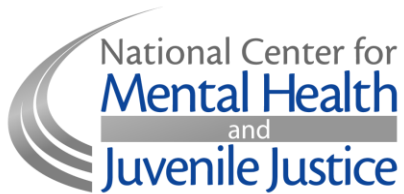


Improving Outcomes for Court-Involved Youth with Co-occurring Disorders

Ask the Expert Session #3

December 17, 2014



Sponsored by the

**National Center for Mental Health
and Juvenile Justice**

and the

**National Council of Juvenile
and Family Court Judges**

Ask the Experts Schedule

- **Wednesday, November 12, 2014 2:00 PM ET – 3:30 PM ET**
Robert Kinscherff, Ph.D., J.D.
- **Friday, December 5, 2014 2:00 PM ET – 3:30 PM ET**
Holly Hills, Ph.D.
- **Wednesday, December 17, 2014 2:00 PM ET – 3:30 PM ET**
Richard Shepler, Ph.D., PCC-S

Technical Instructions

- **Please click the “Raise Hand” icon if you wish to ask a question – phone line will be unmuted for you to pose your question**
- **Please say your name and where you’re from before you ask your question**
- **After asking your question, you will remain unmuted during the response, and if a follow-up is necessary, you may ask**
- **After your question, you must click the same icon to “lower” your hand**
- **If you have another question that’s not a follow-up, please lower your hand and raise it again to be placed back in the queue.**

Richard Shepler, Ph.D., PCC-S

Senior Research Associate at the Begun Center for Violence Prevention Research and Education, the Jack, Joseph, and Morton Mandel School of Applied Sciences, Case Western Reserve University

Providing Effective Treatment for Youth with Co-occurring Disorders

Richard Shepler, Ph.D., PCC-S

3 Types of Treatment for Co-Occurring Disorders

Sequential: traditional belief that symptoms of one disorder (SU/MH) can't be resolved until the symptoms of the other disorder are addressed

Parallel: both services provided at same time by different professionals in different systems or agencies, with different treatment plans

Integrated: mental health and substance use treatment is provided by one provider with one assessment and one treatment plan

Youth with co-occurring disorders are best served through an integrated screening, assessment, and treatment planning process that addresses both mental and substance use disorders, each in the context of the other

Treatment of Youth with Co-occurring Disorders: What We Have Learned

- Look for treatment programs that offer both substance use and mental health approaches delivered in home and community environments:
 - Integrated Co-Occurring Treatment (ICT);
 - Family Integrated Transitions (FIT),
 - Multidimensional Family Therapy (MDFT),
 - Functional Family Therapy-CMT (FFT-CMT),
 - Multisystemic Therapy-SU (MST-SU).
- Optimal effects require interventions that impact youth symptom patterns (behaviors, cognitions, emotions), trauma, risk and safety issues, family systems and recovery environments, peer relationships, school and community functioning, and positive development.

Target Outcomes

Increase functioning in major life contexts so that the youth is:

- Living at home or in a permanent home setting
- Attending and achieving at school/work
- Reduced involvement in the JJ system
- Reduced use/no use of substances
- Participating in positive family, peer, and community life
- Improved family recovery environment
- Accessing resources and natural supports as needed to maintain gains and prevent recidivism

Realistic Outcomes and Expectations

- **Think trajectory of wellness not cure**
- **Youth living with mental health and substance use disorders often have ongoing treatment and/or support needs**
- **Substance use is a chronic relapsing disorder (Dennis)**
 - Completion rates low
 - High rate of treatment drop-out
 - Relapse common
- **Measure what you do: risk reduction across life domains**
 - Track multiple outcomes
- **Conversation with key stakeholders about realistic outcome expectations (increased functioning; decreased level of care needs; etc.)**

Ask the Expert...

For More Info, Visit

- www.ncmhjj.com
- www.ncjfcj.org

Contacts

Richard Shepler: Richard.Shepler@case.edu

Tom Templeton: ttempleton@prainc.com