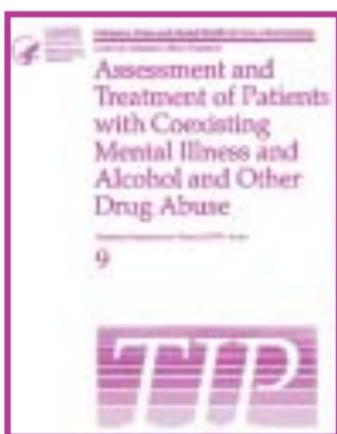


CSAT's  
Knowledge Application Program

# KAP Keys

*For Clinicians*

Based on TIP 9  
*Assessment and  
Treatment of Patients With  
Coexisting  
Mental Illness  
and Alcohol  
and Other  
Drug Abuse*



## KAP KEYS Based on TIP 9

### Assessment and Treatment of Patients With Coexisting Mental Illness and Alcohol and Other Drug Abuse

## Introduction

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These KAP Keys were developed to accompany the Treatment Improvement Protocol (TIP) Series published by the Center for Substance Abuse Treatment (CSAT), Substance Abuse and Mental Health Services Administration. These KAP Keys are based entirely on TIP 9 and are designed to meet the needs of the busy clinician for concise, easily accessed "how-to" information.

For more information on the topics in these KAP Keys, readers are referred to TIP 9.

## Other Treatment Improvement Protocols (TIPs) that are relevant to these KAP Keys:

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**TIP 8**, *Intensive Outpatient Treatment for Alcohol and Other Drug Abuse (1994)* **BKD139**

**TIP 19**, *Detoxification From Alcohol and Other Drugs (1995)* **BKD172**

**TIP 24**, *A Guide to Substance Abuse Services for Primary Care Clinicians (1997)* **BKD234**

**TIP 27**, *Comprehensive Case Management for Substance Abuse Treatment (1998)* **BKD251**

**TIP 29**, *Substance Use Disorder Treatment for People With Physical and Cognitive Disabilities (1998)* **BKD288**



# ABC Model for Psychiatric Screening

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KAP KEYS Based on TIP 9

Assessment and Treatment of Patients With Coexisting Mental Illness and Alcohol and Other Drug Abuse

The ABC Model is a simple screening technique for the presence of psychiatric disorders. The substances used most often by patients with dual disorders are the same as those used by society in general: alcohol, marijuana, cocaine, and more rarely, opioids. It is recommended that all front-line substance abuse and mental health staff receive detailed training in the use of a mental status exam and substance abuse screening tests.

- Appearance, alertness, affect, and anxiety

**Appearance:** General appearance, hygiene, and dress

**Alertness:** What is the level of consciousness?

**Affect:** Elation or depression: gestures, facial expression, and speech

**Anxiety:** Is the individual nervous, phobic, or panicky?

- Behavior

**Movements:** Rate (hyperactive, hypoactive, abrupt, or constant?)

**Organization:** Coherent and goal-oriented?

**Purpose:** Bizarre, stereotypical, dangerous, or impulsive?

**Speech:** Rate, organization, coherence, and content

- Cognition

**Orientation:** Person, place, time, and condition

**Calculation:** Memory and simple tasks

**Reasoning:** Insight, judgment, problem solving

**Coherence:** Incoherent ideas, delusions



KAP KEYS Based on TIP 9  
Assessment and Treatment of Patients With Coexisting  
Mental Illness and Alcohol and Other Drug Abuse

The CAGE questionnaire and the CAGE questionnaire modified for illicit drugs (CAGE-AID) are rapid and accurate screening tools for substance abuse disorders.

### The CAGE Questionnaire

Have you ever felt you should **cut down** on your drinking?

Have people **annoyed** you by criticizing your drinking?

Have you felt bad or **guilty** about your drinking?

Have you ever had a drink first thing in the morning to steady your nerves or get rid of a hangover (**eye-opener**)?

*Source: Mayfield et al. 1974.*

### The CAGE Questions Adapted to Include Drugs (CAGE-AID)

Have you felt you ought to cut down on your drinking *or drug use*?

Have people annoyed you by criticizing your drinking *or drug use*?

Have you felt bad or guilty about your drinking *or drug use*?

Have you ever had a drink *or used drugs* first thing in the morning to steady your nerves or get rid of a hangover *or to get the day started*?

*Source: Brown 1992.*

## KAP KEYS Based on TIP 9

### Assessment and Treatment of Patients With Coexisting Mental Illness and Alcohol and Other Drug Abuse

- Create an individualized plan for each staff person, defining strengths as well as deficits and areas of needed growth; define a training plan with a timetable and components.
- Receive training at an established dual disorder treatment program.
- Attend workshops on treating patients with dual disorders.
- Include on-the-job training:
  - Substance abuse and mental health jointly facilitated groups
  - Mental health workers on a substance abuse service
  - Substance abuse workers on a mental health service
  - Staff sharing
- Provide didactic inservice training:
  - Train mental health workers in substance abuse treatment
  - Train substance abuse treatment staff about mental health treatment
  - Train staff in dual disorders
- Provide staff with important articles from the field by providing subscriptions to appropriate peer-reviewed journals. Purchase textbooks on dual disorders.
- Work with local universities, colleges, and community college programs to create a dual disorders training track.
- Train Social Security Income maintenance staff about patients with dual disorders.
- Train substance abuse and mental health staff in a range of social service areas, including income support, child welfare, and special populations.
- Encourage an on-site application process for income support programs at substance abuse and mental health treatment facilities. Mental health and substance abuse treatment programs can request training and support from Federal, State, or local administrators of various income support programs.
- Develop mobile outreach approaches to assist patients with dual disorders in gaining access to income support programs and other needed social service programs.
- Encourage an ongoing exchange among policy-level staff of substance abuse, mental health, and Social Security agencies on Federal, State, and local levels.
- Allocate sufficient social service staff time to assist patients who need a range of supports and services.

## Tips for Assessment of Mood Disorders

### For depression:

- "During the last month, has there been a period of time during which you felt depressed most of the day nearly every day?"
- "During this period of time, did you gain or lose any weight?"
- "Did you have trouble concentrating?"
- "Did you have problems sleeping or did you sleep too much?"
- "Did you try to hurt yourself?"

### For mania:

- "During the past month, have you experienced times when you felt so hyperactive that you got into trouble or were told by others that your behavior was not normal for you?"
- "Have you recently experienced bouts of irritability during which you would yell or fight with others?"
- "During this period, did you feel more self-confident than usual?"
- "Did you feel pressured to talk a great deal or feel that your thoughts were racing?"
- "Did you feel restless and irritable?"
- "How much sleep do you need?"

## Key Issues and Concerns in the Treatment of Personality Disorders

- Slow progress in therapy
- Suicidal behavior
- Patient contracting
- Transference and countertransference
- Clear boundaries
- Changing roles
- Resistance
- Subacute withdrawal
- Symptom substitution
- Somatic complaints
- Therapist well-being

### Treating Anxiety During Substance Abuse Treatment

- Anxiety treatment can be postponed unless anxiety interferes with substance abuse treatment.
- Anxiety symptoms may resolve with abstinence and substance abuse treatment.
- Affect-liberating therapies should be postponed until the patient is stable.
- Psychotherapy, when required, should be recovery oriented.
- Nonpsychoactive medications should be used when medications are needed.
- Antianxiety treatments such as relaxation techniques can be used with and without medications.
- A healthy diet, aerobic exercise, and avoiding caffeine can reduce anxiety.

### Dual-Focus Approach for Assessing and Treating Patients with Dual Disorders

- Initial focus on severity of presenting symptoms, not on diagnosis of one disorder or another
- Acute crisis intervention and crisis management
- Acute, subacute, and long-term stabilization of patient
- Ongoing diagnostic efforts
- Multiple-contact longitudinal treatment





## Ordering Information

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### TIP 9

## *Assessment and Treatment of Patients With Coexisting Mental Illness and Alcohol and Other Drug Abuse*

### Easy Ways to Obtain Free Copies of All TIP Products

1. Call SAMHSA's National Clearinghouse for Alcohol and Drug Information (NCADI) at **800-729-6686**, TDD (hearing impaired) **800-487-4889**.
2. Visit CSAT's Website at [www.csat.samhsa.gov](http://www.csat.samhsa.gov)

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