



TREATMENT MODALITIES FOR TREATMENT COURT PARTICIPANTS

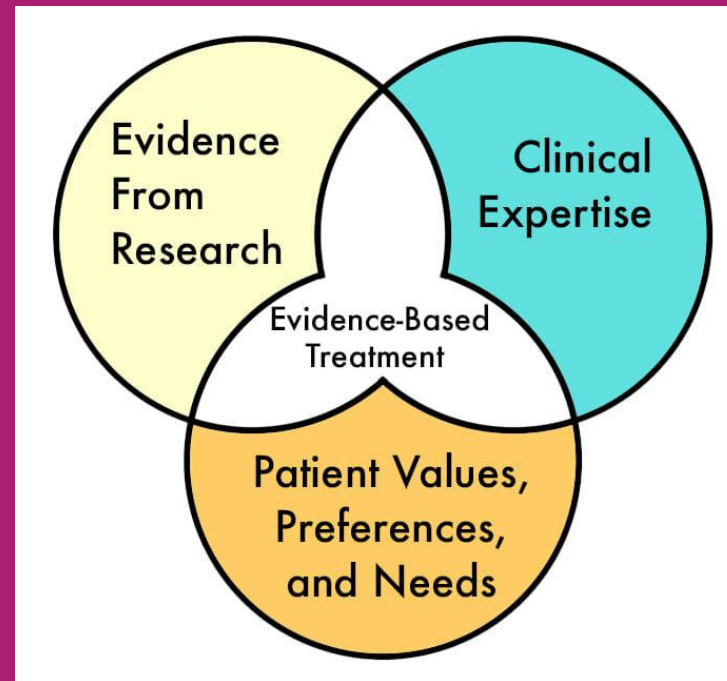
Presented by:
Heather Hundtoft, LAC, LCSW
Clinical Director of Addiction Services
Boyd Andrew Community Services

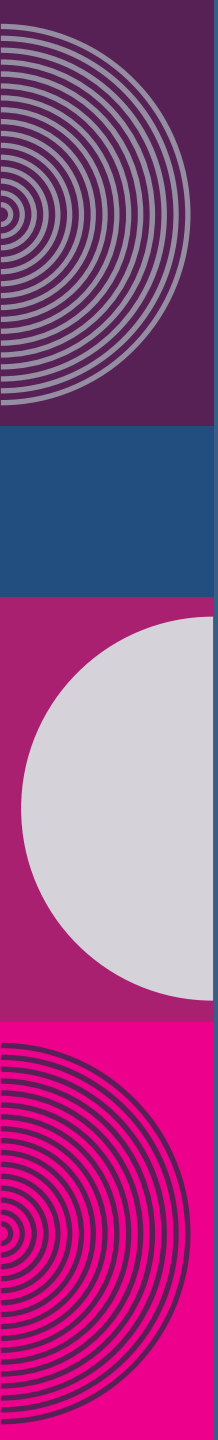


LOOKING DEEPER INTO THE FOLLOWING

- Understanding evidence-based treatment
- Some court supported treatment modalities
- TRUST Model insight
- Basics of Motivational Interviewing
- Options for teleservices
- Q & A

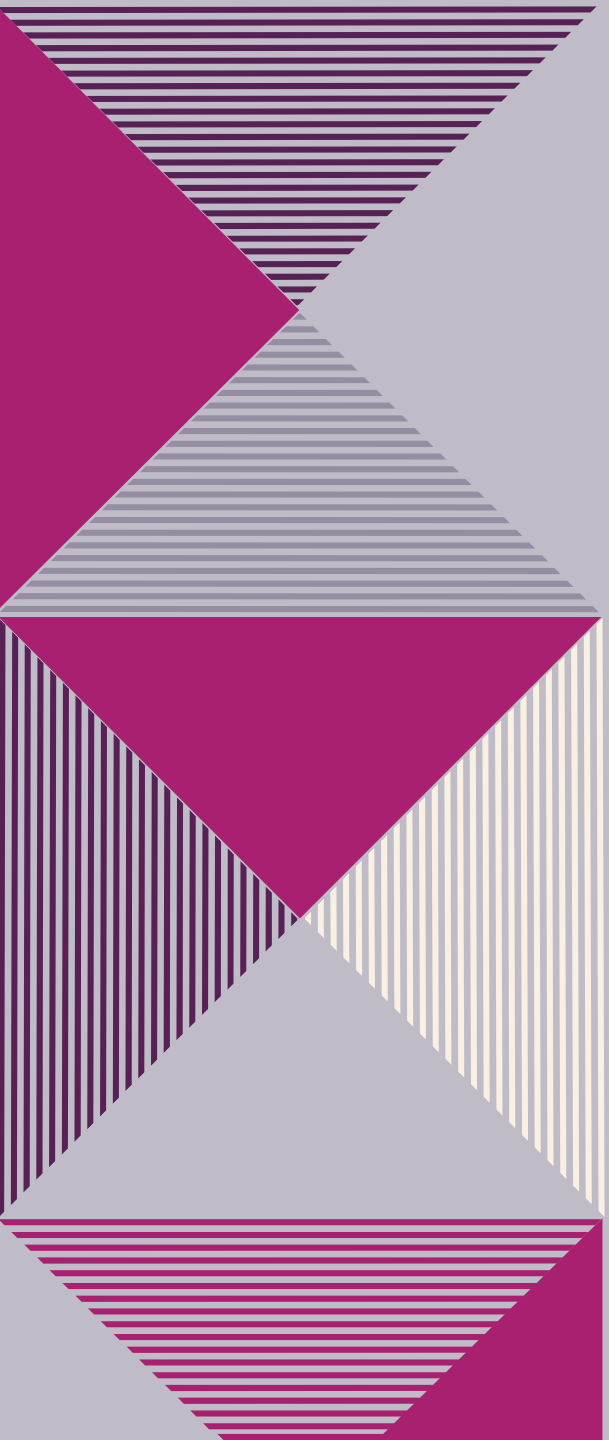
EVIDENCE - BASED THERAPY





TREATMENT MODALITIES AND INTERVENTIONS

1. **Cognitive Behavioral Therapy (CBT)**
2. **Dialectical Behavioral Therapy (DBT)**
3. **Acceptance and Commitment Therapy (ACT)**
4. **Trauma-Focused Therapy**
5. **Eye Movement Desensitization and Reprocessing (EMDR).**
6. **Seeking Safety**
7. **Moral Reconciliation Therapy (MRT)**
8. **Motivational Interviewing (MI)**



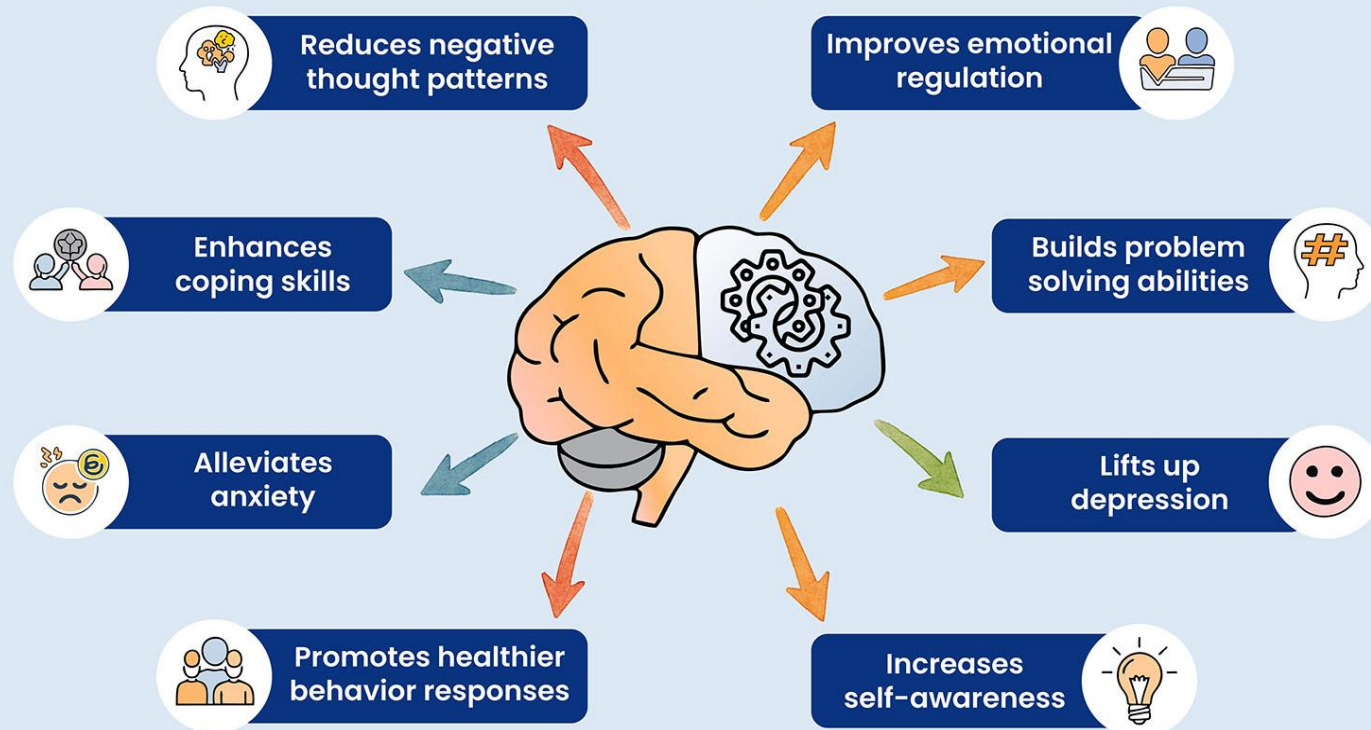
TREATMENT COURT CURRENT TREATMENT PRACTICES

Important things to note

- All Rise does not recommend a one-size-fits-all approach to treatment as we have learned throughout this treatment court training. All Rise believes that treatment courts work best when they partner with qualified clinicians who use them.
- Group curricula and education give clients valuable tools for their toolboxes but isn't enough on its own.

COGNITIVE BEHAVIORAL THERAPY (CBT)

How Does COGNITIVE BEHAVIOURAL Therapy Help?

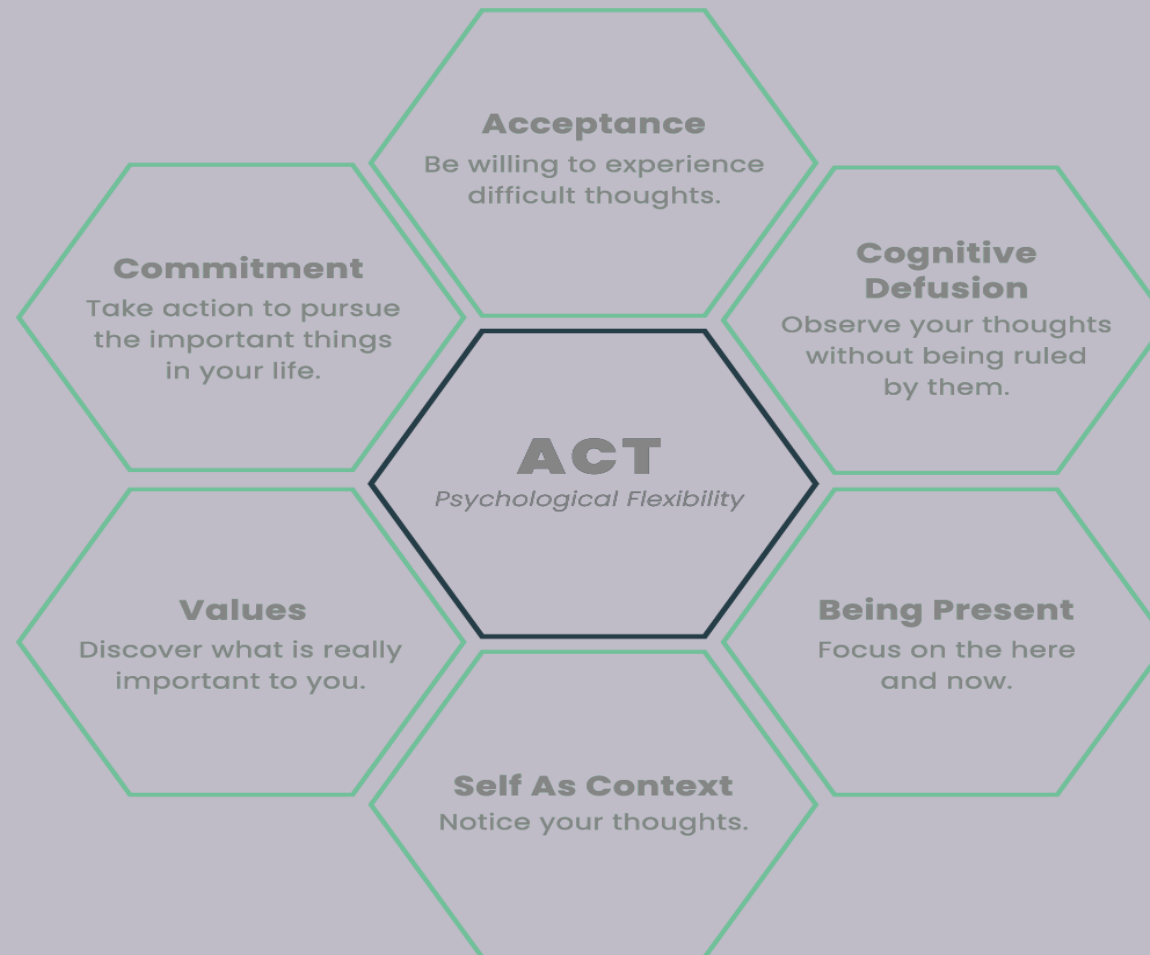




DIALECTICAL BEHAVIORAL THERAPY (DBT)

- ✓ Dialectical behavior therapy (DBT) is an evidence-based, psychotherapy.
- ✓ It is useful in treating mood disorders, suicidal ideation, and for changes in behavioral patterns such as self-harm and substance abuse.

ACCEPTANCE AND COMMITMENT THERAPY (ACT)



TRUST MODEL

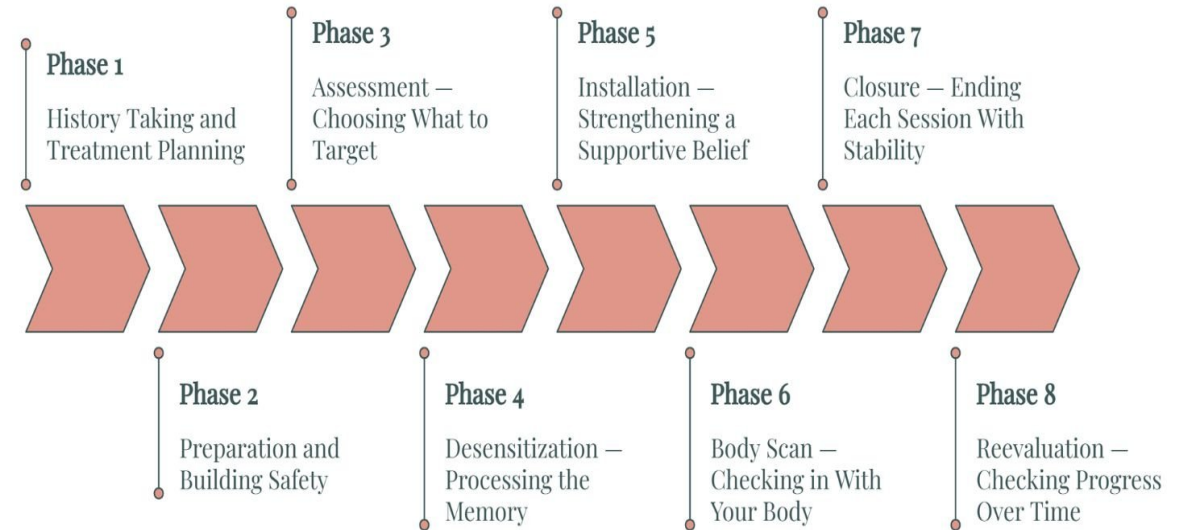
TRUST helps organizations identify concrete steps to strengthen trauma-informed practices and support recovery-focused environments.



10 GUIDING PRINCIPLES
OF RECOVERY

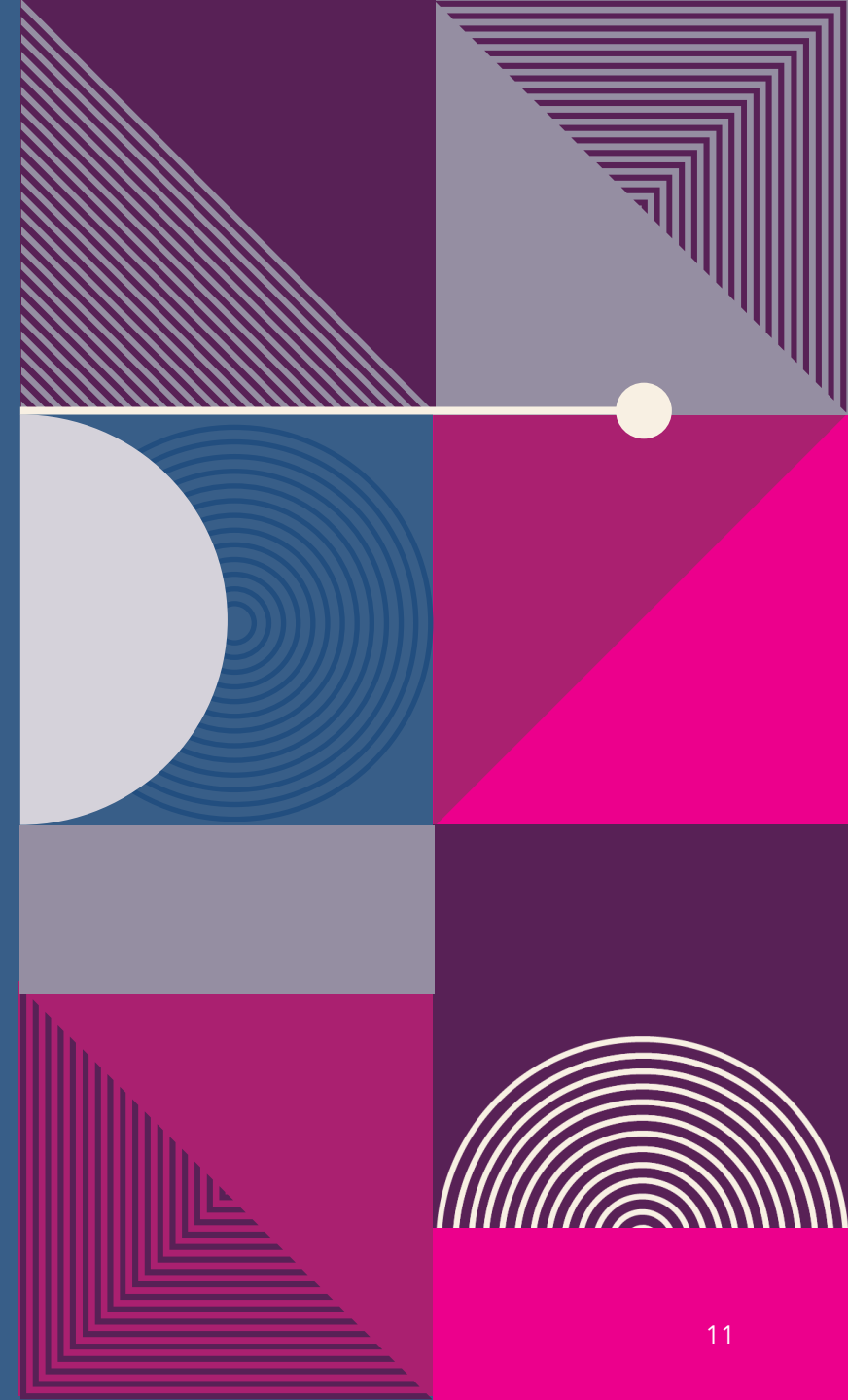
EMDR THERAPY

The 8 Phases of EMDR Therapy



SEEKING SAFETY

Seeking Safety is an evidence-based, present-focused counseling model to help people attain safety from trauma and/or substance abuse. It is relevant to a very broad range of clients.





WHAT IS MRT

MRT- Moral Reconation Therapy is targeted towards offenders. *MRT* has been proven to decrease recidivism, antisocial thinking and behavior. It also increases moral reasoning and life purpose.

MOTIVATIONAL INTERVIEWING (MI)



MI is guided by four key principles

- **Express empathy** – listen and reflect without judgment
- **Develop discrepancy** – help clients see the gap between current behavior and personal goals
- **Avoid arguments** – resist debating; instead, roll with resistance
- **Support self-efficacy** – affirm the client's ability to change

WHEN TO USE MOTIVATIONAL INTERVIEWING



Ambivalence is high and people are stuck in mixed feelings about change



Confidence is low and people doubt their abilities to change



Desire is low and people are uncertain about whether they want to make a change



Importance is low and the benefits of change and disadvantages of the current situation are unclear.



MOTIVATIONAL INTERVIEWING QUESTIONS

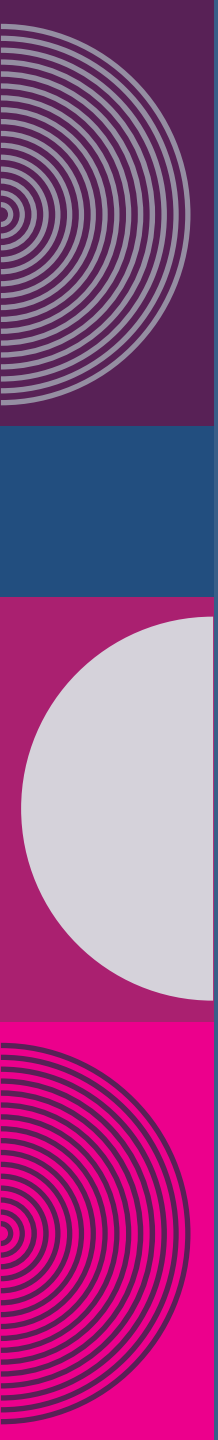
In Motivational Interviewing asking open-ended questions will allow for more reflection and will foster an internal desire to plan for change.

What would you do differently if you were at your best?

How important is it for you to make this change on a scale of 1-10

How will your life be different if you make this change and maintain it?

How might you go about making these changes?



FINAL TIPS & TAKEAWAYS

- Treatment courts should take into consideration each individual client and their needs.
- Treatment plans and case plans for treatment court should be made to address the participant's needs and goals.
- Each treatment court should be using professionals who continue to stay updated on evolving treatment modalities.
- Treatment courts should ask questions and make sure the treatment modalities being used are evidence-based and being completed with the fidelity of the program at the forefront.



BOYD ANDREW COMMUNITY SERVICES

**60 SOUTH LAST CHANCE GULCH
HELENA, MT 59601**

- ▶ Chemical Dependency and Mental Health Assessments
- ▶ Outpatient Chemical Dependency Treatment
 - ▶ IOP Level of Care
 - ▶ OP Level of Care
- ▶ Mental Health Therapy
- ▶ Prime for Life (PFL)
- ▶ Educational Groups (MRT, DBT, Seeking Safety)
- ▶ Online Services
- ▶ Transitional Living Facility



TRANSITIONAL HOUSING SOBER LIVING

- 7 adult female beds available
 - Share a room
- Keep the house clean
 - Go to group
 - Have a job
 - Stay sober
- Work on saving money
- 90-to-120-day program



THANK YOU

Heather Hundtoft, LAC, LCSW
Clinical Director of Addiction Services
Boyd Andrew Community Services
hhundtoft@boydandrew.com
Cell: 406-461-5879