The Integrated Co-Occurring Treatment Model (ICT)

An evidence-informed practice for youth with co-occurring mental health and substance use issues and their families.

Brief Introduction
The Center for Innovative Practices (CIP) is a training and technical assistance center within the Begun Center. CIP is a Coordinating Center of Excellence for children’s behavioral health for the Ohio Department of Mental Health and Addiction Service and is a collaborative partner with the National Technical Assistance Network for Children’s Behavioral Health (TA Network). Our mission is to provide support to community-based agencies that seek to implement interventions that improve outcomes for youth and families and to provide training and technical assistance to a broad range of youth and family-serving professionals regarding evidence-based and best-practice interventions.

Begun Center

The Begun Center for Violence Prevention Research and Education promotes social justice and community development by conducting applied, community-based and interdisciplinary research on the causes and prevention of violence, and by educating and training social workers, teachers, law enforcement and other professionals in the principles of effective violence prevention. The Center also develops and evaluates the impact of evidence-based best practices in violence prevention and intervention, and seeks to understand the influence of mental health, substance use, youth development and related issues on violent behavior and public health. The Center seeks to advance knowledge through dissemination of information in the scientific literature and attempts to bridge the gap between science and practice to inform public policy related to violence prevention.
This recording compliments the CIP Info Brief about the ICT Model.

The introduction is quite broad and does not delve into specific definitions – like

- Co-occurring
- Domain-based
- Stage-matched
- Intentionally-integrated

Other briefs and recordings are also posted or forthcoming
Intensive Home-Based Approach

- ICT is evidence-informed, but has not conducted randomized control trials for full EBP.
- It is manual supported and measured for fidelity to adherence – but is not rigid and adapts well for individualized treatment.
- Needs are intentionally integrated and considered within mutually-influencing interactions with multiple domains and contexts.
Family-Driven and Youth-Guided

Developmental perspective is emphasized at all points: adolescents cannot be understood as big-children or as little-adults.

Adolescents do not exist in isolation – but as part of many systems. Most important system is family.

The complexity of mutually-influencing needs and systems requires weekly team meeting supported by experienced supervision and model consultation.
Retain the Youth at Home

△ Youth with co-occurring and multiply-occurring needs are rarely entering treatment for the first time – and come with a wide range of previous experiences with treatment programs – and often juvenile justice, child protective services, school difficulties...

△ ICT therapists are sole clinical provider (except psychiatric)
Youth and Family

- Youth at risk of out of home placement
- Co-occurring or multiply-occurring needs
- Permanent home setting
- Youth-guided, also family-drive: strong family component with required family involvement
- Safety planning key at all phases of ICT involvement
Delivery and Team

- Intensive: minimum of 3 service hours per week
- 3 to 6 month involvement
- Small caseloads due to intensity and complexity
- Therapist is on-call for youth and families 24/7
- Weekly case consultations
- Dedicated and multi-experienced supervisory support
Summary and Closing

- Intentionally-integrated; stage-matched; Youth-guided and family-driven
- Strong team support: expansion tools and guidance for complicated cases
- Biopsychodevelopmental systemic

Visit https://case.edu/socialwork/begun/center-innovative-practices-cip
See all of our expert trainer-consultants about a wide-range of youth and family-based topics, including: co-occurring and multiply-occurring needs; trauma and resiliency; Intensive Home-Based Treatment (IHBT); and Multisystemic Therapy (MST)

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