



CONCURRENT DISORDER TRAINING

A 5 DAY TRAINING PROGRAM FOR PEOPLE WHO WORK WITH INDIVIDUALS WHO HAVE A CO-OCCURRING MENTAL ILLNESS AND SUBSTANCE USE PROBLEM

SESSION

2009-2010

Canadian Mental Health Association
Ottawa Branch
1355 Bank Street, Suite 402
Ottawa, ON K1H 8K7
Tel: 613-737-7791
Website: www.cmhaottawa.ca

This training has been certified for 38 core hours by the Canadian Addiction Counsellors Certification Board

WHAT IS CONCURRENT DISORDER?

A Concurrent Disorder refers to a co-occurring mental illness and a substance use disorder.

WHY IS IT IMPORTANT FOR ME TO KNOW ABOUT CONCURRENT DISORDER?

- Estimates of individuals with mental illness who have a co-occurring substance use disorder range from 20% to over 65%.

Comment Consequences of Substance Use in Persons with Severe Mental Illness *

- Relapse and rehospitalization
- Financial problems
- Family conflict
- Housing instability and homelessness
- Noncompliance with medication and psychosocial treatment
- Violence
- Victimization
- Suicide
- Legal problems and incarceration
- Trading sex for drugs or money
- Health problems
- Health risk behaviors for infectious diseases (e.g., exchanging needles, unprotected sex)

* Mueser, Kim T. et al. (2003) Integrated Treatment for Dual Disorders. New York: Guilford Press.

Since 2001, CMHA, Ottawa Branch has provided a group treatment program for clients who have a co-occurring mental illness and substance use disorder. In 2007-08 CMHA-Ottawa provided 18 groups in partnership with 8 community addiction agencies for 160 clients. Many trainers have previous or current experience as group facilitators

WHAT IS INCLUDED IN THE TRAINING PROGRAM?

- 1. Overview of Concurrent Disorders (1 day)**
 - Introductions
 - Orientation to concurrent disorders
 - Prevalence of concurrent disorder
 - Homelessness
 - Principles of integrated treatment
 - Integrated Treatment at CMHA, Ottawa
 - Harm reduction
 - 2. Assessment and Treatment Planning for Mental Illnesses and Substance Use Disorders (2 days)**
 - Overview of assessment
 - Detection of mental illnesses and substance use disorders
 - Classification of mental illnesses and substance use disorders
 - Functional assessment
 - Functional analysis
 - Treatment planning
 - Stages of change and stages of treatment
 - Building empathy and hope / grieving mental illness
 - 3. Intervention Strategies (2 days)**
 - Focus on motivational interviewing, including early strategies and traps
 - Eliciting self motivational statements
 - Responding to resistance
 - Strengthening commitment to change
 - Building a plan
 - Groups and group work
 - Managing the challenges and building support
- Wrap-up the CDTTP**
- Providing closure to the training program
 - Program evaluation

The cost of training includes the following handouts for each session: Best Practices, Concurrent Mental Health & Substance Use Disorders; Health Canada, 2001; a textbook, Integrated Treatment for Dual disorder; A Guide to Effective Practice, by Kim T. Mueser et al; and refreshments.



WHO ARE THE TRAINERS?

A variety of trainers will be leading the sessions. All of our trainers work as clinicians in the fields of mental health, addictions and/or homelessness and bring first-hand experience of working with clients who have a concurrent disorder to the training. They have each successfully completed an instructional techniques training program to ensure a high standard of delivery. Without their assistance, we could not provide the Concurrent Disorders Training Program at such a reasonable cost.

HOW TO REGISTER

Cost for the five-day training is **\$300.00 (GST included)** Please send completed registration form, along with **CHEQUE** payable to CMHA, Ottawa Branch to:

Canadian Mental Health Association, Ottawa Branch 1355 Bank Street, Suite 301, Ottawa, ON K1H 8K7

REGISTRATIONS WILL BE ACCEPTED BY TELEPHONE ONLY IF PAYING WITH VISA OR MASTERCARD. Please note that registration must be received 2 weeks prior to the workshop dates.

There will be a \$20.00 charge on all returned cheques.

The program is offered at cost and there will be NO refunds or subsidies.

PARKING

Limited meter parking is available for a maximum of \$8.00 per day payable by coin or credit card.

SESSION DATES OF 2009-2010

SESSION 1

- November 16, 2009 – 9:00 a.m. – 4:30 p.m.
- November 17, 2009 – 9:00 a.m. – 4:30 p.m.
- November 18, 2009 – 9:00 a.m. – 4:30 p.m.
- November 19, 2009 – 9:00 a.m. – 4:30 p.m.
- November 20, 2009 – 9:00 a.m. – 4:30 p.m.

SESSION 2

- January 18, 2010 – 9:00 a.m. – 4:30 p.m.
- January 19, 2010 – 9:00 a.m. – 4:30 p.m.
- January 20, 2010 – 9:00 a.m. – 4:30 p.m.
- January 21, 2010 – 9:00 a.m. – 4:30 p.m.
- January 22, 2010 – 9:00 a.m. – 4:30 p.m.

SESSION 3

- February 22, 2010 – 9:00 a.m. – 4:30 p.m.
- February 23, 2010 – 9:00 a.m. – 4:30 p.m.
- February 24, 2010 – 9:00 a.m. – 4:30 p.m.
- February 25, 2010 – 9:00 a.m. – 4:30 p.m.
- February 26, 2010 – 9:00 a.m. – 4:30 p.m.

SESSION 4

- April 19, 2010 – 8:30 a.m. – 4:00 p.m.
- April 20, 2010 – 8:30 a.m. – 4:00 p.m.
- April 21, 2010 – 8:30 a.m. – 4:00 p.m.
- April 22, 2010 – 8:30 a.m. – 4:00 p.m.
- April 23, 2010 – 8:30 a.m. – 4:00 p.m.

SESSION 5

- May 31, 2010 – 8:30 a.m. – 4:00 p.m.
- June 1, 2010 – 8:30 a.m. – 4:00 p.m.
- June 2, 2010 – 8:30 a.m. – 4:00 p.m.
- June 3, 2010 – 8:30 a.m. – 4:00 p.m.
- June 4, 2010 – 8:30 a.m. – 4:00 p.m.

Registration is limited!

CMHA

Tel: 613-737-7791 & Fax 613-737-7644

Email: info@cmhaottawa.ca

5 DAY CONCURRENT DISORDER TRAINING

(PLEASE TYPE OR PRINT CLEARLY)

NO REGISTRATION ACCEPTED WITHOUT PAYMENT.

Registration Fee: \$300.00 (GST included). There will be a \$20.00 charge on all returned cheques.

MAIL TO: CMHA, Ottawa Branch, 1355 Bank Street, Suite 301, Ottawa K1H 8K7.

Name: _____
 Organization: _____
 Address: _____
 City: _____ Province: _____ Postal Code: _____
 Telephone: (Home) _____ (Office) _____
 Email: _____

WORKSHOP REGISTERED FOR: _____ (Date)

Do you need a receipt: YES _____ NO _____