

# Overview of Provincial CODI Training Modules

Manitoba Health funded development of, and retains ownership for, the CODI Clinical Training Resource Package. The package consists of nine separate training modules which coincide with the nine corresponding Clinical Training Guidelines. It is designed to support CODI trainers across the province in carrying out their regional training objectives. Each individual module includes facilitator guidelines, PowerPoint slides, a participant handout package and in some cases, supplementary appendices.

<b>Module</b>		<b>Purpose</b>	<b>Content</b>
#1	<b>Welcoming</b>	To increase ability to engage individuals with co-occurring disorders in a welcoming, empathic, hopeful and accepting manner.	<ul style="list-style-type: none"> <li>• Welcoming Environments: physical, relational, social/cultural and policy/administration</li> <li>• Welcoming, empathic and hopeful messages</li> <li>• What helps and what hinders welcoming practice</li> </ul>
#2	<b>Needs and Barriers</b>	To increase awareness of the needs and concerns of persons with co-occurring disorders as a special population	<ul style="list-style-type: none"> <li>• Statistics on prevalence of co-occurring disorders</li> <li>• Protective and Risk factors for CODs, including determinants of health</li> <li>• Barriers to integrated treatment/rehab: policy/system, program, clinical and client/family</li> <li>• Strategies to overcome barriers, including the 4 Quadrant Severity Matrix model</li> <li>• Cultural Competence</li> <li>• Glossaries of terminology</li> </ul>
#3	<b>Clinical Knowledge and Best Practices</b>	To create a structure from which professionals from mental health and addictions can begin to share clinical knowledge, skills and experience in order to build a base for co-occurring disorders practice.	<ul style="list-style-type: none"> <li>• Basic knowledge about Addictions: classification and contributing factors</li> <li>• Basic knowledge about Mental Health: classification and contributing factors</li> <li>• Basic knowledge about Co-Occurring Disorders</li> <li>• Clinical Best Practice Guidelines for CODs</li> <li>• Pharmacological interventions</li> </ul>
#4	<b>Change and Recovery Models</b>	For participants to gain an appreciation of the concept of recovery as a guiding vision for treatment and rehabilitation services for persons with co-occurring disorders; and of the staged models of intervention that should structure those services.	<ul style="list-style-type: none"> <li>• Recovery as a process/journey, outcome and vision</li> <li>• Model of Recovery</li> <li>• Defining recovery: mental health, addictions and co-occurring disorders</li> <li>• Differences and similarities of mental health and addictions service systems</li> <li>• Values and goals of recovery oriented services</li> <li>• Staged models of intervention: Phases of Recovery, Stages of Change, Stages of Treatment</li> <li>• Client perspectives on recovery</li> <li>• Parallel needs of service providers</li> </ul>
#5	<b>Crisis Response</b>	For participants to begin to develop skills to screen for and assess safety, risk, crisis and emergency situations particular to persons with co-occurring disorders, and to intervene or refer as necessary.	<ul style="list-style-type: none"> <li>• Distinctions between: emergency, crisis and risk</li> <li>• How to conduct safety screening</li> <li>• Risk assessment</li> <li>• Risks associated with substance use: intoxication and withdrawal</li> <li>• Suicidality risk review</li> <li>• Crisis theory</li> <li>• ABC Model of Crisis Intervention</li> <li>• Crisis response services in Manitoba</li> <li>• Legislation: FIPPA, PHIA &amp; the Mental Health Act</li> </ul>

#6a	<b>Screening</b>	How to select and use specific screening instruments and processes to achieve those objectives.	<ul style="list-style-type: none"> <li>• Defining screening: what it is, why it should be done, who should be screened, where and when</li> <li>• How to conduct screening: modalities, levels and types; selecting a screening process and instrument</li> <li>• Developing a screening process</li> <li>• Planning training based on screening instrument selected</li> </ul>
#6b	<b>Assessment</b>	To develop familiarity with the components of an integrated, longitudinal, strength-based assessment.	<ul style="list-style-type: none"> <li>• Defining assessment: 5 Step Assessment Process</li> <li>• Functional Assessment: purposes, perspectives, categories of information</li> <li>• How to conduct functional assessments, including overcoming barriers</li> <li>• Functional Analysis: purpose, types</li> <li>• How to conduct functional analyses</li> <li>• Other factors to consider in assessment: Phases of Recovery, 4 Quadrant Severity Matrix, Stages of Change, Stages of Treatment, Level of Care</li> <li>• Integrated Longitudinal Strength-Based Assessment</li> </ul>
#7	<b>Treatment &amp; Rehabilitation Planning</b>	For participants to gain familiarity with the process and components of integrated treatment/rehab planning for persons with co-occurring disorders, within the context of integrated service systems.	<ul style="list-style-type: none"> <li>• Defining integrated treatment/rehab planning</li> <li>• Models of mental health and addictions services and methods of integration</li> <li>• Diagnosis-specific considerations in treatment/rehab planning</li> <li>• Stage-based considerations in treatment/rehab planning</li> <li>• Levels of distress/burden considerations in treatment/rehab planning</li> <li>• Steps of treatment/rehab planning</li> <li>• Components of an integrated treatment/rehab plan</li> </ul>
#8	<b>Coordination of Services</b>	To describe the broad array of services and supports required for the treatment/rehab of persons with co-occurring disorders and to identify a method to coordinate a persons' use of this service array.	<ul style="list-style-type: none"> <li>• The effects of a "No Wrong Door" policy on treatment/rehab planning</li> <li>• What is required for a clear system of coordination for delivery of care?</li> <li>• How to plan, select and deliver treatment/rehab: development of 'ideal' plan, planning actual care, delivering care</li> <li>• Models of coordination: case management and care coordination</li> <li>• Role and responsibilities of a care coordinator</li> <li>• When to refer and when not to refer</li> <li>• Continuum of addictions services</li> <li>• Continuum of mental health services</li> <li>• Self-Help and Consumer lead groups</li> <li>• Barriers to coordination of services</li> </ul>
#9	<b>Facilitating Recovery</b>	To acquaint participants with knowledge/skill sets that are best practice recommendations for promoting recovery among persons with co-occurring disorders.	<ul style="list-style-type: none"> <li>• Group therapy: psycho-educational, skill development, cognitive-behavioural, support, persuasion, active treatment</li> <li>• Trauma recovery principles</li> <li>• Dialectical Behavioural Therapy</li> <li>• Motivational Interviewing / Motivational Enhancement</li> <li>• Harm Reduction</li> <li>• Contingency Management</li> <li>• Relapse Prevention</li> </ul>