCU Manuals Selection Matrix</a>	3,310
3. <a href="#">Youth Intake Form (Adolescent Program Forms)</a>	2,710
4. <a href="#">Assessment Fact Sheet for the Criminal Thinking Scales (TCU CTS)</a>	2,552
5. <a href="#">Criminal Thinking Scales (TCU CTS) (CJ Forms)</a>	2,129
6. <a href="#">Organizational Readiness for Change—Staff Version (TCU ORC-S) (Community Forms)</a>	1,854
7. <a href="#">Client Evaluation of Self and Treatment (TCU CEST) (Community Forms)</a>	1,622
8. <a href="#">Initial Assessment (Correctional Residential Treatment Forms)</a>	1,595
9. <a href="#">Getting Motivated to Change (treatment manual)</a>	1,583
10. <a href="#">Client Evaluation of Self and Treatment at Intake (TCU CEST-Intake) (Community Forms)</a>	1,476

## Welcome to the TCU Mapping Atlas!

Following on the high-frequency use of the [TCU Manuals Selection Matrix](#) (**Figure 1**, p. 2) placed on the IBR Website last year, the long-awaited [TCU Mapping Selection Atlas](#) (**Figure 2**, p. 2) is now also available. This dissemination aid for TCU Mapping- Enhanced Counseling (see [NREPP](#) on this evidence-based practice) extracts the most common and proven maps from the [full set of TCU Counseling Manuals](#) being used internationally for improving recovery-oriented psychosocial and related decision-making skills.

The purpose of the Atlas is to assist treatment practitioners in locating particular maps from the numerous resources available in TCU mapping manuals and guides. A "core set" of about 70 maps is listed and cross-linked for direct downloading from the 7-page Atlas, using a matrix structure carefully designed to help locate and select the maps most appropriate for a counseling need.

TCU Treatment Manuals (Page 1 of 3) Sept. 15, 2009 <small>Click on intervention title for manual information and link to download.  Manual availability: D = Download free from IBR Website LP = Printed copies of manual available at cost from: Lighthouse Publications Phone: 309-451-7828 FAX for PO's: 309-451-7761  Texas Institute of Behavioral Research at TCU—Matrix URL: <a href="http://www.ibr.tcu.edu/pubs/tbmanual/ManualMatrix.pdf">http://www.ibr.tcu.edu/pubs/tbmanual/ManualMatrix.pdf</a></small>	TCU Treatment Stage	Focal Topic Areas															Specific Population				Can use the manual for?						
		Motivation and Induction into Tt	Improving Engagement in Tt	Improving Early Recovery in Tt	Improving Retention and Reentry	Organizational Interventions	Anger management	Communication	Contingency management	HIV/AIDS/STD	Mapping concepts utilized	Motivation	Parenting skills	Recovery/transition skills (aftercare)	Sexual health/Relationships	Social skills/Support Networks	Thinking errors	Treatment planning	12-Step facilitation	Workplace/Organizational issues	CJ specific version included	Men/Male-specific	Women/Female specific	Youth/Adolescent specific	Individual therapy/Treatment planning	Psychoeducational group therapy	Topic-focused modular applications
<b>Mapping guides</b>																											
<a href="#">Mapping-Enhanced Counseling: An Introduction</a>	D	X	X	X	X					X																	X
<a href="#">Mapping New Roads to Recovery: Cognitive Enhancements to Counseling</a>	D LP	X	X	X	X					X																	X
<a href="#">Mapping Organizational Change: A Guidebook on Program Needs</a>	D					X				X								X						X	X	X	
<a href="#">Mapping the Journey: A Treatment Guidebook</a>	D	X	X	X	X					X	X					X								X		X	X
<a href="#">New Mapping Your Reentry Plan: Heading Home</a>	D				X					X		X	X		X			X					X		X		
<a href="#">Mapping Your Steps: "Twelve Step" Guide Maps (English and Spanish)</a>	D			X	X					X							X							X			
<a href="#">Mapping Your Treatment Plan: A Collaborative Approach</a>	D	X	X	X	X					X	X					X							X		X	X	
<a href="#">Preparation for Change: The Tower of Strengths and the Weekly Planner</a>	D LP	X								X	X												X	X			X
<a href="#">TCU Guide Maps: A Resource for Counselors</a>	D LP	X	X	X	X					X													X	X			X
<a href="#">Using Client Assessment to Plan and Monitor Treatment (Using CEAT Guide)</a>	D	X	X	X	X					X	X					X							X				X

Figure 1. TCU Manuals Selection Matrix

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  
[MJ](#)-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/tbmanual/mappingatlas.pdf](http://www.ibr.tcu.edu/pubs/tbmanual/mappingatlas.pdf)  
 Click on link below to download a map.

Activities	TCUG page	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
<a href="#">Activities</a> "There are some activities that I could get into that would make me feel good..."	TCUG pg 83	X	X						X					X					
<a href="#">Attitude</a> "This is how I would describe my attitude about..."	TCUG pg 82	X						X			X								
<a href="#">Avoid HIV/AIDS</a> "Ways to Avoid Getting and Giving HIV/AIDS"	TCUG pg 71					X	X			X									
<a href="#">Bad Happening</a> "What is the bad thing that happened to you?"	TCUG pg 110			X							X						X		X
<a href="#">Blank map #1</a> ("Issue" node with 3 other empty nodes)	TCUG pg 126																		
<a href="#">Blank map #2</a> (all purpose wagon wheel shape of nodes)	TCUG pg 125																		
<a href="#">Blank map #3</a> (with instructions for growing a free map)	MECI pg 71																		
<a href="#">Care Plan Update</a> "Things I've said I want to work on" "Progress I have made in tackling them"	MTP pg 47		X						X	X								X	
<a href="#">Critical Action List</a> for Aftercare and Recovery	TCUG pg 76	X								X									
<a href="#">Decision Map</a> (You have a decision to make about...)	MRP pg 51									X		X							
<a href="#">Defining Your Critical Action</a> "Picture yourself doing this..."	TCUG pg 77		X						X		X								

Figure 2. TCU Mapping Selection Atlas

# International Update: Mapping the UK

by Dr. Dwayne Simpson, *Emeritus Director and S. B. Sells Distinguished Professor*

Collaborative work between the IBR, service provider networks located in the North West and West Midlands of England, and addiction treatment scientists as well as policy-makers associated with England's **National Treatment Agency (NTA) for Substance Misuse** has been in progress since 2005. It has helped put in place an infrastructure for several regional initiatives and creation of new "UK-branded" resources on which broader implementation steps throughout other regions of the UK are now beginning to proceed.

These addiction treatment scientists and practitioners indeed have made impressive progress with British adaptations and targeted applications of TCU-originated treatment frameworks and resources to meet their service improvement needs in relation to psychosocial and life skill interventions. This work is serving to operationalize the mission of "recovery," a revitalized concept being widely endorsed in the UK as a pathway beyond methadone maintenance wherein many British treatment providers (and users themselves) complain they are "stuck."

In early 2009, the NTA announced its official endorsement of these strategies for enhancing client treatment engagement and retention in England. Of special importance for various UK intervention manuals under development was the use of TCU Mapping-Enhanced Counseling. This evidence-based graphic representation strategy is a featured tool in the list of NTA "Route to Recovery" resources.

Based in large part on these developments, NIDA approved a "US Distinguished International Scientist Award" to **Dwayne Simpson** for a 3-month visit to England, Scotland, and Wales to focus on structural and systemic implementation issues for clinical innovations. **Dr. Ed Day** from the University of Birmingham was the leading UK collaborator for the award and served as a member of the strategic

planning team—along with **Dr. David Best** from the University of the West of Scotland, and **Mr. Phil Conley** from the North West National Treatment Agency in Manchester—that arranged a series of 30 regional seminars and group meetings conducted with Professor Simpson during the Fall 2009.

These leadership seminars included hands-on and interactive discussions about how treatment elements adapted for clients in the UK "fit together" within strategies designed to address customized agency or program needs. The TCU conceptual models for addiction treatment process and innovation implementation were used as the basis for goal-specific discussions with participants about therapeutic enhancements. Key decision-makers and opinion leaders for assessment and service delivery innovations were involved.

Staff surveys (adapted from the TCU ORC assessment) completed in treatment team units provided guidelines for reviewing program-specific treatment needs and organizational functioning, particularly "readiness for change." Objectives for the seminar emphasized understanding of (1) adaptive treatment programming as represented by the treatment process and recovery framework, (2) the functional roles and interlacing of assessments and manual-guided interventions, (3) core ingredients of the treatment services represented by the seminar participants, their conceptual integration, and strengths and weaknesses as currently applied, and (4) strategic planning to address organizational barriers faced in adopting and implementing innovations within treatment programs and system networks.

A geographically and organizationally diverse coalition of leading addiction care providers and scientists is now working to sustain these systematic investments through the creation of a center to consolidate and coordinate

*Mapping the UK, continued on page 4*

## Latest IBR project updates

### Sustainable Disease Risk Reduction Strategies for Criminal Justice (CJ) Systems (CJ-DRR)

This 5-year project was funded by NIDA in 2008 and includes 2 major research phases focused on reducing addiction-related risks such as HIV, hepatitis, and other infectious diseases in criminal justice populations. Its first phase includes an intervention effectiveness study using randomized group assignments, and the second addresses its broader implementation trajectory in CJ field settings. A manual-guided DRR planning and decision-making strategy applies cognitive tools that focus on an evidence-based, visual-spatial approach (i.e., [TCU Mapping-Enhanced Counseling, included in NREPP](#)) rather than traditional didactic communication. The intervention package includes an end-of-treatment pre-release component (called *Way Safe*) as well as a post-release component featuring community applications (called *Keep It Safe Toolkit*).

Phase 1 studies are in progress in Texas and Missouri, and Phase 2 will be initiated next year with an expanded network of CJ systems in several southwestern region states. IBR Senior Research Scientist, **Dr. Wayne Lehman**, is the Principal Investigator for this study.

### Treatment Retention and Induction Program (TRIP) for Adolescents

This 5-year project was funded by NIDA in January 2010 and proposes to adapt, for adolescent treatment, evidence-based induction and retention tools that have been developed at the IBR and effectively implemented with adult and young adult treatment samples. These are being packaged as a Treatment Retention and Induction Program (TRIP) and include materials and strategies that programs can easily adopt and implement into routine clinical practice with limited disruption to their existing treatment curricula. Currently,

residential providers are challenged by 40-50% of their adolescent clients dropping out during their first month of treatment. Transforming adolescents into motivated and active participants early in their treatment requires interactive, attention-focusing activities directed toward increasing self-knowledge and understanding of substance use consequences. The critical point of impact in this process is the early days of treatment, immediately following entry.

The research has 2 major research phases. The first (TRIP Effectiveness Study) is aimed at determining the effectiveness of TRIP as it is being delivered in adolescent programs. The second phase (TRIP Implementation Study) will address the wider scale implementation of TRIP in other adolescent community-based settings, working with Therapeutic Communities of America as a major collaborator in the project. IBR Director, **Dr. Pat Flynn**, is the Principal Investigator for this study.

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### *Mapping the UK*, continued from page 3

their activities in Britain. **Mike Ashton**, Editor of *Drug and Alcohol Findings*, has taken an important leadership role for assembling a central committee for establishing the "Recovery Engagement and Life Skills Initiative" (RELSI) project. This is being viewed as a crucial step in the provision of useful evidence-based "action plans and tool kits" for advancing treatment-guided recovery efforts in the UK.

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