



Treating Substance Dependence and Mental Illness: Tools for Practitioners

The objective of the course is to provide tools to help practitioners identify and treat substance dependence using evidence-based practices. The pharmacology of abused substances, and their effects on the brain and frontal cortical functioning in terms of executive cognitive functioning, motivation, planning and impulsivity will be discussed in relation treatment planning. Decision making regarding the choice of early and late treatment strategies, and referral will be addressed. Treatment planning will be facilitated using a decision tree that evaluates the presence/absence of physical dependence and concurrent disorders. The appropriate use of brief interventions or harm reduction will be presented in conjunction with guidelines on referral to specialized addiction or psychiatric treatments.

The sessions will include didactic material, as well as case presentations and practical learning exercises. Film excerpts will be used to demonstrate motivational approaches to screening and early interventions. Specific tools to help clients establish sobriety will be presented and practiced in class during workshops. Goal-setting, therapeutic stance and a variety of coping skills that address substance dependence will be discussed. Staging the various skills for sobriety in individual therapy will be explored through case-based learning.

The intended end-users are health care professionals that are likely to encounter drug/alcohol abusers in their daily practice. The course is open to health practitioners, broadly defined as clinicians currently employed within a health-care setting, with a professional degree or certification (medicine, nursing, psychology, psychotherapy, social work, and occupational therapy).

The course will be presented by Dr. Kathryn Gill, Associate Professor, Psychiatry Department, McGill University, and staff member at the Addictions Unit, McGill University Health Centre (MUHC), in collaboration with Ashley Reynolds, M.A. (PhD candidate, clinical psychology). The Addictions Unit (also known as the Griffith Edwards Centre) is administered as part of the MUHC out-patient Psychiatry department. It is a hospital-based addictions service that provides a continuum of care for adults with drug/alcohol and mental health disorders including medical detoxification conducted within the inpatient psychiatry unit at the Montreal General Hospital (http://muhc.ca/addictions_unit/profile/addictions-unit).

Specific objectives of the course:

- 1- Identify symptoms of substance dependence, and learn to screen/assess clients
- 2- Design an appropriate treatment plan including harm reduction, brief intervention and/or referral to specialized care
- 3- Initiate treatment using motivational approaches and coping skills
- 4- Recognise co-morbidities such as mood, anxiety and personality disorders

Dates: December 9th and December 11th, 2019 from 8:30 to 5pm (14 hours of CE credit in total)

Location: South Seminar Room, P1.082
Allan Memorial Institute, McGill University Health Centre
1025 Pine Avenue West, Montreal H3A 1A1

The Allan Memorial Institute is located at the top of Peel Street, just above Pine Avenue. Note that parking is available adjacent to the Institute, for a fee.

Program Information: Contact Dr. Kathryn Gill by fax at 514-934-8262 or email at kathryn.gill@muhc.mcgill.ca

Program Registration: Contact Ms Lyne Marchand by fax at 514-934-8262, by email at lyne.marchand@muhc.mcgill.ca or by phone at 514-934-1934 x42066. The registration form is available at http://muhc.ca/addictions_unit/page/addictions-training-program-treating-substance-dependence-and-mental-illness-tools-practitioner



Session Format: Each day has been roughly divided into four sessions or topics. We will start each day with a didactic lecture (1.5 hours), however cases and film will be utilized to illustrate topics. These will be followed by more informal workshops with case discussions, film clips and practical hands-on exercises where skills will be developed and practiced in session (typically in a small group format).

Continuing Education Credits: This course has been approved by the Ordre des Psychologues du Québec (RA03177-19, Formation continue en psychothérapie). It will also be an Accredited Group Learning Activity as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada. All participants will sign an attendance sheet on site in order to receive credits. In order to receive a certificate at the end of the course, it is important to sign the attendance sheet and hand in an evaluation form at each session. The sign-in sheets and evaluation forms will be made available at the start of each session.

Outline of Sessions

Day 1 (Monday December 9th, 2019)

(8:30 am to 5pm = 7 hours of class time excluding lunch and coffee breaks)

1. Session 1 – “What Clinicians Need to Know about Addictions” - Didactic Session (Dr. Kathryn Gill, ~1.5 hours)

The session will focus on conceptual models of addiction, pharmacology and phenomenology. Film excerpts will be used at various points in the session. The session will address the following questions:

- What is addiction? Focus on the signs and symptoms of addiction and how does it develop
- Is addiction a brain disorder? Opinions from NIDA and the WHO
- What are the effects of drugs/alcohol on the brain? A brief look at the frontal-cortical brain suppression and cognitive deficits induced by drugs of abuse, including changes in neurotransmitters such as dopamine and GABA. Brain imaging techniques will be used to demonstrate the drug-induced deficits in the brain circuitry controlling thinking and behaviour.
- Are some individuals more vulnerable to addiction? The influence of genetics and early environment.

Coffee Break (15 minutes)

2. Session 2 – “Phenomenology of Addiction” - Workshop/Discussion Session (Ashley Reynolds, Dr. Kathryn Gill, ~2 hours)

The session will involve a detailed case presentation and group discussion of addiction symptoms, behaviours, sequelae, diagnosis, and comorbidities. The signs and symptoms of intoxication and physical withdrawal from opioids, and sedative-hypnotics will be demonstrated and tools to evaluate withdrawal severity will be utilized (CIWA, COWS). Practical skills will be developed during this session relative to evaluating the need for medical treatment.

Lunch Break (1 hour) (Lunch boxes will be provided on site)

3. Session 3 – “Screening and Assessment – Recognizing and Dealing with Ambivalence” - Didactic Session (Ashley Reynolds, ~1.5 hours)

The session will outline the principles of motivational interviewing (MI) that can be employed during initial screening and assessment. A variety of evidence-based methods for screening and assessment for drug/alcohol abuse in a variety of practice situations will be presented, including the WHO ASSIST, AUDIT and the DEBA-AD. Film excerpts will be used to demonstrate motivational approaches to screening/assessing patients in several practice environments.

Coffee Break (15 minutes)



4. Session 4 – “Screening and Assessment” - Workshop/Discussion Session (Ashley Reynolds, Dr. Kathryn Gill, ~2 hours)

Case-based learning and group exercise –the class will view a video interview designed to screen a patient for substance use/abuse using the WHO ASSIST instrument. Participants will learn to score the interview, and learn to identify and use MI techniques (rolling with resistance, encouraging self-efficacy, summarizing, reflective listening, and accurate empathy). Discussion will focus on technique, and on providing feedback that is appropriate for various levels of use, abuse and dependence, taking psychosocial factors into account. MI approaches to reduce resistance and ambivalence will be demonstrated.

Day 2 (Wednesday December 11th, 2019)

(8:30 am to 5pm = 7 hours of class time excluding lunch and coffee breaks)

5. Session 5 – “Treatment Planning and Brief Interventions”- Didactic Session (Dr. Kathryn Gill, ~1.5 hours)

Treatment planning will be demonstrated using a decision tree that evaluates the severity of substance dependence, as well as the presence/absence of physical dependence and concurrent disorders. Case-based learning will be utilized to demonstrate how to apply the decision-making algorithm. Structured Brief Interventions (BI) for appropriate clients will be demonstrated including key components of building motivation, goal setting, developing coping skills including dealing with cravings. Demonstration of BI sessions and skill set will be provided throughout, based on videotapes of therapy sessions conducted with an actor.

Coffee Break (15 minutes)

6. Session 6 – “Early Skills for Sobriety” - Workshop/Discussion Session (Ashley Reynolds, Dr. Kathryn Gill, ~2 hours)

Case-based learning and group exercise - Goal-setting, therapeutic stance and a variety of coping skills that address the early phase of recovery from substance dependence will be modeled, discussed and practiced. Staging the various skills in individual therapy will be explored through case-based learning. The case presentation will serve as a guide to motivating change in substance use and the therapeutic style will also be explored (i.e., slow pace, not challenging, normalizing physical and emotional symptoms, validating desire to use, and recognizing benefits of use to the patient). Specific skills will be demonstrated and practiced in small groups:

- Decisional balance to help resolve ambivalence (assessing the pros and cons of substance use)
- Establishing self-care, routine and exercise
- Dealing with environmental triggers (People, Places and Things - early coping strategies to remove drug-related paraphernalia and strengthen/change the support system)
- Drink/drug refusal skills
- Coping with cues and triggers through avoidance, deep breathing exercises, opposite action, urge surfing, re-labeling cravings through HALT (hungry, angry, lonely, tired)
- Distress tolerance skills (distraction, TIP skills, self-soothing, grounding, relaxation, mindfulness)
- STOP skill
- Use of apps for meditation and mindfulness

Lunch Break (1 hour) (Lunch boxes will be provided on site)

7. Session 7 – “Approach to Concurrent Disorders”- Didactic Session (Dr. Kathryn Gill, ~1.5 hours)

This session will explore issues related to comorbidity between substance dependence and other mental disorders including psychosis, PTSD, as well as mood, anxiety and personality disorders. The didactic component will explore assessment, diagnosis and differential diagnosis, including information on how to tease out overlapping phenomenology (e.g. withdrawal agitation vs. anxiety). The effects of drugs/alcohol on psychiatric symptomatology, course and response to treatment will be discussed, along with information on



when to refer to specialized psychiatric treatment. Resources for both inpatient and outpatient treatment centres in Quebec will be discussed, along with information on the MUHC Addictions Unit program, and various peer support groups including Smart Recovery, Refuge Recovery and 12-step groups (AA, CA, MA). Case presentations will be utilized to demonstrate overlapping symptomatology.

Coffee Break (15 minutes)

8. Session 8 – “Putting Advanced Skills for Sobriety into Practice” - Workshop/Discussion Session (Ashley Reynolds, Dr. Kathryn Gill, ~2 hours)

Case-based learning and practice - During this workshop attendees will have the opportunity to experience and practice more advanced skills that are utilized once clients have acquired a period of abstinence. Specific skills will be demonstrated and practiced in small groups:

- The role of self-talk and permissive beliefs (e.g., instant gratification and the internal debate about using/not using)
- Developing meaning and purpose (values, life map), developing activities that are incompatible with ongoing substance use
- Rediscovering pleasure, fun and play), developing a new lifestyle and coping with boredom
- Developing a relapse prevention plan (identifying relapse warning signs and creating an action plan)

Faculty

Kathryn Gill PhD is an Associate Professor in the Department of Psychiatry at McGill University. She obtained her PhD in Psychology, and conducted post-doctoral studies in pharmacology at the Alcohol Research Centre, University of Colorado. During this period she also completed clinical training at the Addiction Research and Treatment Services of the University of Colorado Health Sciences Centre. Currently she teaches courses on addiction and mental health to undergraduate and graduate students, and psychiatry residents at McGill University and works clinically in private practice as well as at the Addictions Unit treating patients with substance dependence using a combination of group and individual CBT-oriented psychotherapy.

Ashley Reynolds MA (PhD candidate, clinical psychology) recently completed a one-year clinical practicum at the Addictions Unit where she gained extensive experience assessing clients with substance dependence, running integrative group therapy utilizing a variety of methods (DBT, CBT, MI) as well as individual therapy to help patients establish and maintain sobriety.

References and Materials

BRIEF INTERVENTIONS FOR ALCOHOL AND DRUG PROBLEMS- Motivational approaches. These sites provide a number of links to Treatment Improvement Protocols (TIPs). TIPs are best practice guidelines for the treatment of substance abuse provided by the US Center for Substance Abuse Treatment (CSAT).

<http://www.ncbi.nlm.nih.gov/books/NBK82999/> ;

<http://www.motivationalinterviewing.org/contact>;

<http://www.ncbi.nlm.nih.gov/bookshelf/br.fcgi?book=hssamhsatip&part=A59192>

BOITE A OUTILS EN DEPENDANCES : La boîte présente des outils permettant de repérer et de détecter des personnes jeunes et adultes ayant des problèmes de toxicomanie ou de jeu pathologique, ou encore d'intervenir auprès d'elles dans le cadre des services offerts par les intervenants des centres de santé et de services sociaux (CSSS) dans l'ensemble des régions du Québec.

<http://www.msss.gouv.qc.ca/professionnels/alcool-drogues-jeu/dependances/>



CANADIAN CENTRE ON SUBSTANCE ABUSE <http://www.ccsa.ca> Canada's national agency devoted to problems of substance abuse. They have many database services and information on various issues related to treatment/prevention/prevalence.

CENTRE FOR ADDICTION AND MENTAL HEALTH (CAMH) CAMH public information materials are designed to help clients and their families, professionals and the general public learn more about addiction and mental health issues. <http://www.camh.ca/en/hospital/Pages/Home.aspx>. Consider the evidence-based treatment provided in the manual for *Structured Relapse Prevention*. This is an effective program for clients seeking to maintain change and avoid relapse. The book features session-by-session guides, clinical tools and a comprehensive set of coping skills exercises for use with clients. <https://store-camh.myshopify.com/products/pz167>

Marlatt, G, & Gordon, J. (1985). *Relapse prevention: Maintenance strategies in the treatment of addictive behaviors*. New York: Guilford Press.

Rollnick, S, Miller WR, Butler CC (2007) *Motivational Interviewing in Health Care: Helping Patients Change Behavior*, New York: Guilford Press

Miller WR, Rollnick S. (2012) *Motivational Interviewing, Third Edition: Helping People Change*, New York: Guilford Press.

Najavits, L.M. (2002). *Seeking Safety: A treatment manual for PTSD and substance abuse*. New York; Guilford Press.

RECOVERY VOICES, Treatment of individuals with addictive disorders: A patient handbook. <http://www.melissainstitute.org>

TOXQUÉBEC : Le but poursuivi par le site est de fournir une source d'information fiable et accessible sur l'alcoolisme, la toxicomanie et le jeu excessif, aux individus et aux organismes d'aide qui s'y intéressent. <http://www.toxquebec.com/accueil.html>

NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM (NIAAA) www.niaaa.nih.gov NIAAA is a US source that deals specifically with alcohol. It provides access to a large number of databases, prevention information and clinical materials.

NATIONAL INSTITUTE ON DRUG ABUSE (NIDA) <http://www.nida.nih.gov> NIDA has special interests in the areas of drugs of abuse, addiction, prevention and treatment. There is an extensive listing of free publications as well as links to drug-specific pages such as cannabis. See many additional links to addictions sites and organizations at <http://www.drugabuse.gov/about-nida/other-resources> NIDA also has a very extensive set of educational activities for Medical and Health Professionals called NIDAMED at <http://www.drugabuse.gov/nidamed-medical-health-professionals>.

WORLD HEALTH ORGANIZATION (WHO) www.who.int/substance_abuse/publications/psychoactives/en/
The WHO web site has extensive information on drug dependence, and a screening instrument called the ASSIST as well as a brief intervention program at http://www.who.int/substance_abuse/en/.