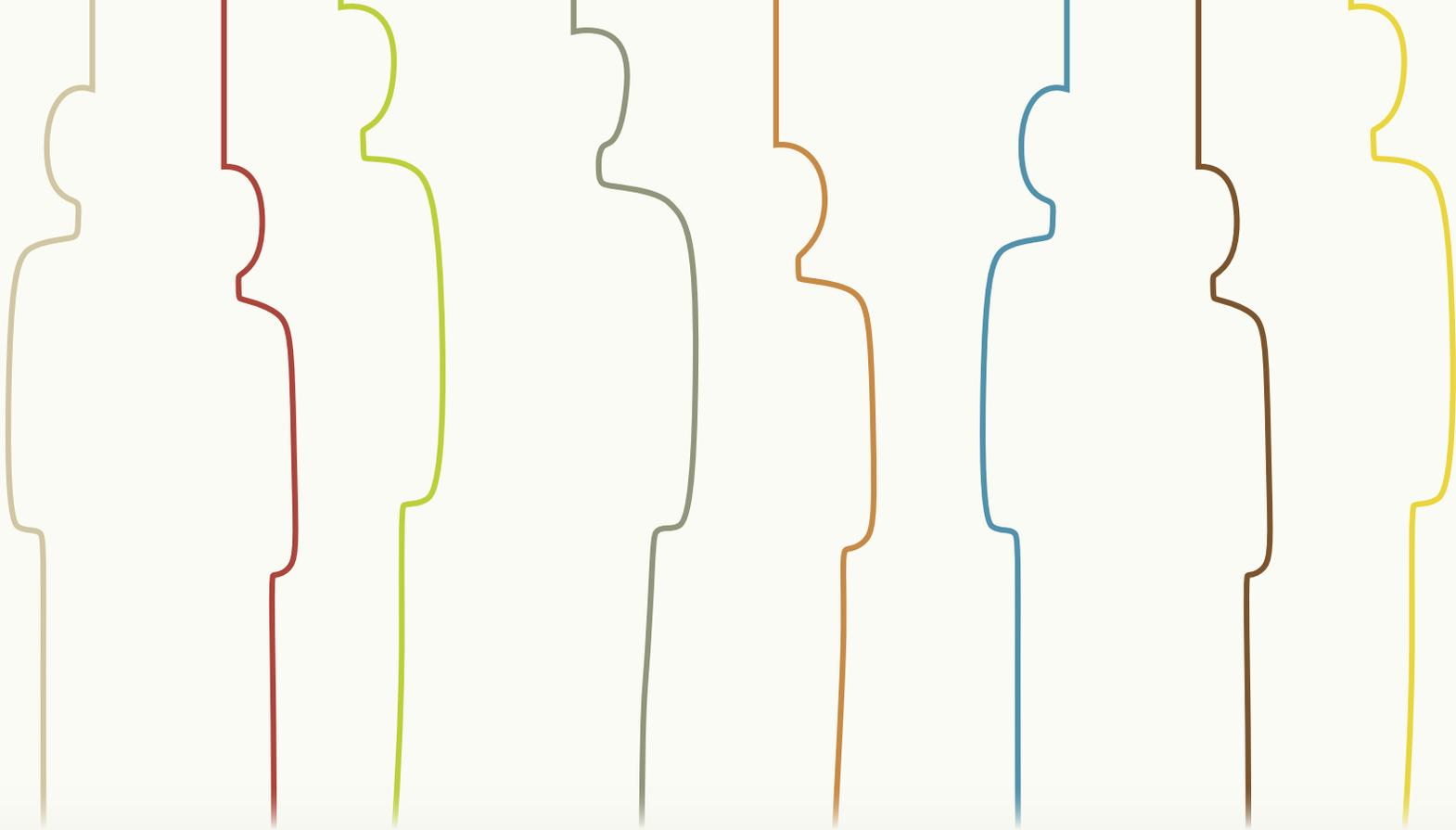


**IDD/SUD Roundtable Toolkit**

**Working with People with  
Intellectual and Development  
Disabilities who Struggle with  
Substance Use Disorders**



## Background

The following toolkit was developed in partnership by the Mid-America Addiction Technology Transfer Center, the Institute for Human Development, and the Opioid Response Network, all housed at the University of Missouri – Kansas City.

This toolkit is the result of a regional roundtable discussion that brought together professionals from the substance use disorder (SUD) services field and the intellectual/developmental disabilities services field. Through the roundtable professionals shared ideas and identified gaps in communication and services for people living with both a substance use disorder and an intellectual and developmental disability. We hope this toolkit provides resources and tools to serve individuals living at this intersection in your community.

Contact Brooke Fischer at [fischerba@umkc.edu](mailto:fischerba@umkc.edu) with questions or additions to the toolkit.

## Key Organizations

The **Substance Abuse and Mental Health Services Administration (SAMHSA)** publishes a Treatment Improvement Protocol (TIP) that address the intersection of People with Intellectual and Developmental Disabilities who also have a Substance Use Disorder, including:

- ❖ SAMHSA TIP 29: Substance Use Disorder Treatment for People with Physical and Cognitive Disabilities, July 2012
- ❖ <https://store.samhsa.gov/product/TIP-29-Substance-Use-Disorder-Treatment-for-People-With-Physical-and-Cognitive-Disabilities/SMA12-4078>

In 2019, **SAMHSA** published an Advisory on Mental and Substance Use Disorder treatment for people with physical and cognitive disabilities:

- ❖ SAMHSA Advisory on Mental and Substance Use Disorder treatment for people with physical and cognitive disabilities, 2019
- ❖ [https://store.samhsa.gov/sites/default/files/d7/priv/pep19-02-00-002\\_508\\_022620.pdf](https://store.samhsa.gov/sites/default/files/d7/priv/pep19-02-00-002_508_022620.pdf)

The **National Institute of Mental Health** produces the following guide to understanding common mental health medications that may be prescribed to people with behavioral health challenges, and these medications may also be prescribed to people with intellectual or developmental disabilities.

- ❖ National Institute of Mental Health, Pharmacology Resource for Mental Illness:
- ❖ <https://www.nimh.nih.gov/health/topics/mental-health-medications/>

Contingency Management is an evidence-based practice for substance use disorder treatment and can be used to help people with IDD and SUD.

- ❖ Contingency Management as an Evidence-Based Practice for Substance Use Disorder Treatment
- ❖ <https://attcnetwork.org/centers/new-england-attc/product/contingency-management-principles>

**The Addiction Technology Transfer Center Network** is an international, multidisciplinary resource for professionals in the addiction treatment and recovery services field. Established in 1993 by the Substance Abuse and Mental Health Services Administration (SAMHSA), the ATTC Network is comprised of 10 U.S.-based Centers, two National Focus Area Centers, and a Network Coordinating Office. Together, the Network serves the 50 U.S. states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and the Pacific Islands of Guam, American Samoa, Palau, the Marshall Islands, Micronesia, and the Mariana Islands.

The ATTC Network Mission & Vision is to accelerate the adoption and implementation of evidence-based and promising addiction treatment and recovery-oriented practices and services; heighten the awareness, knowledge, and skills of the workforce that addresses the needs of people with substance use or other behavioral health disorders; and foster regional and national alliances among culturally diverse practitioners, researchers, policy makers, funders and the recovery community. The vision of the ATTC Network is to *unify science, education and service to transform lives through evidence-based and promising treatment and recovery practices in a recovery-oriented system of care.*

Region 7's ATTC is the Mid-America ATTC found here: <https://attcnetwork.org/centers/mid-america-attc/home>

**Opioid Response Network:** SAMHSA funded the State Opioid Response – Technical Assistance grant to the American Academy of Addiction Psychiatry in collaboration with the Addiction Technology Transfer Center (ATTC), Columbia University Division on Substance Use Disorders and a large national coalition. In response, this coalition, representing over 2 million stakeholders, created the *Opioid Response Network (ORN)* to provide training and address the opioid and stimulant use crisis. The *Opioid Response Network* has local consultants in all 50 states and nine territories to respond to local needs by providing free educational resources and training to states, communities and individuals in the prevention, treatment and recovery of opioid use disorders and stimulant use. Every organization, individual, community, state and region has unique strengths and challenges, which is why it is imperative for the *Opioid Response Network* to have local consultants and technology transfer specialists to work with you to meet your needs at the local level. We are here to help.

[www.opioidresponsenetwork.org](http://www.opioidresponsenetwork.org)

**Planned Parenthood SHINE** product illustrates how one organization took an existing training on sexual and reproductive health and integrated considerations for people with IDD. This model could be used with SUD approaches. <https://www.plannedparenthood.org/planned-parenthood-greater-new-york/about/news/project-shine-launches-to-address-inequities-in-sexual-health-of-youth-with-intellectual-and-developmental-disabilities-across-new-york>

## Promising Practices

**Adapted Substance Abuse Programme Intellectual Disability (ASAP-ID)**, Regional Forensic Psychiatry Service, Auckland, New Zealand (adapted from Linehan (1993; 2005; 2015). The below file contains Session Notes, Client Workbook and an article about the substance abuse program.

[https://drive.google.com/drive/folders/1W7HqrzSvwWr\\_GgiAX5Qi4K\\_LHtpR5U0A?usp=sharing](https://drive.google.com/drive/folders/1W7HqrzSvwWr_GgiAX5Qi4K_LHtpR5U0A?usp=sharing)

### **The START Model:**

“START is a research-based model of services and supports for individuals with an intellectual/developmental disability (IDD) ages six and older who also have a mental health (MH) diagnosis or behavioral health needs. Center for START Services program staff are leaders in the field of mental health & IDD that work with state/regional agencies across the country to facilitate the implementation of START model programs and provide expert training to many professional disciplines that serve individuals with MH/IDD.” <https://iod.unh.edu/projects/center-start-services>

### **Motivational Interviewing**

Motivational interviewing is an evidence-based approach utilized to change behaviors. This approach focuses on collaborative communication, goal setting and the language of change. It is designed to facilitate and strengthen personal motivation and commitment by exploring a person’s reasons for changing their behaviors (Miller & Rollnick, 2013).

- ❖ Motivational Interviewing Tools and Screening, Brief Intervention and Referral to Treatment (SBIRT), Evidence-based Practice in primary and early substance use disorder prevention
- ❖ Using Motivational Interviewing in Substance Use Disorder Treatment
- ❖ [https://store.samhsa.gov/sites/default/files/SAMHSA\\_Digital\\_Download/PEP20-02-02-014.pdf](https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP20-02-02-014.pdf)
- ❖ Motivational Interviewing Fact Sheet: <https://www.mhddcenter.org>

### **Screening, Brief Intervention and Referral Treatment (SBIRT)**

According to SAMHSA, SBIRT is an approach to the delivery of early intervention and treatment to people with substance use disorders and those at risk of developing these disorders. SBIRT is informed by Motivational Interviewing.

<https://www.sbirt.care/>

## Promising Outcomes

<https://www.denvergov.org/content/dam/denvergov/Portals/692/documents/i-dd-council/Center%20for%20START%20Services%20at%20the%20UNH-IOD%202019.pdf>

## References

Miller, W.R. & Rollnick, S. (2013). *Motivational Interviewing: Helping people to change* (3rd Edition). Guilford Press.

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