### IDDT Stages of Treatment and Treatment Intervention Strategies

<table>
<thead>
<tr>
<th>IDDT Stages of Treatment</th>
<th>Interventions</th>
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| **Pre-engagement:** The person (not client) does not have contact with a counselor and meets the criteria for substance abuse or dependence. | • Outreach  
• Building the working alliance via empathic, hopeful treatment relationship  
• Practical assistance (e.g. food, clothing, housing, benefits, transportation, medical care)  
• Crisis intervention  
• Support and assistance to social networks  
• Stabilization of psychiatric symptoms – medication management  
• Help in avoiding legal penalties  
• Help in arranging visitation with family  
• Family meetings |
| **Engagement:** The client has had only irregular contact with a counselor and meets criteria for substance abuse of dependence. | |
| **Early Persuasion:** Regular contact with a counselor continues to use the same amount of substances or has reduced substance use for less than 2 weeks and meets criteria for substance abuse of dependence. | • Individual and family education  
• Motivational Interviewing  
• Persuasion groups  
• Social skills training to address non-substance related situations  
• Structured activity (e.g. supported employment, volunteering, hobbies, church etc.)  
• Sampling constructive social and recreational activities  
• Safe damp housing  
• Use of medications to treat psychiatric illness that may have secondary effect on craving/addiction) |
| **Late Persuasion:** Regular contact with a counselor, shows evidence of reduction in substance use for the past 2-4 weeks but still meets criteria for substance abuse of dependence. | |
| **Early Active Treatment:** Client is engaged in treatment and has reduced substance use for more than the past month but still meets criteria for substance abuse of dependence during this period of reduction. | • Family and individual problem solving  
• Active Treatment Groups  
• Systematic analysis of substance abuse episodes  
• Social skills training to address substance-related situations  
• Self-help groups (AA etc.)  
• Individual cognitive behavioral counseling  
• Substitute activities (e.g. work, sports)  
• Pharmacological treatments to support abstinence (disulfiram, naltrexone)  
• Safe, dry housing  
• Psychoeducation  
• Stress management and coping skills |
| **Late Active Treatment:** The person is engaged in treatment and has met criteria for substance abuse or dependence for the past 1-5 months. | |
| **Relapse Prevention:** The client is engaged in treatment and has not met criteria for substance abuse or dependence for the past 6-12 months. | • Expanding involvement in supported or independent employment  
• Relapse prevention groups  
• Lapse Management  
• Self-help groups  
• Social skills training to address other areas  
• Family problem solving  
• Lifestyle improvements (e.g. smoking cessation, healthy diet, stress management techniques  
• Independent housing  
• Becoming a role model for others |
| **Remission:** The client has not met criteria for substance abuse or dependence for over one year. | |

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