

## IDDT Stages of Treatment and Treatment Intervention Strategies

IDDT Stages of Treatment	Interventions
<p><b><u>Pre-engagement:</u></b> The person (not client) does not have contact with a counselor and meets the criteria for substance abuse or dependence.</p>	<ul style="list-style-type: none"> <li>• Outreach</li> <li>• Building the working alliance via empathic, hopeful treatment relationship</li> <li>• Practical assistance (e.g. food, clothing, housing, benefits, transportation, medical care)</li> </ul>
<p><b><u>Engagement:</u></b> The client has had only irregular contact with a counselor and meets criteria for substance abuse of dependence.</p>	<ul style="list-style-type: none"> <li>• Crisis intervention</li> <li>• Support and assistance to social networks</li> <li>• Stabilization of psychiatric symptoms – medication management</li> <li>• Help in avoiding legal penalties</li> <li>• Help in arranging visitation with family</li> <li>• Family meetings</li> </ul>
<p><b><u>Early Persuasion:</u></b> Regular contact with a counselor continues to use the same amount of substances or has reduced substance use for less than 2 weeks and meets criteria for substance abuse of dependence.</p>	<ul style="list-style-type: none"> <li>• Individual and family education</li> <li>• Motivational Interviewing</li> <li>• Persuasion groups</li> <li>• Social skills training to address non-substance related situations</li> <li>• Structured activity (e.g. supported employment, volunteering, hobbies, church etc.)</li> </ul>
<p><b><u>Late Persuasion:</u></b> Regular contact with a counselor, shows evidence of reduction in substance use for the past 2-4 weeks but still meets criteria for substance abuse of dependence.</p>	<ul style="list-style-type: none"> <li>• Sampling constructive social and recreational activities</li> <li>• Safe damp housing</li> <li>• Use of medications to treat psychiatric illness that may have secondary effect on craving/addiction)</li> </ul>

<p><b><u>Early Active Treatment:</u></b> Client is engaged in treatment and has reduced substance use for more than the past month but still meets criteria for substance abuse of dependence during this period of reduction.</p>	<ul style="list-style-type: none"> <li>• Family and individual problem solving</li> <li>• Active Treatment Groups</li> <li>• Systematic analysis of substance abuse episodes</li> <li>• Social skills training to address substance-related situations</li> <li>• Self-help groups (AA etc.)</li> </ul>
<p><b><u>Late Active Treatment:</u></b> The person is engaged in treatment and has met criteria for substance abuse or dependence for the past 1-5 months.</p>	<ul style="list-style-type: none"> <li>• Individual cognitive behavioral counseling</li> <li>• Substitute activities (e.g. work, sports)</li> <li>• Pharmacological treatments to support abstinence (disulfiram, naltrexone)</li> <li>• Safe, dry housing</li> <li>• Psychoeducation</li> <li>• Stress management and coping skills</li> </ul>
<p><b><u>Relapse Prevention:</u></b> The client is engaged in treatment and has not met criteria for substance abuse or dependence for the past 6-12 months.</p>	<ul style="list-style-type: none"> <li>• Expanding involvement in supported or independent employment</li> <li>• Relapse prevention groups</li> <li>• Lapse Management</li> <li>• Self-help groups</li> <li>• Social skills training to address other areas</li> <li>• Family problem solving</li> <li>• Lifestyle improvements (e.g. smoking cessation, healthy diet, stress management techniques)</li> <li>• Independent housing</li> <li>• Becoming a role model for others</li> </ul>
<p><b><u>Remission:</u></b> The client has not met criteria for substance abuse or dependence for over one year.</p>	