

*Forest View Psychiatric Hospital
Co-Occurring Disorders Track
Welcome Packet*



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Welcome to the Forest View Co-Occurring Disorders Track

This packet is designed to provide you with some information about the co-occurring disorders track offered here at Forest View Psychiatric Hospital. Welcome to you.

Introduction

A co-occurring disorder (COD) is when a person has a psychiatric illness and a substance abuse or addiction problem. CODs are quite common and the staff at Forest View is dedicated to giving you the education, treatment, and skills you'll need to help manage your illnesses.

Treatment Goals

The goals of the COD track are:

- To help you view mental illness and addiction in a proper perspective.
- To provide education while helping you develop hope and desire to reach for the highest quality of life possible.
- To treat your mind, body, and spirit by using 12-step programming and state of the art treatment approaches.
- To identify the proper level of care and treatment you'll need after discharge from the hospital and to make sure referrals are in place

Identifying Patients Needing COD Treatment

You will have several assessments while here. If your doctor, case manager, or nurse feel that you may have a COD, you will be given a more in-depth assessment about your use of street drugs, alcohol, prescription meds, over-the-counter medications, nicotine, caffeine, and/or herbal remedy use. Please be as honest as you can because we want to give you the most beneficial help possible.

Who is Here to Help You

- Your psychiatrist, who is either a MD or DO.
- Your case manager, who is either a MSW (social worker) or LLP (psychologist).
- Your nurse, who will be a different person each shift and may change from day to day. The nurses are responsible for your medications and will help you with any medical problems you may have.
- An internal medicine professional, who is either a nurse practitioner, physician's assistant, or an internal medicine physician.
- Mental health workers, who work closely with the nurses.
- Activity therapists who will lead many of the groups you will attend.
- YOU!

Treatment Expectations

CODs can be difficult to manage, but please remember that CODs are NOT impossible to treat. Here are a few things that you can expect to happen here in the hospital:

- Detox: If you need detox from drugs or alcohol, we will help you through using the best medical protocols available.
- Medications to manage your psychiatric symptoms such as depression, anxiety, or psychotic symptoms such as paranoia or hearing voices.
- Group attendance: You will have a full day of programming that is important to attend. You will learn coping, anger management, communication, and relaxation techniques for example. Avoiding is not a way to get better.
- COD group will be held Monday through Friday from 1:00 to 2:00 p.m. You will be educated about the disease of addiction, how to begin on the road to recovery, spirituality, relapse prevention, triggers, negative emotions, stress management, and 12-step programming.
- Peer-lead meetings: We strongly encourage all COD patients to meet together in the evening to have a meeting, using the AA format as a way to conduct the meeting. Peer support is a very important as you begin to set up a support system to help you in recovery. What a better place to begin the tradition of meetings than right here in the hospital.

- Family session(s): Your doctor and/or case manager may want a family session. When we say “family session,” we mean any family member or friend that you identify as important to you can attend. The purpose of the meeting is to make sure that your family is educated and has an understanding what it will take for you to begin recovery.
- You will have a multidisciplinary treatment plan designed specifically for you within 72 hours of your admission and it will be reviewed at least every seven days to measure your progress. The purpose of the treatment plan is to identify your goals for treatment and address how the treatment team, including you, can help you to accomplish your goals.

Discharge Planning

Discharge planning begins at the time of your admission. We work very hard in finding the resources available to you, so you have the support you need when you leave the hospital. You and your family will work closely with your case manager to make sure that the best possible discharge plan is made for you prior to your discharge from the hospital. People who have CODs often have complicated discharge planning that needs to be done because they are struggling on two fronts: mental illness and addiction. It will be vital for you to follow-through with any aftercare recommendations that are given to you at discharge time.

Some Final Words

Attached to this packet are some self-evaluation forms. Please fill them out as accurately as possible as soon as you get an opportunity. If you need help, your case manager will be able to help you. You are embarking on a very difficult journey but we are dedicated to helping you as best we can. The hard work will come from you; we can only provide tools to get you started. We want you to succeed and if we work together we can get a lot accomplished in the short time you will spend with us. Your recovery is a process that will extend over your lifetime. We want to help you begin (or continue) that journey.

The **CAGE** Assessment

Has anyone ever felt you should C ut down on your drinking??	Y	N
Have people A nnoyed you by criticizing your drinking?	Y	N
Have you ever felt G uilty about your drinking?	Y	N
Have you ever had a drink the first thing in the morning (E ye-opener) to steady your nerves or to get rid of a hangover?	Y	N

The CAGE questionnaire was developed by Dr. John Ewing, founding director of the Bowles Center for Alcohol Studies (see history of CAS), University of North Carolina at Chapel Hill. CAGE is an internationally used assessment instrument for identifying problems with alcohol.

MAST (Michigan Alcoholism Screening Test)

The MAST is a simple, self-scoring test that helps assess if you have a drinking problem. Please circle the answers to the following YES or NO questions.

1. Do you feel you are a normal drinker? (“Normal”—drink as much or less than most other people). YES or NO
2. Have you ever awakened the morning after some drinking the night before and found that you could not remember a part of the evening? YES or NO
3. Does any near relative or close friend ever worry or complain about your drinking? YES or NO
4. Can you stop drinking without difficulty after one or two drinks? YES or NO
5. Do you ever feel guilty about your drinking? YES or NO
6. Have you ever attended a meeting of Alcoholics Anonymous (AA)? YES or NO
7. Have you ever gotten into physical fights when drinking? YES or NO
8. Has drinking ever created problems between you and a near relative or a close friend? YES or NO
9. Has any family member or close friend gone to anyone for help about your drinking? YES or NO
10. Have you ever lost friends because of your drinking? YES or NO
11. Have you ever gotten into trouble at work because of drinking? YES or NO
12. Have you ever lost a job because of drinking? YES or NO
13. Have you ever neglected your obligations, your family, or your work for two or more days in a row because you were drinking? YES or NO
14. Do you drink before noon fairly often? YES or NO
15. Have you ever been told you have liver trouble such as cirrhosis? YES or NO
16. After heavy drinking have you ever had delirium tremens (D.T.'s), severe shaking, visual, or auditory (hearing) hallucinations? YES or NO
17. Have you ever gone to anyone for help about your drinking? YES or NO
18. Have you ever been hospitalized because of your drinking? YES or NO

19. Has your drinking ever resulted in your being hospitalized in a psychiatric ward? YES or NO
20. Have you ever gone to any doctor, social worker, clergyman, or mental health clinic for help with any emotional problem in which drinking was part of the problem? YES or NO
21. Have you been arrested more than once for driving under the influence of alcohol? YES or NO
22. Have you ever been arrested, even for a few hours because of other behavior while drinking? YES or NO (If YES, how many times _____?)

Scoring for the MAST

Please score one point if you answered the following:

1. NO
2. YES
3. YES
4. NO
5. YES
6. YES
- 7 through 22: YES

Add up the scores and compare to the following score card:

- | | |
|-----------|---------------------------------|
| 0-2 | No apparent problem |
| 3-5 | Early or middle problem drinker |
| 6 or more | Problem drinker |

Source: Selzer, M.L. (1971). The Michigan Alcoholism Screening Test (MAST): The quest for a new diagnostic instrument. *American Journal of Psychiatry*, 127, 1653-1658

DAST

Drug Abuse Screening Test

1. Have you used drugs other than those required for medical reasons? YES or NO
2. Have you abused prescription drugs? YES or NO
3. Do you abuse more than one drug at a time? YES or NO
4. Can you get through the week without using drugs (other than those required for medical reasons)? YES or NO
5. Are you always able to stop using drugs when you want to? YES or NO
6. Do you abuse drugs on a continuous basis? YES or NO
7. Do you try to limit your drug use to certain situations? YES or NO
8. Have you had "blackouts" or flashbacks" as a result of drug use? YES or NO
9. Do you ever feel bad about your drug abuse? YES or NO
10. Does your spouse (or parents) ever complain about your involvement with drugs? YES or NO
11. Do your friends or relatives know or suspect you abuse drugs? YES or NO
12. Has drug abuse ever created problems between you and your spouse? YES or NO
13. Has any family member ever sought help for problems related to your drug use? YES or NO
14. Have you ever lost friends because of your use of drugs? YES or NO
15. Have you ever neglected your family or missed work because of your use of drugs? YES or NO
16. Have you ever been in trouble at work because of drug abuse? YES or NO
17. Have you ever lost a job because of drug abuse? YES or NO
18. Have you gotten into fights when under the influence of drugs? YES or NO
19. Have you ever been arrested because of unusual behavior while under the influence of drugs? YES or NO
20. Have you ever been arrested fro driving while under the influence of drugs? YES or NO
21. Have you engaged in illegal activities to obtain drugs? YES or NO
22. Have you ever been arrested for possession of illegal drugs? YES or NO
23. Have you ever experienced withdrawal symptoms as a result of heavy drug intake? YES or NO
24. Have you had medical problems as a result of your drug use (e.g., memory loss, hepatitis, convulsions, or bleeding?)

- 25.
- 26. Have you ever gone to anyone for help for a drug problem? YES or NO
- 27. Have you ever been in the hospital for medical problems related to your drug use? YES or NO
- 28. Have you ever been involved in a treatment program specifically related to drug use? YES or NO
- 29. Have you been treated as an outpatient for problems related to drug use? YES or NO

Scoring for the DAST

NO for #5 =1 Point
YES for all others =1 Point

Total Score:
6 or more =a drug problem (abuse or dependence)

Source: Centre for Addiction and Mental Health, 33 Russell Street, Toronto, Ontario, Canada M5S 2S1