

Dual Diagnosis Program

Treating Indiana's teens who suffer from substance use and an underlying psychiatric issue



What is a substance use disorder?

Substance use disorders include drug and/or alcohol use which impairs social, academic and family life.

How did this therapy begin?

ENCOMPASS is based on more than 15 years of research and was developed by a team of researchers and clinicians at the University of Colorado, led by Dr. Paula Riggs. This evidence-based treatment for co-occurring mental health and substance abuse issues shows superior short-term and long-term outcomes for adolescents compared to separate or sequential treatment approaches. Riley Hospital for Children at Indiana University Health has been trained by and is contracted with the University of Colorado to guarantee the most technologically advanced, consistent monitoring.

Who is the treatment for?

This treatment is for 10- to 18-year-olds with a substance use disorder and any other behavioral, attentional and/or emotional difficulty. Adolescents who struggle with anxiety, mood, adjustment, ADHD, defiance, anger, psychosis, etc. can benefit from ENCOMPASS.

Which treatments are used during therapy?

Research-backed ideas, interventions and manualized cognitive behavioral therapies are used.

- Marlatt and Gordon's model is used for relapse prevention.
- Diagnostic and family-focused therapeutic options are available.

Should family and/or significant others be involved?

Family involvement is strongly encouraged to enhance the real-world opportunities to practice skills and to build a stronger support network. The therapist will meet with the family and/or significant others to educate them on substance use and coexisting disorders, explain cognitive behavioral therapy for substance abuse and review the adolescent's progress in the treatment.

Is there homework involved?

At-home practice exercises will be assigned to reinforce new behaviors and skills. These assignments involve practicing what the adolescent had focused on during the session in a real-life situation.

How are the new skills learned?

Behavioral rehearsal role-play is important for learning new skills. It starts by helping adolescents build awareness of their current behaviors and causes them to evaluate the behaviors they need to change. By practicing new skills in role-play, adolescents have the confidence to apply the skills in real-world situations. Role-playing can be awkward at first, but with practice it becomes much more comfortable.

What phases are involved in therapy?

Treatment is highly personalized and starts by understanding each adolescent's goals for treatment as well as their thoughts about how substance use fits into their life. Later, during skill building, the therapist and adolescent select and complete modules based on the specific needs, preferences, and treatment goals established at the start of the program.

How long does the therapy last?

Therapy lasts for at least 12 to 16 weeks, with one session per week. Evening sessions are available to fit around the adolescent's schedule.

What is telemedicine?

Telemedicine is a way for our team at Riley Hospital for Children at IU Health to bring ENCOMPASS to adolescents through a computer and video connection.



Program Personnel

Leslie Hulvershorn, MD – Addiction Boarded Adolescent Psychiatrist

Zack Adams, PhD, HSPP – Psychologist, Director of Training

Laurie Redelman, LCSW – Licensed Clinical Social Worker

Sarah Harris, LCSW, MSSW – Licensed Clinical Social Worker, Parent Sessions

Nicco Vernasco, BA, BS – Program Coordinator

Psychiatry, Psychology, and Social Work Trainees

Supported by the Indiana Division of Mental Health and Addiction

Locations:

Riley Hospital for Children at IU Health
Pediatric Care Center
1002 Wishard Blvd., Suite 4110
Indianapolis, IN 46202

IU Health North Meridian Crossing
11590 N. Meridian St., Suite 300
Carmel, IN 46032

Services and Information

Diagnostic evaluation – Used to determine the extent of the substance use disorder and whether another psychiatric illness coexists.

Individual cognitive behavioral therapy – For adolescents with co-occurring psychiatric and substance use disorders.

Medication management – Provided by psychiatrists with experience in treating adolescents with psychiatric and substance use disorders.

Individual family therapy – To help families learn skills to support their adolescents' progress.

Motivational enhancement – A prize program is used to encourage participation, sobriety and reintegration as adolescents transition into a drug- and alcohol-free life.

Informational materials – Resources are available covering substance use disorders, psychiatric illnesses and available treatments and therapies.

Parent sessions – Focused on helping parents learn ways to encourage behavior change in their teenager.

Telemedicine – Telemedicine visits are available. Ask Program Coordinator for more information.

To Make a Referral and Contact Information

Please call the Program Coordinator at 317.944.7005.

F 317.948.0609

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Riley Children's Health
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