

Treatment, Strength Assessment & Motivational Interviewing in Healing to Wellness Courts

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Objectives

- ▶ The Treatment Process
- ▶ The Treatment Process & Wellness Court
- ▶ How to utilize strength assessments for Wellness Court participants
- ▶ How Motivational Interviewing can enhance Wellness Court

Treatment Process

- ▶ Evaluation & Assessment
 - ▶ Treatment Planning
 - ▶ Counseling/Therapy
 - ▶ Medical Assessment & Treatment
 - ▶ Mental Health Services
 - ▶ Education about substance abuse
 - ▶ Self-help
 - ▶ Support services for family members
 - ▶ Relapse Prevention Services
- (generally the basics of treatment programs)

Programs may also include.....

- ▶ HIV/AIDS education, testing, & counseling
- ▶ Alternative techniques (acupuncture, nutrition education, etc.)
- ▶ Comprehensive Pregnancy Care
- ▶ Spirituality component
- ▶ Native Traditions as appropriate for individual tribe
- ▶ Attention to the needs of special populations (sexual abuse victims, LGBTQ, women, etc....)

As treatment providers we also link to other services.....

- ▶ Educational assistance
- ▶ Job Training/Counseling
- ▶ Housing
- ▶ Financial assistance
- ▶ Community assistance

We see our clients as.....

WHOLE PERSON

Treatment & Healing to Wellness Courts

- ▶ Screening
- ▶ Assessment
- ▶ Determining categories of care & components of treatment
- ▶ Detoxification practices
- ▶ Program admission criteria & procedures
- ▶ “Relapse” policies & judicial supervision of the defendant’s progress in treatment
- ▶ Staffing & cross–system liaison
- ▶ Program Monitoring

Types of Screening and Assessment

- ▶ **Legal Screening:** Determines legal eligibility and public safety risk of potential drug court (HTWC) participants.
- ▶ **Clinical Screening:** Determines clinical suitability of potential drug court (HTWC) participant.
- ▶ **Clinical Assessment:** Determines clinical diagnosis, level of care needed & formulation of treatment plan.

US Department of Justice, Office of Justice Programs, Drug Court Programs Office;
Guidelines for Drug Courts on Screening and Assessment, Drug Court Resource Series, May
1998, NJC171143

Categories of Care

- ▶ **Pretreatment Services**—low level of care; psych educational services to increase awareness of the dangers of substance abuse
- ▶ **Outpatient Treatment**—most common form of substance abuse treatment; can include non-intensive outpatient treatment, intensive outpatient treatment, opioid substitution therapy, day treatment or day reporting centers.
- ▶ **Inpatient Treatment**—treatment provided at hospital or medical facility or residential setting.

Chapter 4—Designing the Program. Center for Substance Abuse Treatment. Drug Courts: Integrating Substance Abuse Treatment With Legal Case Processing. Rockville (MD): Substance Abuse & Mental Health Services Administration (US); 1996 (Treatment Improvement Protocol (TIP) Series, No. 23)

Components of Treatment & Healing to Wellness Court

- ▶ Screening/Assessment
- ▶ Treatment Planning
- ▶ Counseling/Therapy
- ▶ Group Counseling
- ▶ Aftercare
- ▶ What else will you provide?

Program Admission Criteria & Procedures

The issues of eligibility and suitability relate directly to the screening process...and more broadly, to the overall goals of the program. In the design stage, the program goals, together with the planners' knowledge about treatment resources that are available or can be developed should help shape the criteria for admission to the program.

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Who is suitable for Healing to Wellness Court?

- ▶ A 23yo native female, who has been drinking five pints of vodka daily, who was arrested for her third public intoxication charge?
- ▶ A 45yo native male, who is just “somehow” but has not been formally diagnosed for mental illness, who was arrested for his fourth DWI and possession of less than an ounce of marijuana?
- ▶ A 33yo native male with a history of alcohol dependence and meth addiction, who is diagnosed with bipolar disorder, who was arrested for his second probation violation at which time his BAC was .41 and he threatened suicide?

“Relapse” Policies & Judicial Supervision of the Defendant’s Progress

- ▶ In non-HTWC system, relapse is dealt with as a probation violation & possible revocation & return to jail
- ▶ In non-HTWC system, days of sobriety aren’t acknowledged by the Judge
- ▶ In HTWC policies on handling relapse are paramount should be developed early
- ▶ Take into consideration drug or alcohol testing results as well as progress in treatment

Staffing & Cross-System Liaison

- ▶ Staffing for an integrated program requires teamwork across agencies & institutions that generally have little history of working collaboratively.

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Strength Assessment

- ▶ Identifying strengths in participants
- ▶ Helps to guide treatment planning and the need for ancillary services
- ▶ Development of incentives & sanctions
- ▶ Can be included in the assessment process

Motivational Interviewing & Healing to Wellness Court

- ▶ Developed by Dr. Bill Miller (UNM) and Dr. Stephen Rollnick—response to confrontational methods of the 1970's & 1980's
- ▶ Evidence based approach to overcome the ambivalence individuals have about making desired changes in their lives.
- ▶ Fits well with Healing to Wellness Court

The Four Principles of MI

- ▶ Express Empathy—acknowledging that feeling unsure about change is normal, being accepting of client increases chance or positive change, reflecting what your client said verbally & non verbally is necessary skill.
- ▶ Develop Discrepancy—assist in the “mismatch” between present behavior & important goals or values.

Four Principles of MI cont.’

- ▶ Roll with Resistance—Do not fight for change, go head to head with client’s resistance, client has answers & solutions
- ▶ Support Self-Efficacy—the belief that change is an important motivator for your client, YOUR belief in the client’s ability to change helps the change.

Communication is Key in MI

- ▶ Listening is important; reflective listening
- ▶ Verbal & non-verbal communication
- ▶ Commitment Language
- ▶ OARS
 - Open-ended Questions
 - Affirm
 - Listen Reflectively
 - Summarize

Questions