Community Based Solutions (CBS): A Substance Abuse/Co-occurring Division
Community Counseling Center

Presenters

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Certified: Cognitive-Behavioral Group Facilitator

Penny Coleman, CBS Graduate
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Learning Objectives

- Familiar with CBS forensic program
- Understand how the blend of SA Group, Individual MH Counseling, Psychiatry, and Case Management reduces relapse/recidivism
- Use Case Management to acquire employment
- Learn CBT, MI skills via “Frank Did It Again”
- Apply CBS to real life P&P client scenarios
- Testimonial: “How CBS Changed My Life”
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501 (c) 3 non-for-profit founded in 1973
Bollinger, Cape Girardeau, Madison, Perry, Ste. Genevieve Counties
250 employees, 31 Programs
2010/2011 Nearly 8,000 distinct clients;
178,454 face-to-face hours of service
Governing and Foundation Boards
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- CBS Founded 2009 – Jon Huenink, 16 years
- Diversified Program Services, Inc.
- CBS – Cape Girardeau, Madison, Perry Counties
- Last Fiscal Year: 533 State and Federal clients
- State and Federal Contracts, self-pay, pro bono
- ADA Certified Substance Abuse Groups and Case Management, Individual Mental Wellness Counseling, Psychiatry, Domestic Violence Group
- Automated Tracking System
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- Holistic, specialized, systemic intervention and prevention approach to decrease relapse and recidivism and to increase public safety

- Programmatically designed to address anti-social, criminogenic pathologies via evidence based practices

- Cognitive Behavioral, Motivational Interviewing, Criminal Thinking Scales
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- CBS encompasses interdependent elements

- Forensic intervention: ADA Certified Substance Abuse, Advanced Cognitive Restructuring, Anger Management/Impulse Control, Domestic Violence – 12-26 week groups

- Case Management: Life Skills, employment, education, housing, Disability,

- Individual Mental Wellness Counseling, Psychiatry, Medication Monitoring
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- Criminal Thinking Scales (CTS): Power, Entitlement, Cold Heartedness, Justification, Criminal Rationalization, Personal Responsibility

- Pre/Post CTS: Pre CTS at evaluation; Post CTS at 4 weeks prior to discharge - Clients show significant differences 1.67 to 14.00

- 46 Cape MRP clients tracked 2-17-10 to present:
  - 5 clients (11%) relapsed; 4 clients (9%) recidivated
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Client Wellbeing Pre/Post Surveys

Five questions ask the extent to which clients believe services make a difference (i.e., helpful, understanding concerns, symptoms lessen, self improvement, social interactions change). Clients agree/strongly agree that they have made significant gains via CBS services.

Comment session allows clients to voice their opinions about services
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Client Wellbeing Surveys - Comment section

- Class is cool. People here are really working on recovery.
- This treatment has been a great experience. I actually use the “ABC” model at home and with other situations. My depression and anxiety have decreased since I started.
- This is a very helpful program. Thankful to have come through it.
- I really like coming to class and get a lot out of it.
- Thank you for teaching me the right ways to deal with life
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Outpatient ADA Certified Substance Abuse Group

- Understand addictive personality dysfunction
- Precontemplation, Contemplation, Preparation, Action, Maintenance, Recurrence/Relapse
- Dynamics of denial mechanisms; high risk lifestyles
- Alcohol/drug related psychosis; brain damage
- Break the addictive pattern; human spirituality
- Victimstance, justification, obstacles to change
- Criminal thinking errors; anti-social vs pro-social lifestyles – Cognitive Restructuring
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Anger Management Group

- Examining social roles/conditionings that contribute to violent/explosive behavior(s)
- Understanding anger is a choice; early warning signs
- Defining anger as a stress response; old behaviors for new behaviors
- Anger containment techniques; spiritual growth; maintain a cool, rational perspective under stress
- Value of compromise “meeting in the middle”
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Advanced Cognitive Restructuring

- Make constructive choices vs destructive choices
- Improve decision-making skills
- Habitual behaviors that prevent positive change
- Proactive in examining thinking patterns related to destructive, anti-social, criminal acts
- Distorted thought patterns and “stinking thinking” e.g. “I am a victim of other; of substance abuse”
- Anti-social behaviors and consequences versus pro-social behaviors and consequences
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Domestic Violence Group

- Based on “power and control” model
- Refutes multi-generational belief systems that promote domestic violence
- Dialogue provides opportunity to think critically/reflectively about using violence in relationships
- Dispute culturally-based beliefs that endorse domestic violence
- Non-violence, non-controlling; equality in relationships
- Intimidation, emotional abuse, male privilege
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Mental Wellness Counseling and Psychiatry

50% to 75% of substance abuse clients struggle with mental health issues.

The blend of Individual Counseling, Psychiatry and Medication Monitoring, and Substance Abuse Group help dually-diagnosed clients make significant gains in their recovery.
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- **Individual Counseling:**
  - Mental Health
  - Substance Abuse
  - Co-Occurring

- **Group Counseling:**
  - Substance Abuse
  - Domestic Violence
  - Anger Management/Impulse control
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Group Counseling:
- Open Group Format
- Psycho-Educational
- Motivational Interviewing
- Motivational Incentives
- Cognitive-Behavioral Therapy
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- Motivational Interviewing - Stages of Change, Altered States, Decisional Balance, Values Clarification, Consciousness Raising, Expressions of Concern, Roles, Problem-Solving, Confidence and Temptation, Expectations

- Cognitive Behavioral Therapy - Introduction to the Model, Levels of Thinking, Application to Specific Situations, Role of Emotions, Emotional Regulation, Emotions in Recovery, Unhealthy Thinking Styles, Criminal Thinking, Addictive Thinking, Restructuring /Reframing Skills
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- The Physiological Effects of Substances

- Elective Topics-Managing Time, Budgeting, Your Work Personality, Managing Stress, Understanding Anxiety and Depression, Etc.
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• The Stages of Change - Precontemplation, Contemplation, Preparation/Planning, Action, Maintenance, Relapse/Recycle

• How Relapse Happens - Something Happens > Beliefs/Thoughts > Cravings > Permission Giving Thoughts > Focus on Action > Drink or Drug
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Relapse Prevention:

• Stop Something from Happening
• Redirect Action
• Contradict Permission Giving Thoughts
• Cope With Cravings
• Change Core Beliefs/Automatic Thoughts
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Example of a Group Exercise:

“Frank Did It Again”

- Clients can put together their knowledge and skills developed with this case study.
- This exercise has always facilitated outstanding group participation.
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Case Management

- Job Skills assessment
- Write resume
- Prepare for interviews
- Hygiene, dress
- Assist with job search and find employment
- Assess needs, goals
- Meet with employers

- Education – GED
- Assist with Disability
- Assist with Social Security, SSI
- Housing
- Transportation
- Childcare
- Money management
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Penny Marie Coleman
CBS Graduate

- Biography
- Humility
- Taking control of bad behaviors
- Feeling prepared for whatever life may bring you
- Group sessions would use real life scenarios pertaining to group topics.
Questions and Answers

Thank you!