Rotation Description

**Rotation Title:** Adult Track Alcohol and Drug Treatment Services (ADTS)

**Location:** Butler Hospital

**Rotation Supervisor(s):** Claire E. Blevins, Ph.D. (Primary Supervisor)
Ana M. Abrantes, Ph.D.

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1 **Overview of the Rotation:**

ADTS Day Program (ADP) is a cognitive-behavioral treatment program for people who have already completed detoxification. It is located in the Day Hospital and involves the treatment of a maximum of 24 patients. Patients attend Monday through Friday from 9:00 a.m. to 3:00 pm, but may stay as late as 5:00 p.m., depending on individual needs and group participation. Most patients return to their homes at night and on weekends, although some patients complete ADTS as inpatients. The program involves daily group behavior therapy that focuses on a functional analysis of drinking and drug use and associated problem behaviors, implementation of self-control procedures, relapse prevention strategies, cognitive-behavioral group meetings, and family group meetings once a week. The program also includes goal setting meetings, structured activities periods, introduction to Alcoholics and Narcotics Anonymous.

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2 **Achievement of Competencies:**

**Ethical and Legal Standards:** Competencies in this area will be achieved through the demonstration of ethical practice within all clinical, research, and administrative/professional activities, as well as discussion of ethical/legal issues during supervision.

**Professionalism and Self-Awareness:** Competencies in this area will be developed by participating as a professional member of the multidisciplinary team, participating in ongoing educational activities, and reflecting on professional roles and responsibilities within the context of supervision.

**Interpersonal and Communication Skills:** Residents will demonstrate competencies in this area through their participation as a professional member of the multidisciplinary team, including opportunities to communicate data, ideas, recommendations, and feedback to others.

**Assessment and Diagnosis:** Competencies in this area will be developed through conducting comprehensive assessments of patients in the ADTS, such as patients presenting for admission. This may include formulating differential diagnoses of psychiatric and substance use disorders based on presenting complaints and objective findings. Mental status evaluation, assessment of suicide risk and potential for violent behavior, and evaluation of recommended level of care specific to patients with substance abuse history are also included.

**Effective Intervention:** Competencies in this area will be achieved through conducting individual and group therapy with patients in the ADTS. Treatment goals will be operationalized and evaluated over the course of treatment, and modifications to treatment made based on these results.

**Consultation:** Informal consultation to the multi-disciplinary staff on the resident’s areas of expertise will be made in team meetings.
Supervision and Teaching: Opportunities may be available for residents to discuss supervision styles, strategies, and important factors in the supervisor/supervisee relationship. The resident typically does not have opportunities to provide direct supervision to others during this rotation.

Research and Scholarly Activities: Residents typically do not have opportunities to develop these skills during this rotation.

Cultural and Individual Diversity: Competencies in this area will be developed through exposure to diverse patients and families, supervision regarding assessment and treatment considerations relevant to work with diverse populations, and directed readings, when appropriate.

Time Commitment:
Rotations are 4 months in duration and the minimum hour requirement is 36 hours per week.

Duties & Responsibilities:
Regular duties and responsibilities include the following: (1) Psychological assessment: regarding substance abuse problems; maximum of 2-3 consultations per week, (2) Individual Therapy: Maximum of 4 clients at any time (3) Group Therapy: To include 4 daytime social skills groups, (4) Unit Meeting (staff meetings, patient staffings, rounds, group supervision)

Time Table:
Approximate weekly time table: patient caseload (12 – 15 hours), clinical rounds (2-3 hours), weekly attendance of clinical staff meetings (2 hours), group work (maximum of 4-5 hours including two 60 minute groups), psychological assessments (3 – 4 hours), supervision (4 hours), administrative duties (e.g., notes; 5 hours)

Methods of Teaching:
The primary modalities of teaching include role modeling, feedback, co-led groups, and one-to-one didactic instruction. Reading material is provided on a case-by-case basis, when indicated.

Treatment Units of Programs Involved:
ADP Program of ADTS, located at Butler Hospital.

Supervision:
Claire E. Blevins, Ph.D.-Primary rotation supervisor - supervises group treatment and ADTS cases. Approximately 3 hours per week.
Ana M. Abrantes, Ph.D. supervises group treatment and ADTS cases. Approximately 1 hour per week.

Relationships to Core Programs:
Training reflects the overall philosophy of the Brown Internship Program, which is based on the clinical science model. In addition to the outlined duties and responsibilities specific to the rotation, release time allows for attendance at various seminars, educational opportunities, additional clinical rotations, and a research placement.

Designation of Key Liaison Personnel:
Claire Blevins, Ph.D., has primary responsibility for the Alcohol Treatment Services rotation.

Lauren Weinstock, Ph.D., Adult Track Coordinator, Alpert Medical School of Brown University Clinical Psychology Internship Training Program.

Elizabeth McQuaid, Ph.D., ABPP, Director of the Alpert Medical School of Brown University Clinical Psychology Internship Training Program.

11 Criteria for Success:
Successful residents will achieve ratings of “Satisfactory Progress” on all competencies that are available within this rotation. Plans will be made for residents to obtain further training, supervision, and/or remediation to address competencies that are rated as “Needs Improvement” or are otherwise identified as areas that require additional emphasis in training. This rotation will be one of several that is considered in an overall determination of resident "competence" at the completion of the internship period.