

Integrated Mental Health/Substance Treatment in the Real World



Learning Objectives

After attending this workshop, attendees will have a working knowledge of

- Research-based principles for integrating mental health/substance treatment.
- Understand the components of Encompass – an evidence-based, integrated substance /mental health treatment modality for adolescents and young adults
- Encompass empirical support and outcomes

ENCOMPASS

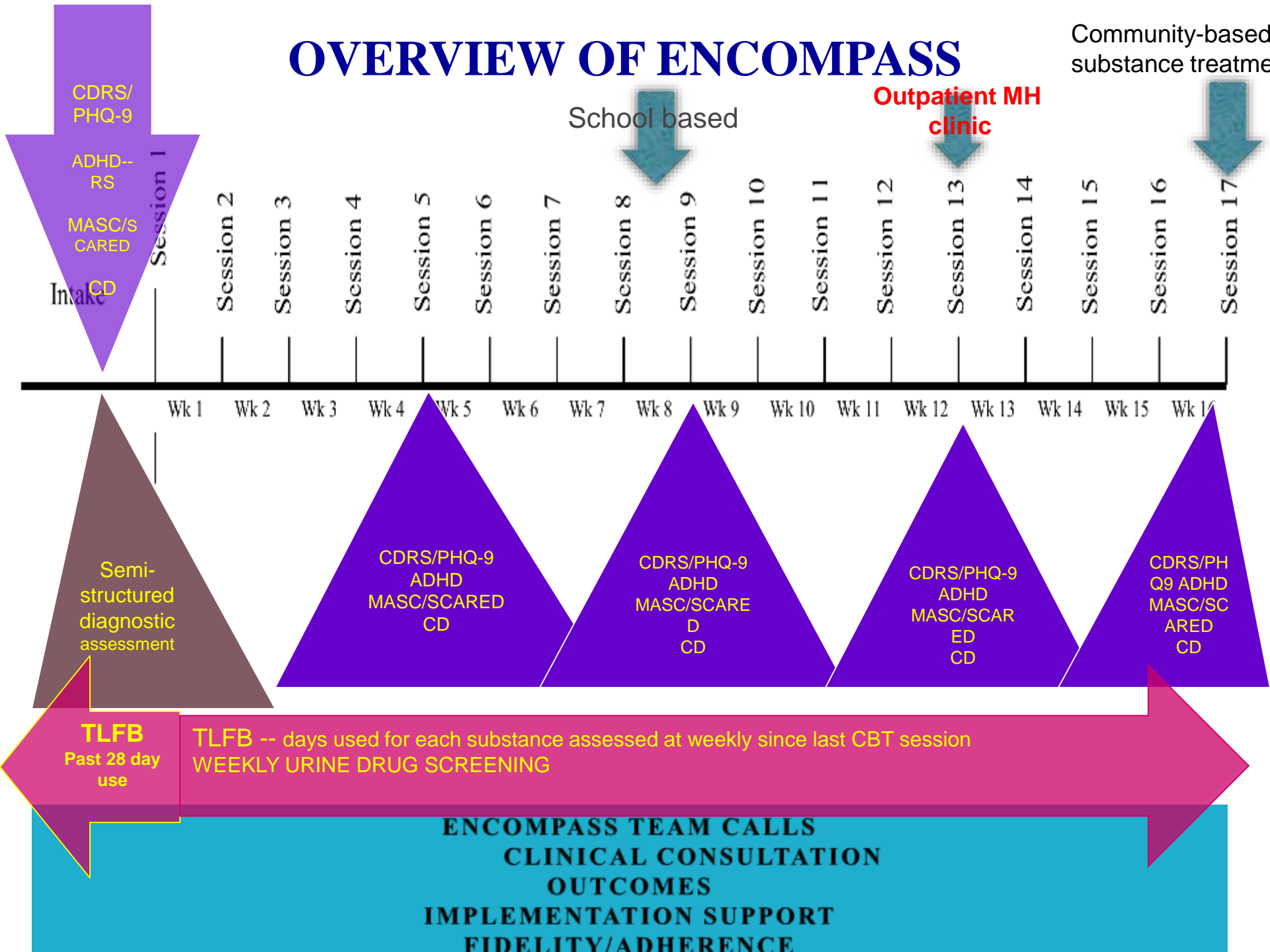
Integrated
Treatment
for
Adolescents
and Young
Adults

WHAT IS ENCOMPASS?

- Comprehensive diagnostic and clinical evaluation
- Valid repeated clinical progress measures and systematic outcomes assessment
- Individual MET/CBT
- Contingency management (CM)/motivational incentives
 - Compliance
 - Abstinence
 - pro-social, non-drug activities

OVERVIEW OF ENCOMPASS

Community-based substance treatment



ENCOMPASS

Treatment Outcomes

EMPIRICAL SUPPORT

Evidence-Based Substance and Psychiatric Treatments for Adolescents

Psychiatric Disorders

Conduct Disorder (60-80%)

- ❖ Family-Based
- ❖ CBT

Depression, Anxiety(30-40%)

- ❖ CBT
- ❖ Pharmacotherapy

ADHD (30-50%)

- ❖ CBT
- ❖ Pharmacotherapy

Substance Use Disorders

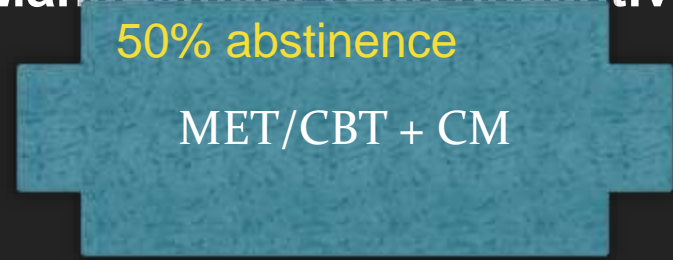
- ❖ Family-based (MDFT, FFT, MST, BSFT, ACRA-with MET/CBT) (< 20% abstinence)

- ❖ Behavioral/Contingency Management (CM) /incentives

50% abstinence

MET/CBT + CM

- ❖ Cognitive Behavioral Therapy (CBT)+ MET (30% abstinence)



Substance Treatment Outcomes

3 Month Post-Treatment

Family-Based
Therapy

MET/CBT

2/18



9/12



7/18

=

2/12

=

9/18



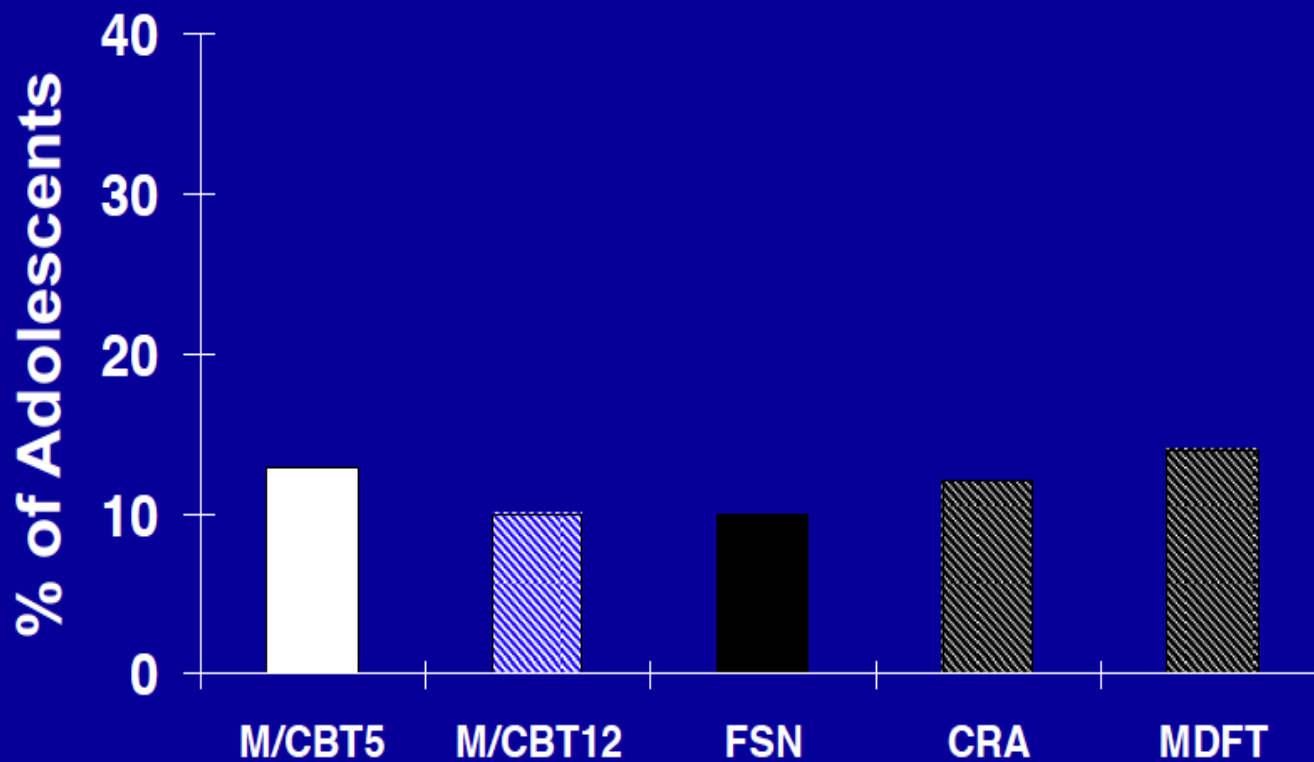
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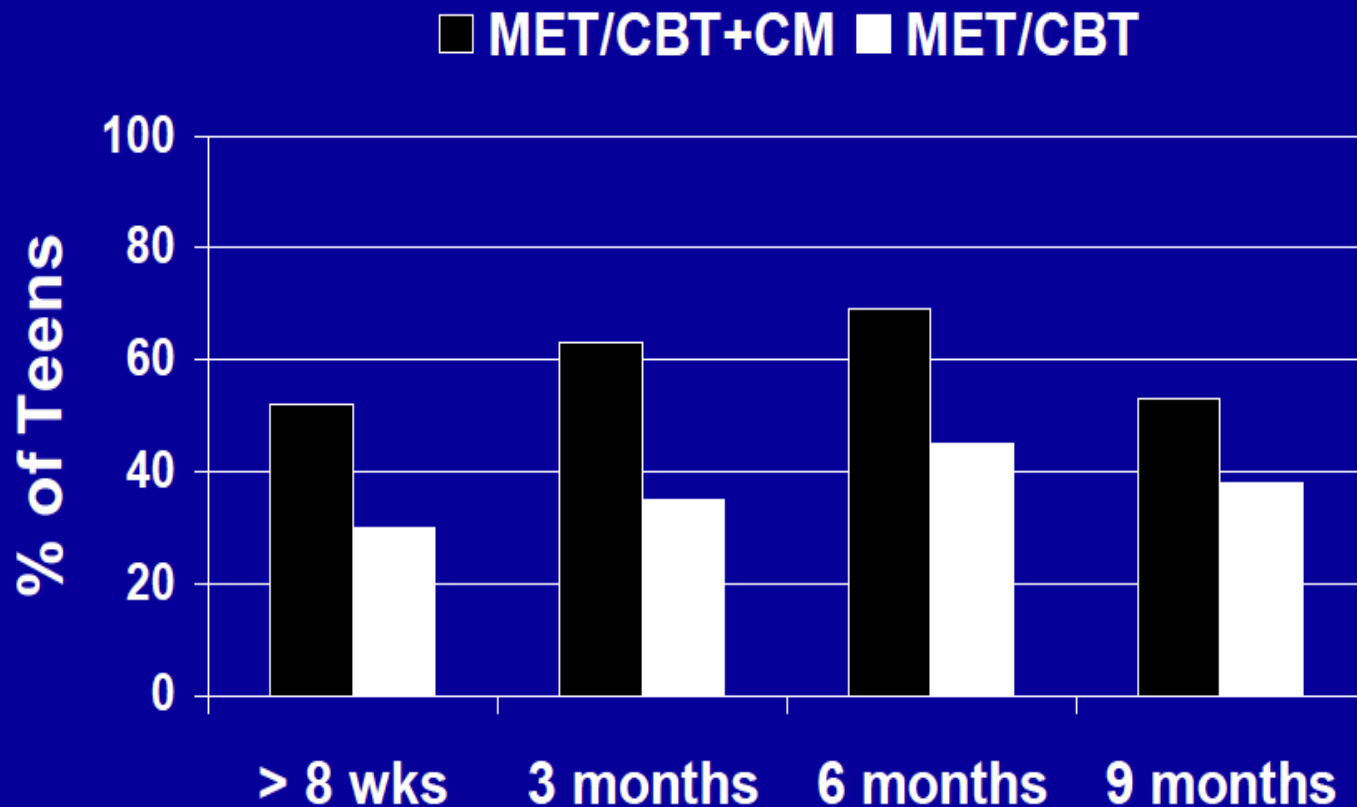
Cannabis Youth Treatment Study

Treatments Engender Marijuana Abstinence

% Abstinent at Discharge



CM (Incentives) Improves Outcomes for Adolescent Marijuana Abuse



Stanger, Budney et al. (2009)

SUMMARY OF CURRENT YOUTH SUBSTANCE TREATMENT OUTCOMES

Abstinence rates with most existing substance
treatment interventions < 20% (including group MET/CBT, MDFT, ACRA),

Individual MET/CBT approximately= 30%

Individual MET/CBT + CM incentives = approximately 50%

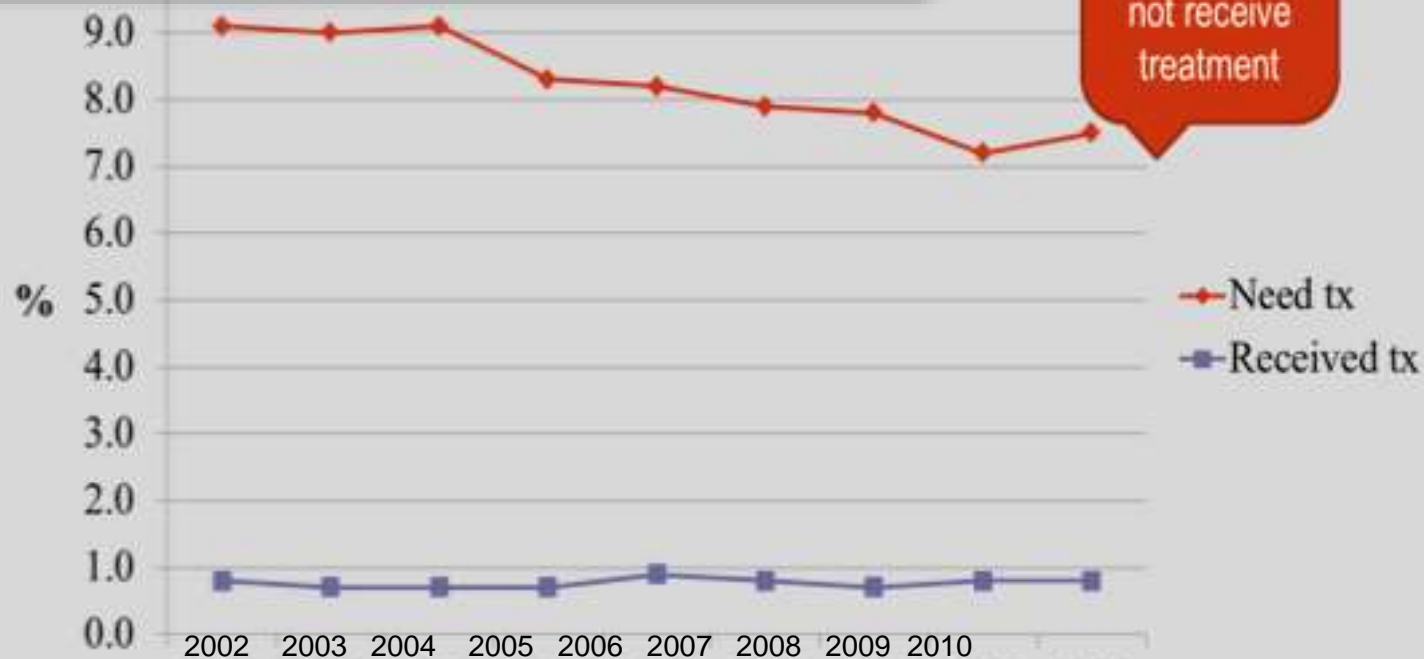
Key limitations of existing evidence-based substance treatment interventions

- <10% who could benefit from treatment receive it
- Existing EBPs DO NOT integrate or concurrently
treat co-occurring mental health problems/
psychiatric disorders

Substance Treatment Need and Access/Availability

An estimated 10-15% of high school students meet diagnostic criteria for a substance use disorder—majority cannabis use disorder

90% of youth with SUD do not receive treatment



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OUTCOMES

**Three
Community-based
sites**

and

**One school-based
site**

BASELINE DEMOGRAPHIC CLINICAL CHARACTERISTICS	16 week, N=240	School-Based 8 session, N=13
AGE	16.9	15.46
GENDER		
MALES	16.6 (66%)	15.38 (62%)
FEMALES	17.5	15.6
PSYCHIATRIC DX (any)	232 (97%)	5 (38%)
Mean # psychiatric dx	2.3	0.54
SUD DX (any)	240(100%)	13 (100%)
# substance diagnoses	2.7 incl tob	1.3 incl tob
	2.4 w/o tob	1.2 w/o tob
Days/past 28 day substance use	11/28	12/28

**Compared to 16 week
community-based
Encompass, HS students
referred to school-based
Encompass:**

16 week, N=240

**School-Based
8 session, N=13**

- About 1 year younger
- 4x less psychopathology/psychiatric comorbidity
- 1/2 as many SUD diagnoses
- ...but all met dx criteria for cannabis use disorder (CUD) and were using as many days at baseline

16.9

15.46

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232 (97%)

5 (38%)

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240(100%)

13 (100%)

2.7 incl tob

1.3 incl tob

2.4 w/o tob

1.2 w/o tob

11/28

12/28

**BASELINE SUBSTANCE
DIAGNOSES**

**Encompass
16 week**

**School -based
8 session**

CANNABIS	234 (93%)	13 (100%)
Dependence/mod-severe	80%	44%
ALCOHOL	124 (52%)	2 (15%)
Dependence/mod-severe	55 (47%)	0%
NICOTINE	47 (38%)	1 (7.7%)

BASELINE SUBSTANCE DIAGNOSES

Encompass
16 week

School -based
8 session

OPIATE*

Opiates include heroin, oxycontin, fentanyl, non-prescribed Suboxone, Vicodin, Percocet, Codeine

Dependence/mod-severe

47 (85%)

COCAINE

Other stimulants include amphetamine, methamphetamine, ecstasy, psychostimulant medication

Dependence/mod-severe

9 (27%)

0%

OTHER STIMULANT

42 (18%)

Dependence/mod-severe

8 (20%)

0%

**BASELINE PSYCHIATRIC
DIAGNOSES****Encompass
16 week****School -based
8 session**

ADHD

44%

8%

CD

31%

31%

MDD

48%

15%

Anxiety Disorder (any)

42%

0

PTSD

41%

0

Psychosis

0.7%

0

Cannabis Youth Treatment Study: Main findings from 2 Randomized Trials

“Of the adolescents assigned to one of the four 12- to 14-week treatment interventions, 52% had at least 90 day lengths of stay” *Dennis et al J Subst Ab Tx 2004*

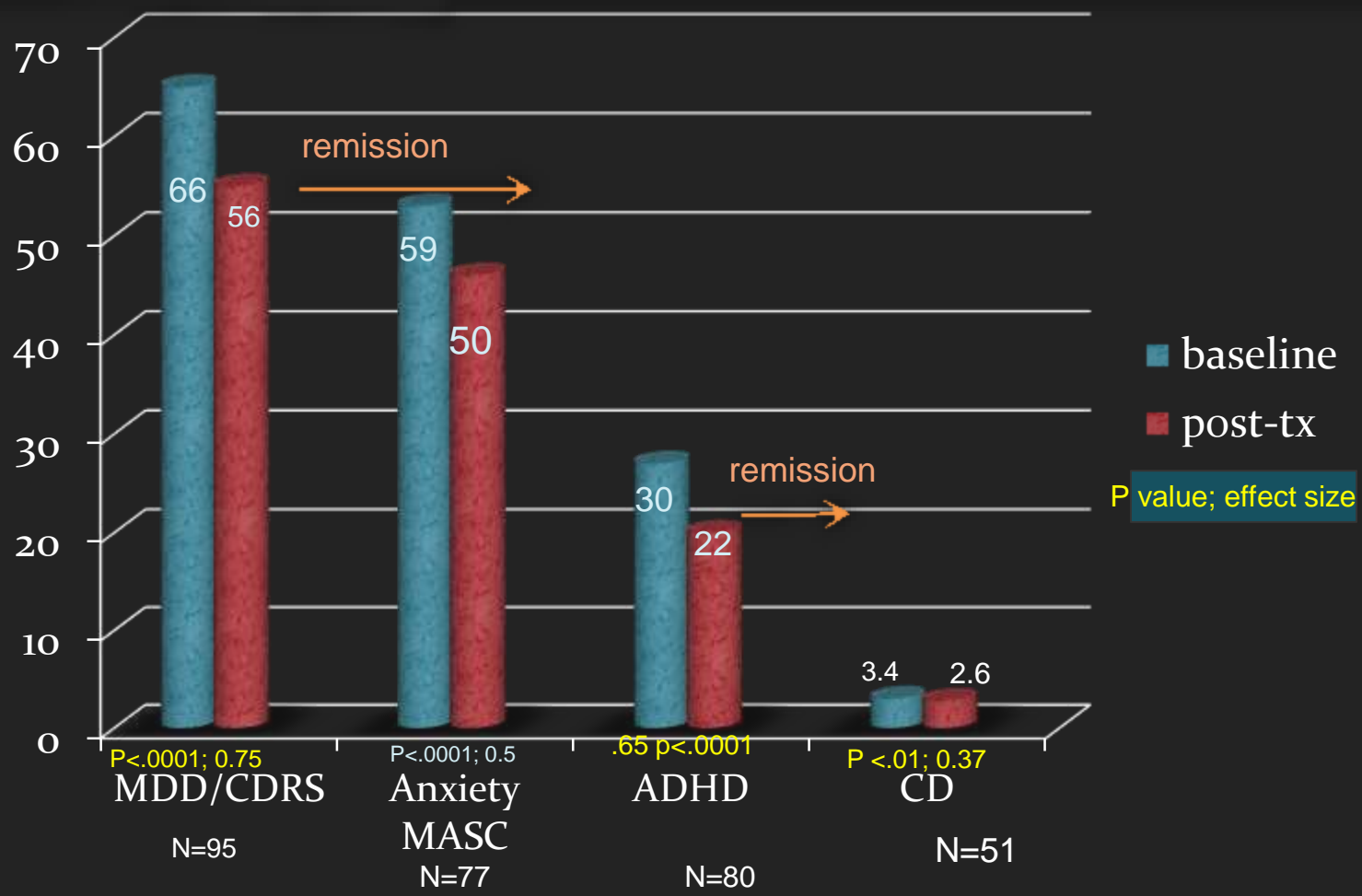
16 week
N=180

8 session
N=13

	16 week N=180	8 session N=13
Tx Completion	65%	70%
CBT Compliance	90%	94%
% achieving at Least 1 month Sustained abstinence (UDS)	46%	56%

Reductions in Psychiatric Symptom Severity 16 week sites (completers/non-completers)

Most achieve clinical remission of co-occurring psychiatric disorders



Combined completers/non-completers