

# The Building Blocks of Integrated Substance Use Treatment

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# Substance use in Colorado



- 70% increase in fatal fentanyl overdoses from 2020 to 2021, with more than 900 deaths last year
- 1,887 overdose deaths in 2021
- Drug overdose death rates have nearly doubled from 2011 to 2021
- Both alcohol and substance use disorder rates are higher in CO than national average

# Barriers to care



- Co-occurring mental health dx
- Cost of treatment, lack of insurance
- Not finding a program that offers the desired treatment or lack of integrated services
- Concern for stigma
- Impact on jobs and daily life
- Physical disabilities
- Involvement in the legal system
- Lack of providers, Colorado has only met 34.6% of the need for mental health providers
- Mismatched levels of care leave patients and providers feeling stuck

# Why integrated services?



## Best practice

- Traditional sequential or parallel approaches to mental health and substance abuse treatments have failed, leading to the development of integrated treatment programs
- A study in NH found those in integrated services are 60% likely to reach remission versus 20% when not

## SAMSHA reports integrated treatment services leads to

- Improvement in psychiatric symptoms and functioning
- Decreased hospitalization
- Increased housing stability
- Fewer arrests
- Improved quality of life

## Studies from 2011-2017 found the integrated model to be best practice, offering the following outcomes:

- decreased substance use and abstinence
- improved mental functioning
- decreased emergency department (ED) visits, inpatient hospitalizations, and healthcare costs
- gains in independent housing and competitive employment
- improved life satisfaction or quality of life

# Recovery



"A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential." -SAMSHA

"A person's recovery is built on his or her strengths, talents, coping abilities, resources, and inherent values. It is holistic, addresses the whole person and their community, and is supported by peers, friends, and family members." -SAMSHA

# Core components of effectively integrated programs

Assertive outreach

Comprehensiveness

Shared decision making

Harm reduction

Long-term commitment

Stage-wise treatment

# Stage-wise treatment



Engagement: pre-contemplative



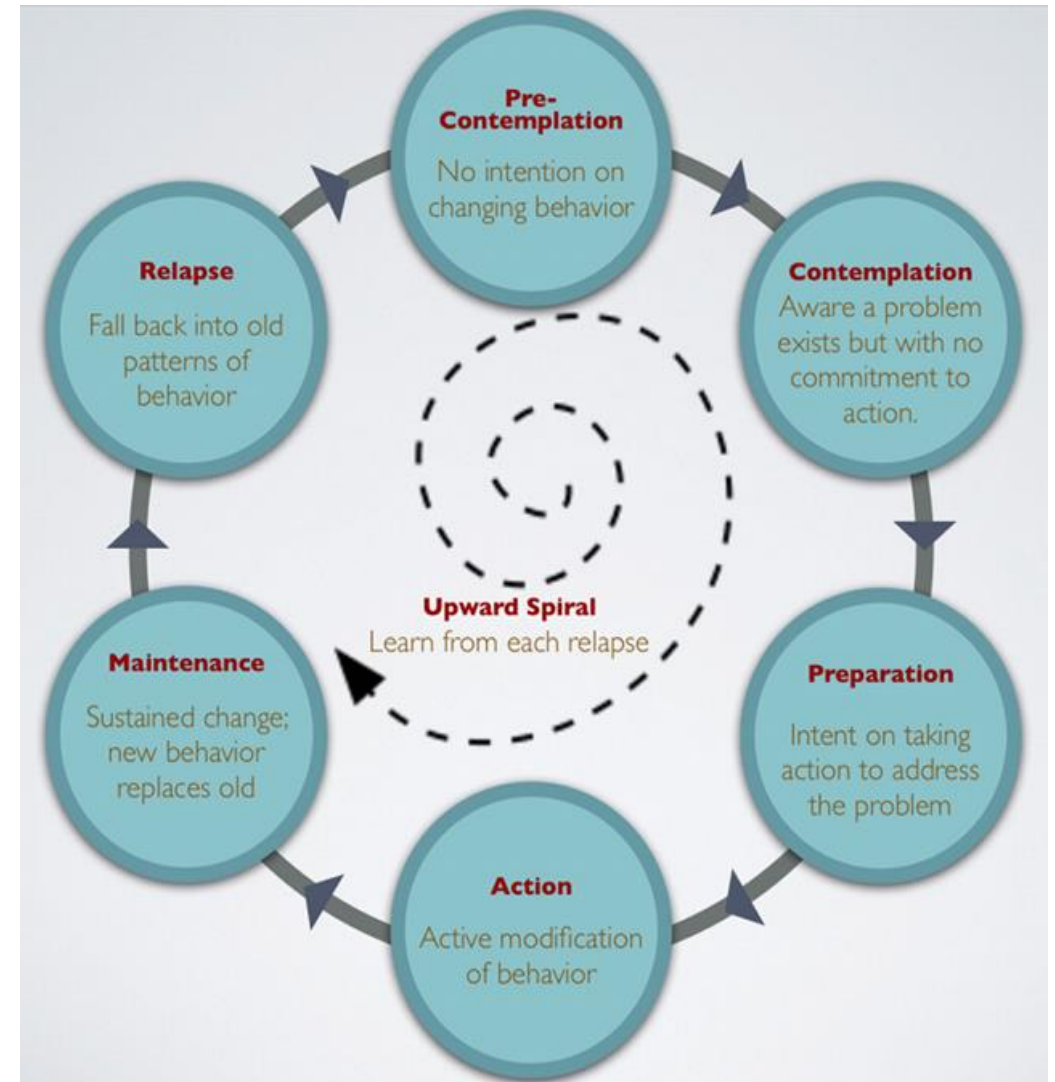
Persuasion: contemplative and preparation



Active treatment: action



Relapse prevention: maintenance



# SWT: Engagement



- Stigma, trauma-informed patient centered language, building rapport, nonjudgement and trust
- Assertive outreach
- Flexibility
- Collateral
- Address specific real-life problems early in treatment
- Crisis management, stabilization
- Thorough ongoing assessment



# SWT: Engagement



- Plan for the client's cognitive and functional impairments
- Case management
  - Resources for vocational and parenting support
- Develop a phased approach to treatment
- Harm reduction
- Help patients understand the connection between substance and negative outcomes

# SWT: Persuasion



- Provide psychoeducation
- **Motivational interviewing**
  - **Moving the continuum of motivation to committed recovery-oriented treatment**
- Accountability
- Contingency management (incentives)
- Structured activities (routine)

# SWT: Active treatment



- Medication
- Skills training
- Individual and group therapies
  - Trauma therapy
  - Family treatment
- Self-monitoring programs
- Increase social connection and activities in recovery
- Fostering new hobbies and relationships
- Identifying and connecting to values and purpose
- Established structure and routine

# SWT: Relapse prevention



- Relapse prevention plan
- Utilization of therapy skills
- Balanced biopsychosocial-spiritual wellness
- Ongoing social engagement
  - 12-step programs
  - Mental health/recovery applications
  - Peer group
  - Peer training

# Feeling stuck?



- Revisit the stages of change and treatment plan
- Identify barriers to improvement
  - Individual, clinic, and system levels
- Harm reduction approach
- Contingency management or incentive program
- Increase social support
- Family treatment (change modality)

# Contact

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