



THE BASICS, Second Edition

A Curriculum for Co-Occurring Psychiatric and Substance Disorders

RECOMMENDATIONS FOR THE BASICS

Fred Garcia
Chief, Office of Program Services
State of Washington
Department of Social and Health Services
Division of Alcohol and Substance Abuse



"Please accept this letter as a note of congratulations and of appreciation. You are indeed to be congratulated for publishing *THE BASICS, Second Edition: A Curriculum for Co-Occurring Psychiatric and Substance Disorders*. It is evident that a tremendous amount of work, research, editing, time, and passion were invested in completing this two-volume set. It truly is a tool for the field, a primer, and a sophisticated compilation of the art, science, and practice of treating the patients in the chemical dependency and mental health fields.

Also, sincere appreciation is due for your continuing significant contribution to the treatment of co-occurring substance dependence and mental illness diagnoses. The volumes are rich with tools, techniques, and information for the counselor or therapist. This adds to the literature that is guiding clinical staff all across the nation - a most significant clinical contribution.

Finally, I wish to thank you for your contribution of the publication to the Division of Alcohol and Substance Abuse (DASA). I have sent e-mail to our clinical and management staff alerting them of the availability of this resource and this has been met with anticipation and excitement. The volumes have been placed in DASA's library and will be available for staff to check out. I can assure you these will be used. Thank you very much."

NATIONAL EXPERT

Kenneth Minkoff, M.D.

Kenneth Minkoff is recognized as one of the nation's leading experts on the integrated treatment of individuals with co-occurring psychiatric and substance disorders (ICOPSD) or "dual diagnosis."

"I am delighted to be able to recommend *THE BASICS, Second Edition* for clinicians in both the mental health and addiction treatment fields." (Excerpt from the Foreword of *THE BASICS, Second Edition*, May 1, 2004)

"Rhonda, *THE BASICS, Second Edition*, is a wonderful achievement. I have never seen so much material packed into one piece of work. Great job. I am bringing it with me everywhere." Ken (email August 11, 2004)

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ADDICTION PROFESSIONAL MAGAZINE BOOK REVIEW EXCERPT

Lindsay E. Freese, M.Ed., MAC, LADC

Professor of Human Service at New Hampshire Technical Institute

Addiction Professional Magazine: What's Working in Treatment and Prevention, May 2005

"A Co-Occurring Curriculum That's Worth Its Weight"

"My first response to *THE BASICS* was to the mere size of it. It's clear why there are two volumes, and if the adage is true that 'more is better' then this 1,200-page curriculum has to be *fantastic*. And after figuring out how one would use *THE BASICS*, I would tend to *agree*."

COUNSELOR / THERAPIST

Kathy Armstrong, M.Ed., LMHC, CDP, MHP

Co-Occurring Specialist; Spokane Mental Health; Spokane, WA

"Since I have used your material I have seen clients who have had very poor prognoses turn their lives around. They report they like the material because it is simple and to the point. They also like the fact that it is not played down to them, that is we (the staff) believe that they are intelligent people who can handle the educational material. I, as the facilitator, really appreciate your material because you have combined in each lecture both chemical dependency and mental health material. You have blended it in a way that is understandable and easy to present to clients who are many times cognitively impaired."

COMMUNITY MENTAL HEALTH

Marilyn Wilson, M.A.

Director, Clinical Services; Spokane Mental Health; Spokane, WA

Spokane Mental Health, a non-profit organization, has been one of the leading behavioral health care providers in the Inland Northwest for over 30 years.

"The information is organized in a way that allows group facilitators to present the material in a structured and consistent way and lends itself to cross training of staff. Consumers find the material helpful both in an educational and practical way. The handouts allow each consumer to individualize the material to fit their own experiences and help them learn about how their mental illness and their substance use are connected."

DEPARTMENT OF MENTAL HEALTH & SUBSTANCE ABUSE

L. D. Barney, MA, LADC

Co-Occurring Program Specialist

ODMHSAS (Oklahoma Department of Mental Health and Substance Abuse Services)

"*THE BASICS* has been a core reference and guide for many agencies attempting to integrate treatment for co-occurring disorders in Oklahoma. Their copies are invariably well worn, marked with sticky notes and highlighted throughout, reflecting its value and the frequency with which it is used." *continued...*

BEHAVIORAL HEALTH CARE

Benjamin T. Descoteaux, M.Ed., CDP, MHP

Chemical Dependency Professional and Mental Health Professional with Okanogan Behavioral Health Care, a rural community behavioral health care clinic serving all of Okanogan County in Washington State.

"THE BASICS has proven to be an invaluable resource. It has become an integral component of my group therapy services by providing comprehensive, practical, and easily understood information in a facilitator-friendly format."

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Lindsay E. Freese, M.Ed., MAC, LADC

Professor of Human Service at New Hampshire Technical Institute

Addiction Professional Magazine: What's Working in Treatment and Prevention, May 2005

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"The curriculum includes 'Tips to Facilitators' placed throughout the text regarding recommendations for exactly *how* to present the materials, augmenting the data with the use of included handouts, and various appendices containing additional topic information as well as hints. These hints pertain to presentation style, such as using visuals, allowing adequate time for the review of handouts, and making generous use of empathy and hope."

CORRECTIONAL FACILITY

Sean Patrick Humphrey, M.Ed.

McNeil Island Correctional Facility is a medium security adult facility located at Steilacoom, Washington.

"It is a pleasure to use a text that is laid out in such a way as to bring clarity to an often confusing and murky way of life. Rhonda McKillip has incorporated the spirit of the 12 Steps in the recovery phrasing bringing together the three areas of mental illness, chemical dependency, and recovery into a luminescent, coalescent whole. The lessons are laid out with instructions that could be followed not only by the seasoned professional but also by an intern. Rhonda recognizes the tendency of this population to have limited attention and therefore offers work sheets in the back of each lesson that are quick, easy and pertinent."

PSYCHOLOGIST – PRIVATE PRACTICE

Lynne Becker, PhD Licensed Psychologist, Sherman Oaks, CA

"Rhonda...I can't tell you how valuable I have found using THE BASICS with inpatients and outpatients this last year. As a psychologist, I use THE BASICS in my private practice, our psychiatrists use it at the hospital, and our facilitators use the sets in the group setting. Our psychoeducational groups are facilitated by both professionals and paraprofessionals and all of our group leaders delivered the curriculum easily and effectively. THE BASICS is a powerful tool and group members can join in at any point and benefit. I am giving these six copies I just purchased to therapist friends of mine to start off their New Year and recovery focus the right way!"

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"There is a clear focus on clinician aptitude given the subject matter, and an emphasis on the need for cross-training between the disciplines of mental health and addiction... "The 'Master Tips to Professionals' section at the end of Volume I contains 39 tips. Any treatment professional, regardless of whether he or she is using this particular curriculum in actual treatment, would benefit from the data included within these 39 tips."

BEHAVIORAL HEALTH

Susan Lang, MPH, OT/L

Consumer Affairs Director, Central Florida Behavioral Health Network (CFBHN)

"THE BASICS is the most complete curriculum for co-occurring disorders that I have seen in my twenty years in the behavioral health field. Both entry level and advanced practitioners will find the handouts and group session formats easy to follow and effective with a variety of audiences."

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"A Co-Occurring Curriculum That's Worth Its Weight"

"Data presentation is based on sound clinical approaches...the author leads you through maintaining appropriate measurable goals and objectives...and participants' strengths, cultural diversity, diagnosis, functioning level, and severity and acuity of specific disorders are considered...making generous use of empathy and hope. As always the teacher learns more than the student."

ADDICTION TREATMENT

Mark R. Brownlow

Administrator, Spokane Addiction Recovery Centers (SPARC)

SPARC is a non-profit organization providing inpatient, residential, and outpatient treatment services in Spokane, Washington since 1965.

"Rhonda McKillip's THE BASICS is the single most helpful product we have come across to insure consistent client educational information in our inpatient, residential, and outpatient levels of care. I highly recommend THE BASICS, Second Edition to counselors or agencies that work with this population."

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Professor of Human Service at New Hampshire Technical Institute

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"A Co-Occurring Curriculum That's Worth Its Weight"

"Each subject starts with a Presentation Guide, which is organized into three segments (Prepare, Present and Practice) and then further broken down into areas pertaining to the professional and the group, subject materials and appendices, handouts and group closure. Data presentation is based on sound clinical approaches such as "stages of readiness for change" theory. In addition, the author leads you through appropriately maintaining measurable goals and objectives. Participants' strengths, cultural diversity, diagnosis, functioning level, and severity and acuity of specific disorders are considered."

COMMUNITY JUSTICE CENTER

Margaret Lauzon

Spokane Justice Center; Spokane, Washington

"The group participants are glad that what they are going through has been acknowledged. They can actually learn not only about their chemical dependency issues but their mental health issues and how they interact. Some were afraid of psych meds because they did not know what to expect. When it is explained, they feel better about what to expect and stop self-medicating with street drugs. This program helps take all the mystery out of a co-occurring disorder and talks in plain language. The way it is set up helps the clinician decide how much to present. The clients say they are finally being heard thanks to your program. In regards to working with this in a corrections setting, I don't see it as being any different than in the community. The only difference between the people here in the justice system and those in the community is the bars."

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"In addition to the usefulness of this curriculum for treatment audiences, I also see value in the area of education. Using this as a classroom text in either addiction or mental health counselor training programs would enable the student to gain not only a significant amount of data on dual diagnosis issues but also a clear sense of how this information is presented in the context of treatment. As always, the teacher learns more than the student, and anyone using this curriculum will learn a great deal even it is used only as a reference."

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FAMILY SERVICES

Jeff Thomas, MSW, Ed.D.

Executive Director, Family Service Spokane; Spokane, WA

Spokane Family Service Spokane is a private, non-profit agency that provides outpatient mental health services.

“THE BASICS is more valuable and relevant than ever for agencies providing mental health services. THE BASICS has been drawn on heavily by agency clinicians and served as a valuable resource in individual and group work. It is designed to respond to the needs of individuals with co-occurring disorders rather than having to ‘reinvent the wheel’.”

CORRECTION FACILITY

Joan McDevitt, Gus Harrison Correctional Facility, Michigan

“Rhonda, One of my members said about THE BASICS, “It helps me to ‘parent’ myself [he meant to be kinder].” I love using THE BASICS in a dual diagnosis group. It is very comfortable for me to work with, easy for my population to understand (some with borderline intelligence).”

FOREWORD EXCERPT OF THE BASICS, SECOND EDITION

Kenneth Minkoff, MD

Kenneth Minkoff, MD is recognized as one of the nation’s leading experts on the integrated treatment of individuals with co-occurring psychiatric and substance disorders (ICOPSD) or “dual diagnosis.

“This treatment manual by Rhonda McKillip is a welcome and necessary addition to the programmatic armamentarium for integrated treatment of co-occurring disorders. ... The availability of this manual will be of great value in promoting integrated treatment programming in both mental health and addiction treatment settings. I am delighted to be able to recommend this work for clinicians in both fields.”