


**CCB S2S Webinar Presentation**  
**May 24, 2010**

**TIP 48**  
**Managing Depressive Symptoms in Substance Abuse Clients During Early Recovery**

Marshall Rosier, MS, CAC, CCDP-D, LADC, MATS  
 Executive Director  
 Connecticut Certification Board, Inc.

**S2S**  
 Science 2 Service Learning Series

Marshall Rosier (2009)




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**Science 2 Service Webinar: TIP 48**

- Introductions
- CCB Science 2 Service Initiative
- What is a TIP?
- TIP 48 Overview
  - Part 1 – Substance Abuse Counselors
  - Part 2 – Clinical Supervisors & Program Administrators
  - Part 3 – Literature Review
- Training using TIP 48
- Discussion

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**Science 2 Service Webinar: TIP 48**

- Introductions
  - Name
  - Agency
  - How did you hear about this Webinar?
  - What do you hope to gain from this presentation?
- Have you reviewed/read TIP 48?
  - Comments

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Challenges within the Behavioral Health Field

- SAMHSA and others have identified a "Workforce Development Crisis"
- Funding Challenges
- Science to Service Gap
- Education to Practice Gap
- Balancing Clinical Experience AND Science & Evidence-Based Interventions

**IMPORTANT NOTE:** The TIP 48 authors use the term **substance abuse** to refer to substance use disorders including substance abuse and substance dependence through the content of TIP 48. Please allow this term to be used flexibly in this content as well.

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CCB Science 2 Service Initiative

- Services, Products, Technical Assistance and Consulting to address the challenges facing the field

CCB Science 2 Service Activities

- Dissemination of Resources and Tools
  - Science and Research-based publications
  - Evidence-based Practices and Interventions
- Live Learning Programs (Training and Workshops)
- Webinars and Self-paced Learning Programs

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- What is a TIP?
- TIP – Treatment Improvement Protocol
  - Developed by **CSAT** – *The Center for Substance Abuse Treatment* and **SAMHSA** – *The Substance Abuse and Mental Health Services Administration*
  - Free and within the public domain
  - Many available electronically and all can be ordered or downloaded from [www.ncadi.samhsa.gov](http://www.ncadi.samhsa.gov)
- Based on Science/Research & Practice/Expertise
- Consensus document of best-practice guidelines

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### Science 2 Service Webinar: TIP 48

#### ■ TIP 48 Overview

- Part 1 – Substance Abuse Counselors  
*- focuses on providing appropriate counseling methods and frameworks on the topic*
- Part 2 – Clinical Supervisors & Program Administrators  
*- focuses on providing administrative support to implement adoption of the counseling recommendation from Part 1*
- Part 3 – Literature Review  
*- provides a comprehensive literature review that provides an in-depth look at relevant published resources on the topic*

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### Science 2 Service Webinar: TIP 48

#### ■ TIP 48 Overview

- Part 1 – Substance Abuse Counselors

#### Depressive Symptoms in Early Recovery

- Significant percentage of SUD clients have depressive symptoms
- Symptoms occur along a continuum and can lead to mood disorders such as Major Depressive Disorder
- Depressive symptoms *"refer to symptoms experienced by people who, although failing to meet DSM-IV-TR diagnostic criteria for a mood disorder, experience sadness, depressed mood, or "the blues,""* (TIP 48, p. 3)

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### Science 2 Service Webinar: TIP 48

#### ■ TIP 48 Overview

- Part 1 – Substance Abuse Counselors

#### Depressive Symptoms in Early Recovery

- Research findings indicate that substance abuse clinicians will work with many clients that have depressive symptoms – "as many as half of the clients" they treat (TIP 48, p. 3)
- "Depressive symptoms can interfere with client's recovery and ability to participate in treatment " (TIP 48, p. 3)
- Although staff may not be licensed or eligible to diagnose or treat mood disorders, they should be aware of the impact of mood disorders and depressive symptoms upon the recovery process

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### Science 2 Service Webinar: TIP 48

#### ■ TIP 48 Overview

- Part 1 – Substance Abuse Counselors

#### ■ TIP 48 - Consensus Panel Recommendations

- All substance abuse treatment clients should be screened for depressive symptoms.
- You should be aware of the ways depressive symptoms can manifest in clients with substance use disorders and how those symptoms can affect substance abuse recovery.
- You should be aware of the ways depressive symptoms can affect clients' participation in treatment.
- Substance abuse treatment for clients with substance use disorders and depressive symptoms should be client centered and integrated.

FROM TIP 48, page 4

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### Science 2 Service Webinar: TIP 48

#### ■ TIP 48 Overview

- Part 1 – Substance Abuse Counselors

#### ■ TIP 48 - Consensus Panel Recommendations

- Several intervention methods have been used successfully to manage depressive symptoms in substance abuse treatment: behavioral, cognitive-behavioral, supportive, expressive, 12Step facilitation, and motivational interviewing.
- You should be aware of the manner in which your attitudes toward clients with depressive symptoms can affect your ability to work with these individuals.

FROM TIP 48, page 4

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### Science 2 Service Webinar: TIP 48

#### ■ TIP 48 Overview - Part 1

This chapter provides basic information on:

- The nature of depressive symptoms.
- The relationship between depressive symptoms and the toxic or withdrawal effects of substances.
- The relationship between depressive symptoms and substance use disorders.
- The effect of substances on recovery from depressive symptoms.
- Suicidality among clients in substance abuse treatment with depressive symptoms.
- How depressive symptoms affect treatment participation.
- The concept of integrated care for substance abuse and depressive symptoms.
- Approaches and psychosocial interventions for working with depressive symptoms.
- Special considerations related to the substance abuse treatment setting in which you work.
- Special considerations related to the cultures of your clients.

FROM TIP 48, p. 4

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### Science 2 Service Webinar: TIP 48

#### TIP 48 Overview - Part 1

This chapter provides basic information on:

- Your professional role and responsibilities in relation to clients with depressive symptoms.
- Preparing yourself to work with clients with depressive symptoms.
- Screening and assessment.
- Treatment planning.
- Treatment.
- Continuing care and treatment termination.

FROM TIP 48, p. 4

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### Science 2 Service Webinar: TIP 48

#### TIP 48 Overview

- Part 1 – Chapter 2 – Substance Abuse Counselors

Introduction

- Client ambivalence to change
- How to help people with depressive symptoms
- Counseling Circle
- Culturally Competent Counselors

Vignette 1—Behavioral Interventions

Vignette 2—Cognitive Interventions

Vignette 3—Interventions With Core Beliefs

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### Science 2 Service Webinar: TIP 48

#### TIP 48 Overview

- Part 2 – Clinical Supervisors & Program Administrators

***Clients with depressive symptoms may have difficulty in any or all of the following areas:***

- Ability to learn program rules or to follow instructions
- Ability to keep appointments
- Energy to participate in or maintain interest in program activities
- Motivation for change
- Ability to make appropriate decisions about treatment needs and goals
- Belief that he or she can be helped

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**Science 2 Service Webinar: TIP 48**

■ TIP 48 Overview

- Part 2 – Clinical Supervisors & Program Administrators

***Clients with depressive symptoms may have difficulty in any or all of the following areas:***

- Responsiveness to reinforcements
- Ability to handle feelings
- Ability to handle relations with other clients
- Ability to attend to (and not disrupt) group activities
- Ability to stay substance-free after treatment is completed

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**Science 2 Service Webinar: TIP 48**

■ TIP 48 Overview

- Part 2 – Clinical Supervisors & Program Administrators

■ TIP 48 - Consensus Panel Recommendations

- All substance abuse treatment programs should integrate screening and management of depressive symptoms into existing substance abuse treatment.
- Programs need to develop the capacity to differentiate clients with depressive symptoms from those with depressive illness and have resources in place to address the needs of both groups.
- Programs have a responsibility to develop a referral network that is capable of evaluating clients with depressive symptoms and receiving clients whose depressive symptoms cannot be managed in the substance abuse treatment setting.

FROM TIP 48, page 102

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**Science 2 Service Webinar: TIP 48**

■ TIP 48 Overview

- Part 2 – Clinical Supervisors & Program Administrators

■ TIP 48 - Consensus Panel Recommendations

- Adequate policies and procedures should be in place to serve clients with suicidal thoughts or behaviors.
- In clinical supervision, an emphasis should be placed on improving counselors' ability to recognize and manage clients' depressive symptoms.

FROM TIP 48, page 102

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### Science 2 Service Webinar: TIP 48

#### ■ TIP 48 Overview

- Part 2 – Clinical Supervisors & Program Administrators

#### **Benefits to Clients within your program:**

- Enhances the treatment experience for both the person with depressive symptoms and those around him or her.
- Increases retention rates.
- Leads to greater reductions in substance use.
- Reduces the probability of relapse.
- Increases engagement rates in aftercare services.

TIP 48, p. 103-4

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### Science 2 Service Webinar: TIP 48

#### ■ TIP 48 Overview

- Part 2 – Clinical Supervisors & Program Administrators

#### **Benefits to your Agency:**

- Increased clinical competence of staff.
- Increase in appropriate referrals for psychological and psychiatric evaluations for depression and depressive symptoms.
- Increased staff retention, higher levels of staff satisfaction, reduced risk of burnout, decreased staff stress, and reduced turnover.
- Improved risk management (e.g., less suicidal ideation and suicidal behavior) and reduced liability.
- Access to new revenue streams.

TIP 48, p. 104

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### Science 2 Service Webinar: TIP 48

#### ■ TIP 48 Overview

- Part 2 – Clinical Supervisors & Program Administrators

#### Organizational Change

Much like the process of change for clients, agencies proceed through stages of readiness for organizational change

**Exposure** – through training

**Adoption** – through leadership decision making

**Implementation** – exploratory use

**Practice** – through routine use

TIP 48, p. 104

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### Science 2 Service Webinar: TIP 48

- TIP 48 Overview
  - Part 3 – Literature Review

Comprehensive online literature review (to be continually updated every 6 months in the coming 5 years)

- Extensive review of the literature
- Research and other science-based documents

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### Science 2 Service Webinar: TIP 48

- Training using TIP 48
  - What are some of the trainings offered within your agencies?
  - How are trainings structured? Who offers them?
  - How can you implement this tool within your agency?

*TIP 48 RECOMMENDATION: Hold 6 or more small group discussions/training events on the content in TIP 48. After or while the events are being held, reference the content in clinical supervision and team meetings to encourage the staff to use the content in clinical practice and integrate into the practices of the agency.*

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### Science 2 Service Webinar: TIP 48

- If you are interested in offering a 1 hour in service at your agency using the slides presented today, the CCB will work with you to modify the event to meet the needs of your agency and provide you with a certificate to provide staff for the event at no cost.
  - To request that assistance: email [mrosier@ctcertboard.org](mailto:mrosier@ctcertboard.org)
- If you are interested in working with CCB staff to design a brief training program using TIP 48, contact the CCB to explore how we can help assist you to develop and/or present the training program at your agency.

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**Science 2 Service Webinar: TIP 48**

The CCB Science 2 Service Distance Learning Program

Self-paced TIP 48 learning program available

8 hour ecourse  
Cost = \$55.00

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**Science 2 Service Webinar: TIP 48**

■ Questions?

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**Science 2 Service Webinar: TIP 48**

- If you are interested in getting a certificate of attendance for this training, please follow two simple steps:

An email will be sent to you with a post-test and an evaluation in about three business days

- Complete a simple post-test (5 – 10 items)
- Complete a brief program evaluation

Once we receive your post-test and evaluation, an attendance certificate will be emailed to you within a day or two

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**Science 2 Service Webinar: TIP 48**

**This presentation is based upon TIP 48**

Center for Substance Abuse Treatment. *Managing Depressive Symptoms in Substance Abuse Client During Early Recovery. Treatment Improvement Protocol (TIP) Series 48*. HHS Publication No. (SMA) 08-4353. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2008.

Available for order at [www.ncadi.samhsa.gov](http://www.ncadi.samhsa.gov) or you can download it from the CCB website [www.ctcertboard.org](http://www.ctcertboard.org)

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**CONTACT INFO**

**Marshall Rosier**

203.284.8800

mrosier@ctcertboard.org

CCB website [www.ctcertbord.org](http://www.ctcertbord.org)

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