

*Illinois Division of Alcoholism and Substance  
Abuse*

*and*

*Illinois Co-occurring Center for Excellence*

*Presents*

*Back to the Mission Part II: Working with  
Clients with Co-occurring Disorders*

*Presenter*

*Mark Sanders, LCSW, CADAC*

# *Objectives*

*By the end of this workshop participants will:*

- 1. be aware of the importance of broadening assessments in order to impact recovery rates*
- 2. be aware of 12 Strategies for increasing recovery rates with clients with co-occurring disorders*

# *Nicotine*

- *kills more people than all other drugs combined*
- *increases relapse rates x 3*
- *can be a trigger for clients who drink alcohol or use drugs that involve the lighting of a match*
- *counselor attitude is a major deterrent in clients addressing nicotine dependence*

*Source: Wisconsin Bureau of Mental Health Report*

# *Smoking and Mental Illness*

- *Schizophrenics are more likely to die of nicotine related causes than causes attributed to mental illness*
- *Individuals with mental illness are in the highest categories of smokers*
- *The mental health field has a history of rewarding clients with cigarettes*

# *Cage Questionnaire*

- 1. Have you ever tried to cut down on your drinking?*
- 2. Have people ever annoyed you by criticizing your drinking?*
- 3. Have you ever felt guilty about your drinking?*
- 4. Have you ever had a drink the first thing in the morning as an eye opener?*

# *Cage Questionnaire Gambling*

- 1. Have you ever tried to cut down on your gambling?*
- 2. Have people ever annoyed you by criticizing your gambling?*
- 3. Have you ever felt guilty about your gambling?*
- 4. Have you ever gambled first thing in the morning ?*

# *Other Hidden Psychiatric Disorders*

- *Phobias*
- *Anxiety Disorder*
- *Personality Disorders*
- *PTSD*
- *Depression*

# *Male Depression*

- *Anger*
- *Rage*
- *Violence*
- *Substance Use*

*Source: I Don't Want to Talk About It by Terrence Reel*

*90 continuous days of recovery  
support is the minimum  
recommended service dose*

*NIDA*

# *Treatment Plan for a Chemically Dependent Client, Unemployed, On Probation with Signs of Depression*

- *intensive outpatients 5 x per week*
- *90 in 90*
- *weekly contact with a sponsor*
- *work the steps*
- *1 sober activity per week*
- *See a psychiatrist once a month*
- *Take medication daily (3 different pills)*
- *Attend 3 dual disorders groups per week*

## *Treatment Plan Continued*

- *See a mental health therapist once a week*
- *Meet with a case manager 3 times*
- *Job readiness training 3 times per week*
- *Apply for 10 jobs per week*
- *GED classes*
- *Monthly probation contact*
- *Drug court*
- *1 urine drop per month*
- *1 group per week*