COSIG: Co-Occurring State Incentive Grant

The goal of the COSIG project is to improve the delivery of state-funded services for clients in Texas with co-occurring psychiatric and substance use disorders (COPSD). The project implements two components designed to promote system change and to enhance specialized clinical skills of providers treating this population. The first component consists of focused education at the clinician level regarding treatment issues relevant to this population and training on the use of diagnostic and assessment instruments to enhance identification of psychiatric comorbidity and monitor progress of COPSD clients. The second component of the project is a voucher system that provides additional funding for procurement of ancillary services in an effort to address the multifaceted needs presented by COPSD clients and to support the treatment process. The ten service categories in the voucher system are: child care, housing support, transportation, food assistance, education support, employment assistance, clothing, medical care, prescriptions, and peer mentoring.

During the first year of implementation, six substance abuse treatment programs that are funded by the Texas Department of State Health Services participated in the COSIG project:

- Association for the Advancement of Mexican-Americans, Inc., Edinburg, Texas
- Fort Bend Council on Family and Community Development, Inc., Stafford, Texas
- Hill Country Community MHMR Center, Kerrville, Texas
- Homeward Bound, Inc., El Paso, Texas
- Lubbock Regional MHMR Center, Lubbock, Texas
- Montrose Counseling Center, Inc., Houston, Texas

In March of 2006, the COSIG project expanded to five additional substance abuse treatment programs. The programs received training in March and will begin providing COSIG services in April 2006. The new expansion programs are:

- Central Texas Council on Alcohol and Drug Abuse, Harker Heights, Texas
- Homeward Bound, Inc., Dallas, Texas
- Nexus Recovery Center, Dallas, Texas
• Northeast Texas Council on Alcohol and Drug Abuse, Paris, Texas
• Santa Maria Hostel, Houston, Texas

ARI is providing evaluation services for the COSIG project and the training for clinicians on the use of diagnostic and assessment tools at the participating sites. The COSIG project manager at the Texas Department of State Health Services is Dr. Kwame Bruce. Dr. Bruce conducts statewide training on COPSD treatment issues for clinicians providing services in state-funded treatment programs. The lead evaluator at ARI is Dr. Laurel Mangrum.

Co-Occurring Psychiatric and Substance Use Disorder Fidelity Instrument Development Project (NEW)

The fidelity instrument development is an additional project that will be funded through the COSIG grant. The principal aim of the project is to develop a co-occurring psychiatric and substance use disorder (COPSD) program fidelity self-rating instrument for use in treatment programs funded by the Texas Department of State Health Services (TDSHS). The design of this instrument will be based on the current resiliency and disease management (RDM) format used by TDSHS in the mental health service system. In the existing array of RDM self-rating fidelity instruments developed by DSHS, a 4-item COPSD fidelity scale is embedded in the Adult Mental Health Programs - Psychosocial Rehabilitation (Rehabilitative Case Management) Fidelity Toolkit. The purpose of the current project is to expand this subset of items to create an independent COPSD fidelity tool for use in both substance abuse and mental health programs.

The project is designed to assist in technology transfer of COPSD evidence- and consensus-based practices to treatment providers. Numerous studies have documented the high prevalence of COPSD in both substance abuse and mental health treatment systems. Often, COPSD clients receive treatment targeting either their psychiatric or substance abuse issues, depending on the client's point of entry into the treatment system. This treatment approach neglects the interactive nature of the COPSD client's dual disorders and may lead to "revolving door" treatments between the mental health and substance abuse service systems. Recognition of this deficit in the behavior health field led to the development of specialized interventions that recognize the unique needs of the COPSD population by providing coordinated psychiatric and substance abuse services, as well as
enhanced case management to obtain adjunct services to address other social problems common in individuals with co-occurring disorders.

These specialized practices can be implemented in either substance abuse or mental health settings by tailoring practices to the characteristics of the treatment setting. The development of COPSD fidelity instruments provides a means for treatment providers to examine their current practices and systems to determine the extent to which their programs are capable of meeting the needs of this population. Further, a treatment program's results on a fidelity instrument can assist in identifying areas of training needs and systems development that may enhance COPSD treatment capability. The project is currently in the planning stages and implementation is scheduled for the summer of 2006.

**CO-SIG Final Evaluation**
The Texas Co-Occurring State Incentive Grant Project – Final Evaluation Report for the Texas Department of State Health Services (December 2008). *University of Texas, Addiction Research Institute.*

**CO-SIG Assessment Training**

**CO-SIG Progress Report through May 2007**

**CO-SIG Products**


An examination of recovery support service types and client outcomes. Poster presented at the annual College on Problems of Drug Dependence Conference, San Juan, PR. View the poster.


Important Links:

**Workforce Assessment COPSD Specialists in Texas**

**Populations with Co-occurring Substance Use & Mental Disorders**

**SAMHSA's Co-Occurring Center for Excellence**