

Integrated Co-occurring Disorders (ICD) Core Trainings

Required trainings for staff in approved ICD programs

The Oregon Health Authority will develop and present all approved required trainings (some in collaboration with partners from across Oregon).

- Unless otherwise noted, OHA will accept only these trainings for credit towards the ICD Counselor Endorsement.
- All trainings will be available on demand and offered live via zoom in the Spring of 2024.

For all staff (QMHA, QMHP, CADC, supervisors, peers, licensed medical providers):

Complete [ICD Program Fundamentals](#) (1.5 hours) within 12 months of being assigned to provide ICD services.

For counseling staff:

Complete [all ICD Core Trainings](#) (20 hours) within 12 months of being assigned to provide ICD services.

For counseling staff selected as Integrated Co-Occurring Disorders Problem Gambling Specialists: Complete all trainings in the [Integrated Co-Occurring Disorders Problem Gambling Specialist Course Bundle](#) (15 hours) within 12 months of being assigned to provide ICD PG services.

For supervisors assigned to provide supervision for Integrated Co-Occurring Disorders Problem Gambling Specialists: Complete all trainings in the [Problem Gambling Treatment Supervision Course Bundle](#) (12 hours) within 12 months of being assigned as a supervisor of ICD PG Services.

For peers and licensed medical providers:

ICD Core Trainings are optional. [ICD Program Fundamentals](#) is required.

ICD Core Trainings

Each training will address stigma, systemic power imbalances, lifespan development, and developmental dimensions as they connect with each area of content.

ICD Program Fundamentals

Credit Hours	Content/Competencies
1.5	Social determinants of health (SDOH)-driven case management. Stagewise treatment per ICD model. Wellness-oriented care. <ul style="list-style-type: none">• Coordination and treatment team strategies in icd• Philosophy and approach• Stigma and inclusion

ICD Conceptualization and Treatment Approaches

Credit Hours	Content/Competencies
3.0	<p>Interactivity and functionality of co-occurring disorders (COD). Differential diagnosis. Assessment and service planning</p> <ul style="list-style-type: none">• Presentation of active co-occurring disorders in interaction. Interactivity of disorder combinations.• Observations/mental status exam• Identification• Screening• Diagnostic impressions and differential diagnosis.• Functional dimensions between co-occurring disorders.• Historical relationship between co-occurring disorders.• Causal relationships between co-occurring disorders.• IDDT Model, Minkoff Model, SAMHSA TIP 42 overview.• Integrated assessment <p>Integrated service planning</p>

Family Impacts

Credit Hours	Content/Competencies
1.0	<p>Influences, effects, impacts, and functions of co-occurring disorders interacting within a family/relational system.</p> <ul style="list-style-type: none">• Family systems barriers and challenges to recovery from Addictions and Mental Health Disorders• Engaging family members in participating in treatment• Ethical considerations when working with family members• CRAFT model overview• Resources for therapists and family members

Intellectual and Developmental Disabilities (I/DD)

Credit Hours	Content/Competencies
1.0	<p>Population relevant adaptations for treatment of COD for people affected by I/DD. Including fetal alcohol syndrome (FAS).</p> <ul style="list-style-type: none">• Myth and stigma regarding treatment experience• Recommended treatment approaches• Recommended adaptations to treatment• Presentations/mental status exam• Collaborating with caregivers• Fetal alcohol syndrome – presentation and impacts• Autism spectrum and COD – presentation and impacts

Problem Gambling

Providers that have certificate of completion of OHA's Gambling Brief Intervention and Referral to Treatment (GBIRT) training can count that training for this requirement.

Credit Hours	Content/Competencies
1.0	<p>Scope and Impact of Problem Gambling. Gambling Brief Intervention and Referral to Treatment.</p>

Medication-assisted Treatment (MAT) and Harm Reduction

Credit Hours	Content/Competencies
0.75	MAT for substance use disorder. Prevalence of co-occurring mental health and problem gambling disorders in MAT populations. Psychiatric medication interactions with substance use. Harm reduction approaches.

Eating Disorders

Alternate Pathway: Submit Certificate of Completion for at least 0.75 hours from an accredited behavioral health entity that addresses identification, screening and early intervention for Eating Disorders.

Credit Hours	Content/Competencies
0.75	Eating Disorders and COD. Screening and screening tools. <ul style="list-style-type: none">• Prevalence and impact• Presentation and identification• Screening tools• Resources• Early intervention• Referral process

Severe Mental Illness

Credit Hours	Content/Competencies
1.0	Psychosis – screening, risk assessment, service planning, treatment adaptations. <ul style="list-style-type: none">• Overview of common symptoms/diagnoses• Impacts and interactions with substance use• Important considerations for risk assessment• Treatment planning• Strategies for adapting communication to effectively engage

Physical Health

Credit Hours	Content/Competencies
1.0	<p>Impacts and care of physical health conditions on/in COD -- including traumatic brain injury (TBI). Somatization and physical health challenges.</p> <ul style="list-style-type: none">• Relationships and presentations of physical health issues and illness with mental health and addiction disorders• Screening for physical health challenges• Chronic pain and co-occurring disorders• Somatization of mental health challenges• TBI and co-occurring disorders• Physical health, mobility challenges and co-occurring disorders• Older adults and co-occurring physical health and behavioral health challenges• Physical health impacts of stress on substance abuse, process addictions and mental health• Integrative wellness approaches

ICD Diversity, Equity and Inclusion

Socio-Cultural Attunement General Overview

Credit Hours	Content/Competencies
4.0	<p>Social Determinants of Health (SDOH) Relationship between SDOH; health disparity and health equity across ethnic, racial, and other groups; Historical trauma, stress, weathering, etc. Various videos to raise awareness of SDOH, historical trauma, etc. Resistance and resilience in relationship to oppression Capital – social, economic, symbolic, and cultural Third order thinking: Connecting the dots between broad societal structures and social systems and individual experience; first, second, and third order change Interviews with experts on a variety of topics Socio-contextual awareness of self Guidelines for sociocultural attunement: ANVIET (Attune, Name, Value, Interrupt, Envision, Transform) – Use of scenario for practice Additional content</p>

Special Groups and Co-occurring Disorders

Credit Hours	Content/Competencies
3.0	<p>Self-paced, online, sequenced after 4-credit Socio-Cultural Attunement course, covers SDOH in relationship to co-occurring disorders across groups: Veterans, Older Adults, Youth, ethnic and racial groups, LGBTQIA2S+ communities, social class, immigrant groups, gender. differences in frequency and severity, treatment considerations, etc.</p>

Social Determinants of Health and Trauma Informed Care

Credit Hours	Content/Competencies
2.0	Self-paced, online, sequenced after 3-credit Special Groups and Co-occurring Disorders course, covers the crucial intersections of trauma-informed treatment and the Social Determinants of Health (SDOH).