COMORBIDITY GUIDELINES

Guidelines on co-occurring conditions

Skills-based training program

SESSION OBJECTIVES

Guidelines skills-based training program

This skills-based training program was developed to accompany the *Guidelines on the management of co-occurring alcohol and other drug and mental health conditions in alcohol and other drug treatment settings (3rd edition)* and its associated online training program (available at www.comorbidityguidelines.org.au), and was developed by researchers at the University of Sydney's Matilda Centre and 360edge.

Together, these resources aim to provide alcohol and other drug (AOD) workers with up-to-date, evidence-based information on the management of co-occurring mental health conditions in AOD treatment settings. They are based on the best available evidence and were developed in collaboration with clinicians, researchers, consumers and carers from across Australia.

The intended outcomes from this training are:

1.   Increased knowledge and awareness of how to identify, manage and treat co-occurring mental health conditions in AOD treatment settings.

2.   Improved confidence and skills of AOD workers.

3.   Increased utilisation of evidence-based care.

This program has been developed for online (e.g., Zoom or Teams) or offline (i.e., in-person) delivery. The contact details of trainers with expertise in both online and offline training are available https://comorbidityguidelines.org.au/skillsbased-programs-and-trainers-near-me

Who is the skills-based training program suitable for?

The skills-based training program was designed to meet the needs of workers in the AOD sector in managing co-occurring AOD and mental health conditions. The training is suitable for workers from a range of practice backgrounds, and with varying levels of experience.

Program modules

The training program is designed to be flexible and comprises seven half-day modules. The first two modules, 'Understanding co-occurring conditions' and 'Screening and assessment' are recommended modules that should be offered to all AOD workers and delivered before Modules 3 to 7.

Modules 3 to 7 are optional modules and can be chosen based on relevance to the workplace, workforce and the organisation's client profile. Module 3 addresses treatment approaches. Modules 4 to 7 address the most prevalent mental health disorders in AOD treatment settings.

The complete program can be delivered in three and a half days, or module by module over a period of weeks or months as required.

Module 1:	Understanding co-occurring conditions (recommended core module)
Module 2:	Screening and assessment (recommended core module)
Module 3:	Applying motivational enhancement, cognitive, and behavioural approaches to co-occurring disorders
Module 4:	Anxiety, depression and bipolar disorder
Module 5:	Personality disorders

Module 6:   Post traumatic stress disorder (PTSD)

Module 7:   Psychosis, eating disorders and obsessive-compulsive disorder (OCD)

Other resource support

Participants are encouraged to refer to the Guidelines on co-occurring conditions for further information and resources, which can be obtained or downloaded from https://comorbidityguidelines.org.au/.

Session objectives

Module 1: Understanding co-occurring conditions (recommended core module)

Objectives:

- Improved understanding of co-occurring conditions, including prevalence and harms.

- Increased knowledge of guiding principles of working with clients with co-occurring conditions.

- Improved understanding of models of care.

- Improved understanding of a holistic health care approach.

- Improved understanding of a client-centred, coordinated care approach.

- Improved knowledge and awareness of a trauma-informed care approach and understanding of how to apply these principles into practice.

- Improved understanding of self-care strategies, and how to apply these in practice.

Module 2: Screening and assessment (recommended core module)

Objectives:

- Improved understanding of a framework for screening and assessment for all AOD clients.

- Improved understanding of case formulation, informal assessments, standardised screening and assessments, and awareness of how these components fit together to form the basis of a client's presentation.

- Improved confidence and skills in utilising results from screening and assessments for case formulation.

Module 3: Applying motivational enhancement, cognitive and behavioural approaches to co-occurring disorders (optional module)

Objectives:

- Improved understanding and awareness of evidence-based psychotherapeutic treatment approaches available for co-occurring disorders.

- Increased understanding of how motivational interviewing is applied to co-occurring disorders.

- Increased confidence and skills in applying motivational interviewing techniques in the context of co-occurring disorders.

- Increased understanding of how cognitive and behavioural therapies apply to co-occurring disorders.

- Increased confidence and skills in applying cognitive and behavioural therapies in the context of co-occurring disorders.

Module 4: Anxiety, depression and bipolar disorders (optional module)

Objectives:

- Improved understanding of the relationship between AOD use and anxiety, depressive and bipolar disorders.

- Increased awareness of different client presentations associated with anxiety, depressive and bipolar disorders, and greater understanding of how these are identified.

- Improved confidence and skills to respond to clients experiencing AOD use co-occurring with anxiety, depressive, and bipolar disorders.

- Increased awareness of evidence-based management and treatment strategies available for AOD use co-occurring with anxiety, depressive and bipolar disorders.

- Greater understanding of the implications of managing and treating clients with co-occurring anxiety, depressive or bipolar disorders on clinical practice.

Module 5: Personality disorders (optional module)

Objectives:

- Improved understanding of the relationship between AOD use and personality disorders.

- Increased awareness of different client presentations associated with personality disorders, and greater understanding of how these are identified.

- Improved confidence and skills to respond to clients experiencing AOD use co-occurring with personality disorders.

- Increased awareness of evidence-based management and treatment strategies available for clients experiencing co-occurring AOD use and personality disorders.

- Greater understanding of the implications of managing and treating clients with co-occurring AOD use and personality disorders on clinical practice.

Module 6: Post traumatic stress disorder (PTSD; optional module)

Objectives:

- Improved understanding of the relationship between AOD use and PTSD.

- Improved understanding of the differences between PTSD and complex PTSD.

- Increased awareness of different client presentations associated with PTSD, and greater understanding of how these are identified.

- Greater understanding of the implications of clients who have experienced trauma, been diagnosed with PTSD or complex PTSD for clinical practice.

- Improved confidence and skills to respond to clients experiencing co-occurring AOD use and PTSD.

- Increased understanding of evidence-based management and treatment strategies available for clients experiencing co-occurring AOD use and PTSD.

Module 7: Psychosis, eating disorders, and obsessive compulsive disorder (optional module)

Objectives:

- Improved understanding of the relationship between co-occurring AOD use and psychosis, eating disorders and obsessive compulsive disorder (OCD).

- Increased awareness of different client presentations associated with psychosis, eating disorders, and OCD, and greater understanding of how these are identified.

- Improved confidence and skills to respond to clients experiencing co-occurring AOD use, psychosis, eating disorders, and OCD.

- Increased understanding of evidence-based management and treatment strategies available for clients experiencing co-occurring AOD use and psychosis, eating disorders, and OCD.

- Greater understanding of the implications of managing and treating clients with co-occurring AOD use and psychosis, eating disorders, or OCD on clinical practice.