



Full lives for people with disabilities

Substance Use Disorders and Mental Health and Cognitive Challenges

Presented by:

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Agenda

- Prevalence and physical causes of TBI and intellectual disabilities
- Psychosocial, physical, and social effects of TBI and intellectual disabilities
- **Benefits of Complementary Care**
 - Illness Management and Recovery (IMR)
 - Therapeutic Exercise
 - Mindfulness-based Meditation
 - Trauma Informed Care
 - Resilience Training



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Prevalence of Comorbidity

The CDC estimated that 5.3 million Americans live with disabilities due to brain injury and that 67% of people in rehabilitation for brain injury have a previous history of substance abuse (Thurman, 1998). 50% of these people will return to using alcohol and drugs after the injury (Corrigan, 1995).



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Overview of Disabilities

- Attention Deficit Disorders
- Developmental Disability
- Brain Attack
- Traumatic Brain Injury
- Physical Disabilities
- Illness/Infection
- Anoxia
- Learning Disabilities
- SPMI



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Physical Causes

- Developmental disability
- Brain attack
- Heart attack
- Infection
- Learning disability
- Fetal alcohol
- Birth related
- Trauma
 - Traumatic brain injury
 - Physical disability



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Psychosocial Effects/Changes

- Anger / Aggression
- Social inappropriateness
- Difficulty managing money
- Following directions
- Formulation goals
- Starting and completing tasks
- Speaking clearly



Physical Effects / Changes

- Muscle movement
- Muscle coordination
- Sleep
- Hearing
- Vision
- Taste
- Smell
- Touch
- Fatigue
- Weakness
- Balance
- Speech
- Seizures
- Sexual functioning



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Social Effects and Changes

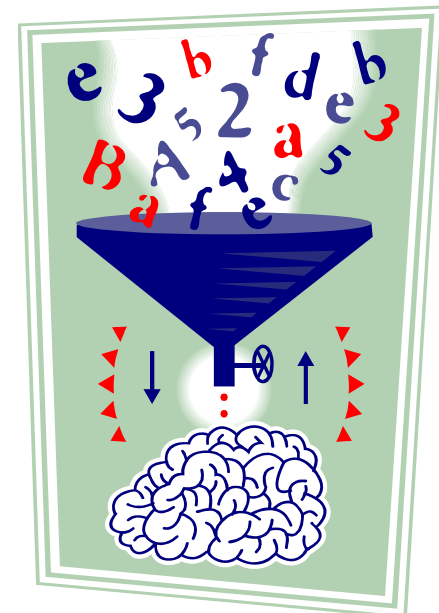
- Orientation
- Concentration
- Mental control
- Shifting thoughts
- Sequencing
- Perseveration
- Memory verbal and non-verbal
- Reasoning verbal and non-verbal
- Learning over time
- Linear thought process
- Mechanical manipulation
- Perception
- Planning
- Foresight
- Language



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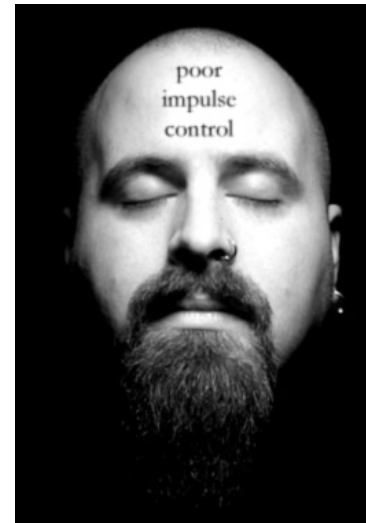
Consequences of Disability

- Memory impairment – short and long term
- Decreased self awareness/insight
- Impairment in abstract thinking
- Increased concrete thinking
- Attention deficits/concentration
- Reduced ability to process information



Consequences of Disability

- Sensory deficits – smell, taste, touch, vision
- Reduced initiation and what may appear to be motivation
- Disinhibition – decrease impulse control
- Altered self image



Treatment for People with TBI

Adapt treatment techniques for people with TBI so that:

- There is an increased opportunity for success
- The patient can understand what is required by the program
- The patient can act appropriately and understand behavior concerns
- TBI education is as important as is the drug/alcohol education for this patient.
- The treatment of both recovery and cognitive needs produces the best outcomes



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Group Approach

- Give a group orientation
- Do not overwhelm
- Rate of information is critical
 - Verbal and written with repetition is useful
 - Practice new skills
- Role play
- Be concise
- Encourage note taking
- Be aware of vocabulary problems, especially when using specialized or treatment language
 - Always define and give examples
- Summarize statements to check patients'
- Ask clients to present their own summary statements



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Treatment

- **Compensatory Strategies**
 - Date books and calendars to record appointments and daily schedule
 - Notebook to record important information and notes from groups and counseling sessions
 - Wristwatch alarms
 - Post – Its
 - Visual cues (pictures, maps, diagrams)
 - Information, guidelines and expectations should be reviewed often and should be very specific
 - Offer immediate and specific feedback about behavior
 - Give concrete suggestions and examples



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Treatment

- Education about TBI and specific issues related to substance abuse
 - Seizures are more likely
 - Dangers of mixing alcohol and drugs
 - Dangers of mixing above with prescription medications
 - Increased risk of additional brain injury
 - Chance of a second head injury is 3 times greater (Ohio Valley Center for Head Injury Prevention)
 - Interferes with TBI rehabilitation



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When Working with Patients with TBI

- Educate your non-TBI patients about TBI.
 - Many Non-TBI patients do not understand why TBI patients may need extra time or attention
- What appears to be denial in TBI patients may be lack of self awareness caused by the brain injury
- Provide notebooks for taking notes during group
- Experiential activities work well – allows for multiple pathways for processing information



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When Working with Patients with TBI

Group Issues that may need to be addressed

- **Significant Grief/Loss:**
 - Loss of memory/skills/abilities
 - Loss of identity
 - Loss of power /control
 - Loss of anticipated future (dreams/career)
 - Relationship issues (possible loss of relationships)
 - Spiritual confusion/crisis
 - Isolation related to all of the above



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Other Diagnosis that Impact Executive Functioning

- Serious and Persistent Mental Illness diagnosis
 - Mood disorders – Depression, Anxiety, PTSD
 - Thought disorders - Schizophrenia
- Learning Disabilities
 - Fetal Alcohol Syndrome Disorder
 - Developmental Disabilities



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Compensatory Skills

- Attention
- Preferential Seating
- Distraction Free
- Sensitive to Fatigue
- Look for Withdrawal Behaviors
 - Confusion
 - Perseveration
- Language Comprehension
- Speak Slowly
- Use Tape Recorder, Notes, Signs
- Use Repetition
- State Question First



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Compensatory Skills

- Organizational skills
- Teach common routines
- Teach main idea and then details
- Groups tasks – doctor, work, support meetings
- Task organization
- Use checklist and daily planner
- Work in quiet environment
- Eliminate distractions
- Keep items in designated places



Visual Cues



- Poster Boards
- Tasking Boards
- Hand Gestures
- Visual Load the 12 Steps- with signs and symbols meaningful to the client

What is Mindfulness?

To practice mindfulness means to:

- Adopt a nonjudgmental stance to our experience
- Practice patience
- Loosen our grip on what we “know” about our experience
- Trust our thoughts feelings and experience
- Recognize the urge to get and hold pleasant experience and push away unpleasant experience
- Experience the qualities of acceptance
- Let go



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Rationale for Mindfulness Group

- Reinforces Experiential Learning
- Client's with Brain Injuries often cannot remember specific details of a session but can remember how they felt about it.
- Group fits in well with other services including, exercise program, recreational therapy outings, outdoors activities, art projects and music therapy
- Offers concrete intervention to minimize impact of mental health symptoms including, low frustration tolerance, anxiety, depression and impulsivity.
- Consistent with Vinland Center's goal of treating mind body and spirit



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How is it Helpful?

- Increased activation of areas of the brain associated with
 - Executive Decision-Making
 - Self directed Attention
 - Emotional processing and regulation
- Higher rates of self efficacy
- Higher rates of perceived quality of life
- Greater recognition of positive experiences
- Reduced reactivity

Source: JFK Johnson Rehabilitation Institute



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Creating Cultures of Trauma-Informed Care

Core Principles of a Trauma-Informed System of Care

- Safety: Ensuring physical and emotional safety
- Trustworthiness: Maximizing trustworthiness, making tasks clear, and maintaining appropriate boundaries
- Choice: Prioritizing consumer choice and control
- Collaboration: Maximizing collaboration and sharing of power with consumers
- Empowerment: Prioritizing consumer empowerment and skill-building

Source: Roger Fallot, PhD, Community Connections



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Definition of Trauma

The person's response to the event must involve intense fear, helplessness, or horror (or in children, the response must involve disorganized or agitated behavior)."

(American Psychiatric Assoc. [APA] 2000, pg. 463)

Trauma occurs when an external threat overwhelms a person's internal and external positive coping resources.

(Bloom and Fallot, 2009)



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Effects of Trauma

- Estrangement; a sense of isolation or disconnection from others or the environment
- Feelings of powerlessness or helplessness
- Changes in one's understanding or view of oneself or of the self in relation to others; a change in world view
- Devastating fear; loss of safety or trust that may relate to interpersonal interactions, treatment practices or specific environments
- Feelings of shame, blame, guilt & stigma

Source: Adapted from Blake, M. (2010).6



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Resiliency

- The study of why things go right, even though the odds say they should have gone wrong
- Initial studies were of individual resiliency
- More recently research has also focused on family and community resiliency



Resiliency

Is the ability to not only survive, but thrive!



In order to remain strong, we must stretch ourselves and spring forward!



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What Is Illness Management and Recovery (IMR)?

IMR includes education about mental illness but emphasizes putting information into action through the development of personal goals. IMR strongly emphasizes helping people set and pursue personal goals and helping them put strategies into action in their everyday lives.



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IMR Practice Principles

- Consumers define recovery.
- Education about mental illnesses , chemical dependency and Brain injury is the foundation of informed decision-making.
- The Stress-Vulnerability Model provides a blueprint for illness management.



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IMR Practice Principles

- Collaborating with professionals and significant others helps consumers achieve their recovery goals.
- Relapse prevention planning reduces relapses and re-hospitalizations.
- Consumers can learn new strategies for managing their symptoms, coping with stress, and improving their quality of life.



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Topics about 8 Parameters of Health

- Strength
- Flexibility
- Endurance
- Balance
- Coordination
- Posture
- Nutrition
- Body Mechanics



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Strength

- 3 times each week with a rest day between sessions is recommended
- Health clubs vs. home programs:

Health clubs:

Pros: Newest, highest quality equipment, latest trends and classes

Cons: Expensive, waiting for equipment, not convenient

Home programs:

Pros: Inexpensive usually, very effective if initial consult is guided and structured

Cons: Home distractions



Flexibility



Benefits:

- Decrease chance of injury/re-injury
- Improve joint function
- Decrease neck and back pain
- Reduced muscle tension
- Improved circulation and overall energy

Endurance/Aerobic

Benefits:

- Increases the overall strength of your heart and lungs making them more efficient
- Increase metabolic rate
- Reduce risk of obesity, heart disease, hypertension, type II diabetes, strokes and some cancer
- Increase HDL (Good Cholesterol) and reduce LDL (Bad Cholesterol)
- Start out at a slow pace then gradually build up over time, remember the talk test.
- Plan a time of day that works best in your schedule

Frequency: A minimum of 3 times each week to daily.

Intensity: 65-85 percent of your max heart rate which is 220-age.

Duration: 20 minutes minimum building up to 40 minutes or longer. Remember, cardiovascular exercise should be fun not exhausting.



Balance and Coordination

- Balance and coordination exercises are a big part of any fitness and wellness program
- Activities include using wobble boards, bosu® trainers, balance beams and physioballs
- Exercises can be performed most days of the week

Benefits:

- Increased safety when performing ADL
- Prevent injury from falls
- Improved athletic ability
- Improved core strength which improves posture
- Improved joint stability
- Stimulates brain activity



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Posture

- Posture helps determine the amount and distribution of stress we place on bones, muscles, tendons, ligaments and discs
- Core strength is important along with middle back and posterior shoulder exercises
- Pay attention to sit, stand, lift, carry, twist, turn and bend
- Research shows that people who exercise regularly are less likely to suffer from back injuries and pain
- The three key components are strengthening, stretching and cardiovascular activities

Postural mistakes include:

1. Slouching
2. Rounding the shoulders
3. Hiking the shoulders
4. Forward head position
5. Chin tilted upward
6. Forward trunk lean
7. Locking the knee

Benefits:

Improved appearance
Decreases chance of osteoporosis
Decreases risk of arthritis
Decreases risk of cervical and lumbar pain



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Nutrition

- The key is to eat healthy most days of the week, eating from all the food groups.
- Try to eat smaller portions several times each day vs. few large meals.
- If you crave a sweet, have one, but make it a small one.
- Try to include several sources of anti oxidants daily.

Healthy eating consists of:

Complex carbohydrates

Lean sources of protein

Monounsaturated or polyunsaturated fats



Recommended Daily Amounts:

50-60% of caloric intake comes from carbohydrates

20-30% from protein

20-30% from fat

- **Carbohydrates:** 4 calories per gram
 - **Protein:** 4 calories per gram
 - **Fat:** 9 calories per gram



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Therapeutic Recreation



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