

Evaluating My Behaviors

with the 5-Actions Program™

7/24/21

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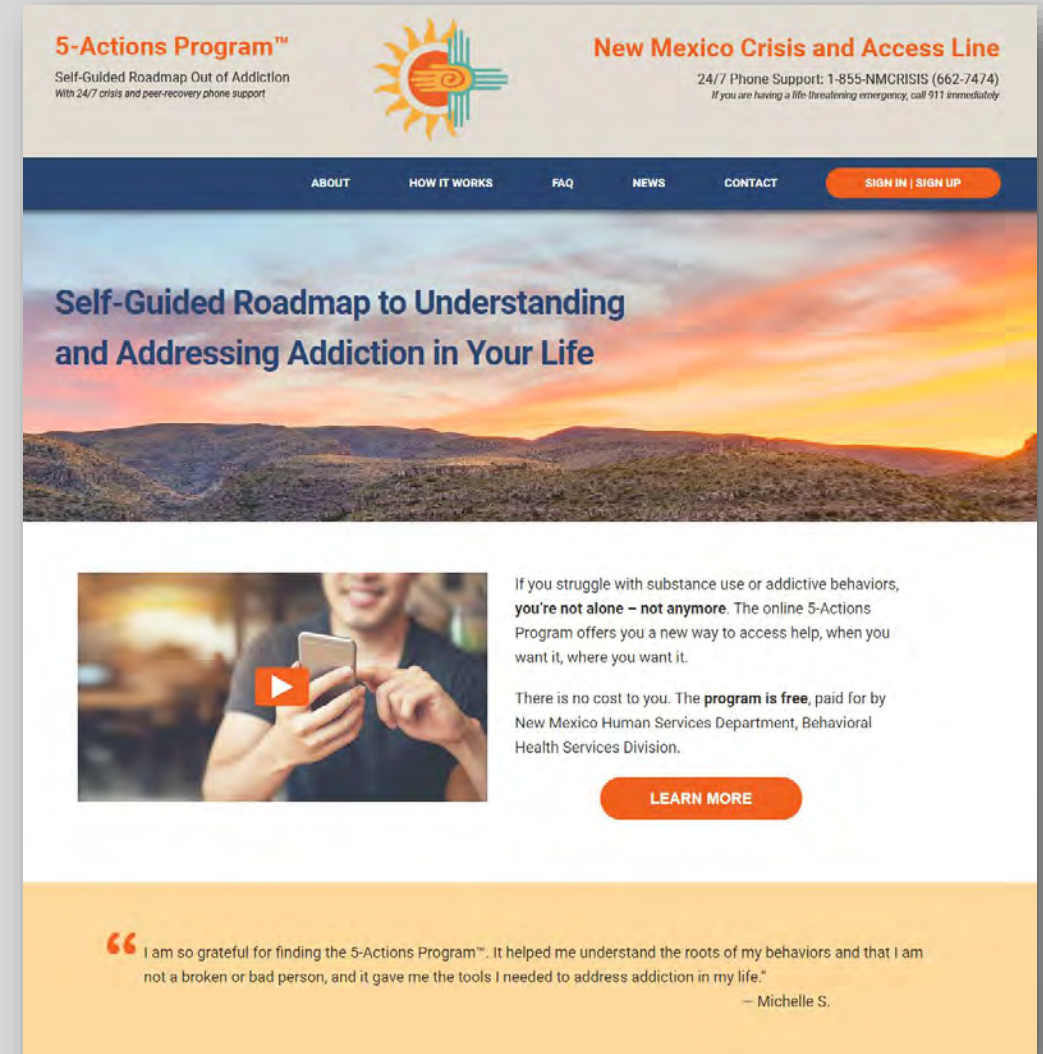


Agenda:

- Provide an overview of the evaluation process within the 5-Actions Program™
- Review differences between screening, diagnosis, and assessment
- Discuss when to seek expert consultation
- Address how to develop a plan for action

What is the 5-Actions Program™?

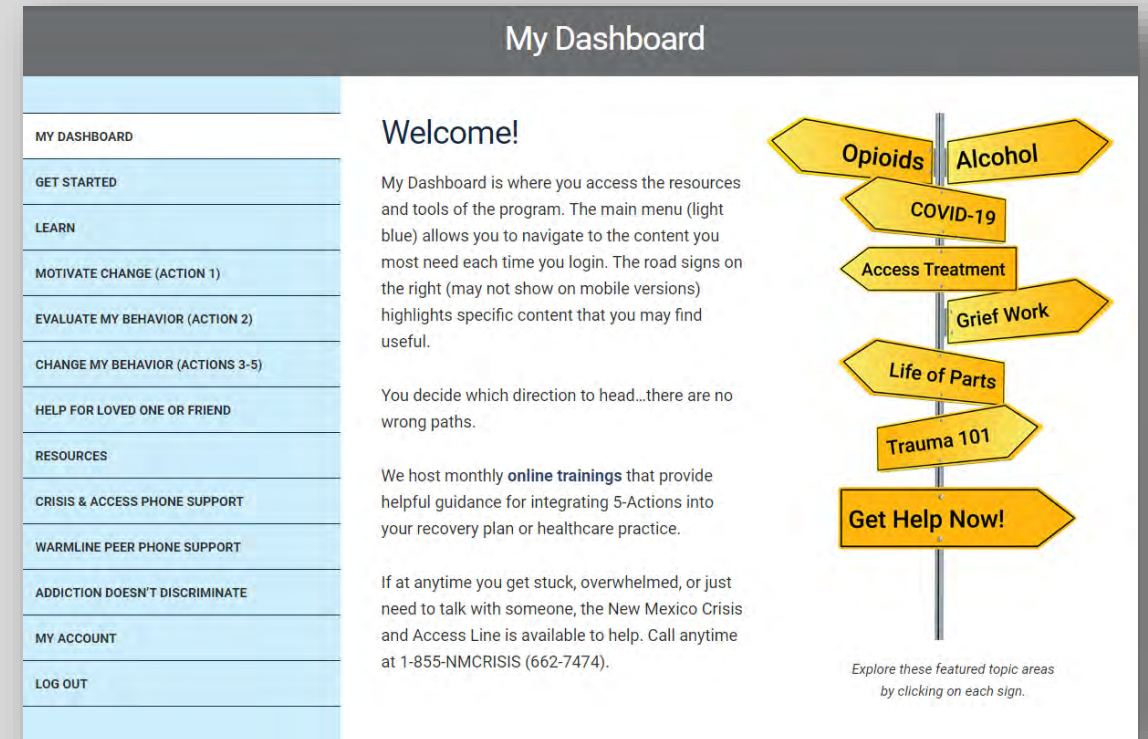
- Launched **November 2020**
- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- **Free to all citizens** in New Mexico, paid for the Behavioral Health Services Division
- **24/7 phone support** from the New Mexico Crisis and Access Line and Peer Recovery Support



Discussion & Feedback

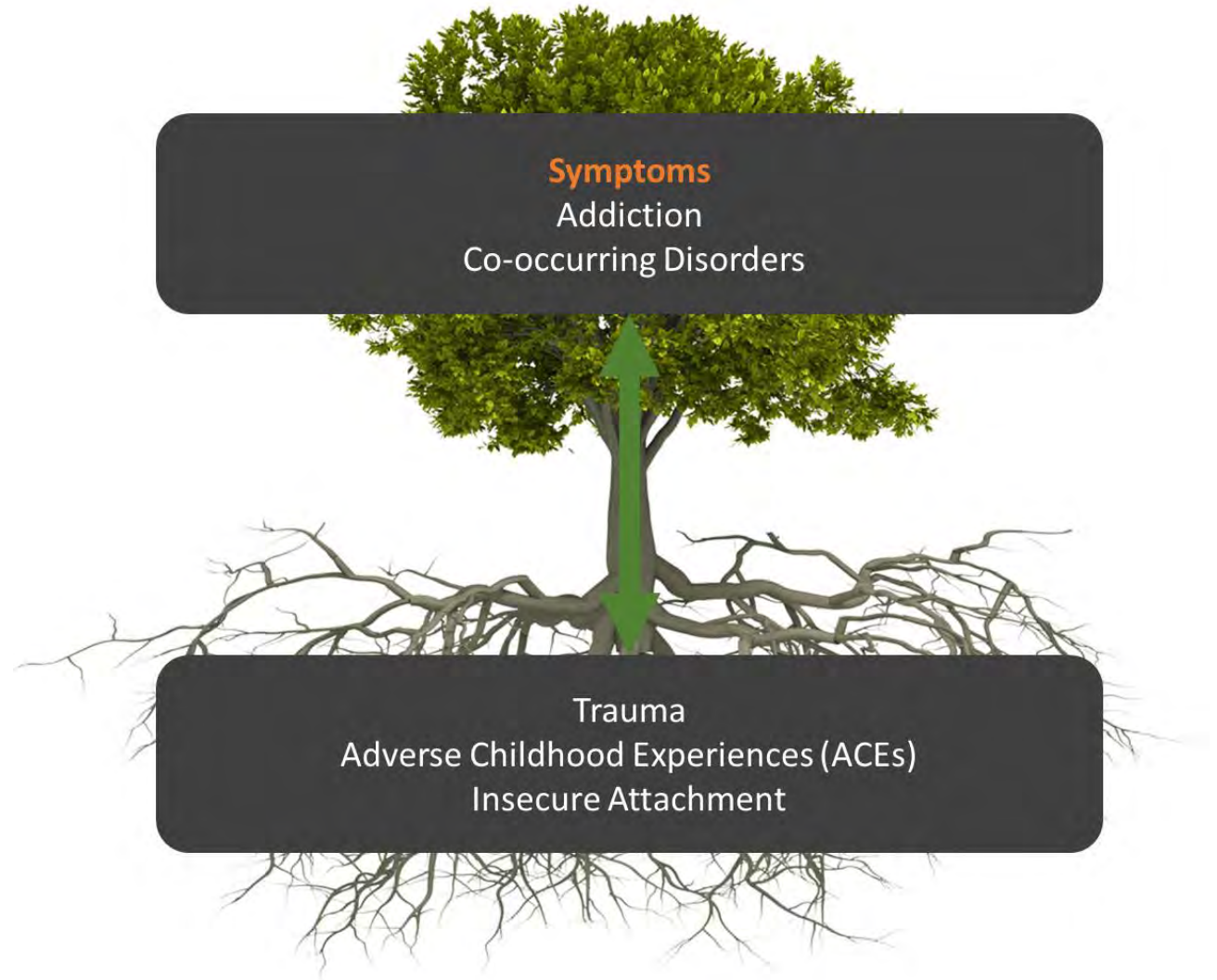
Development Roadmap for 5-Actions

- Current site does not individualize content to user
- Navigating to specific content challenging if you don't know where to look
- Developing new tools for online evaluation, content search functionality, and engagement with program



Why is Evaluation Important?

- Identify and address the right problem(s)
- Understand patterns that perpetuate suffering
- See life from a more truthful vantage point
- Identify leverage point(s) for change
- Optimize interventions



What accounts for positive treatment outcomes?

The Contextual Model (Wampold & Imel, 2015)

Initial Connection



Three Change Pathways

1. Real (Healing) Relationship
2. Expectations (problem-solution)
3. Intervention Actions (EBPs)

Outcomes

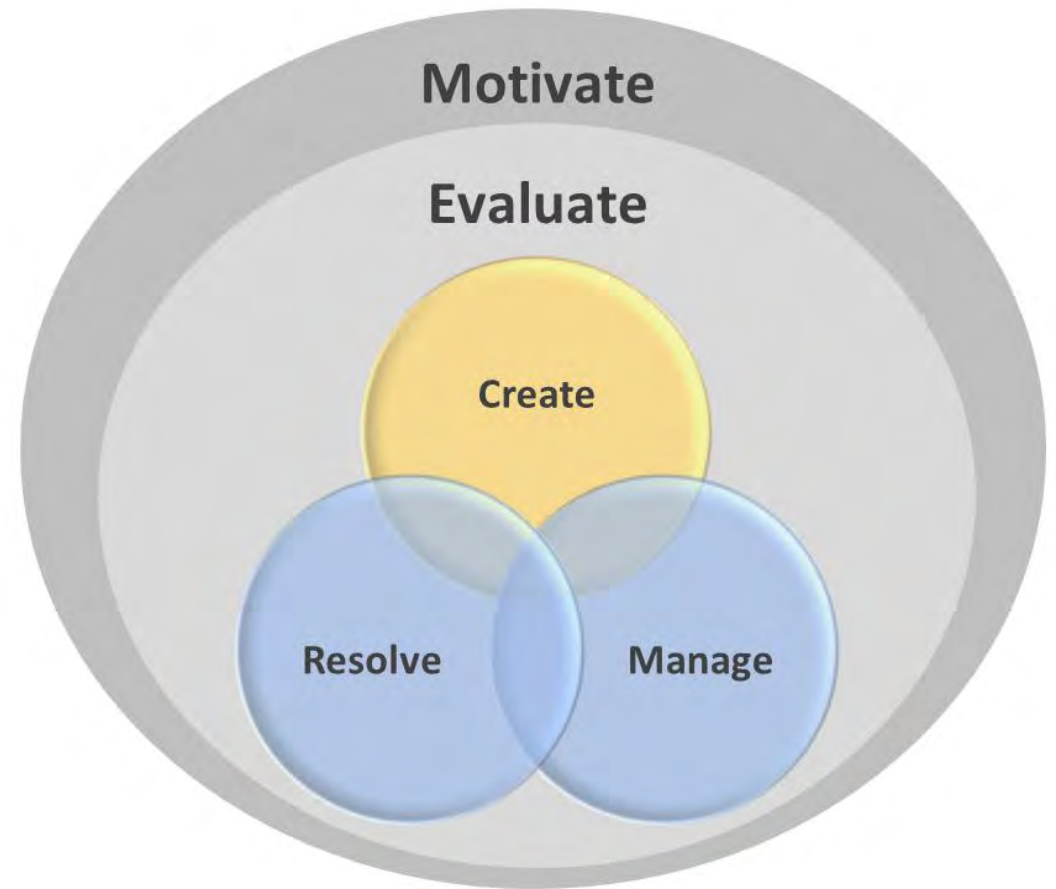
Better Quality of Life

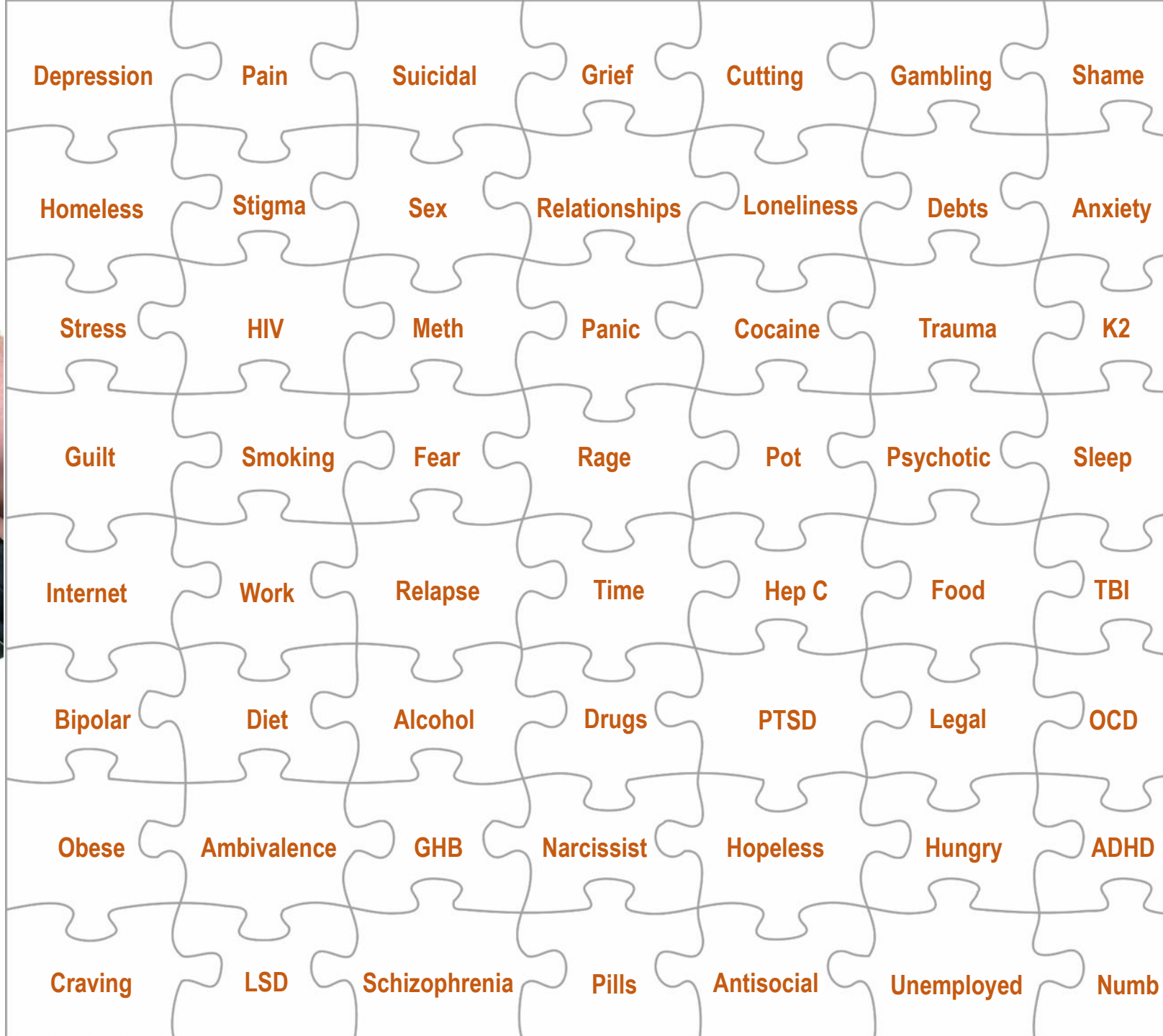
Symptom Reduction

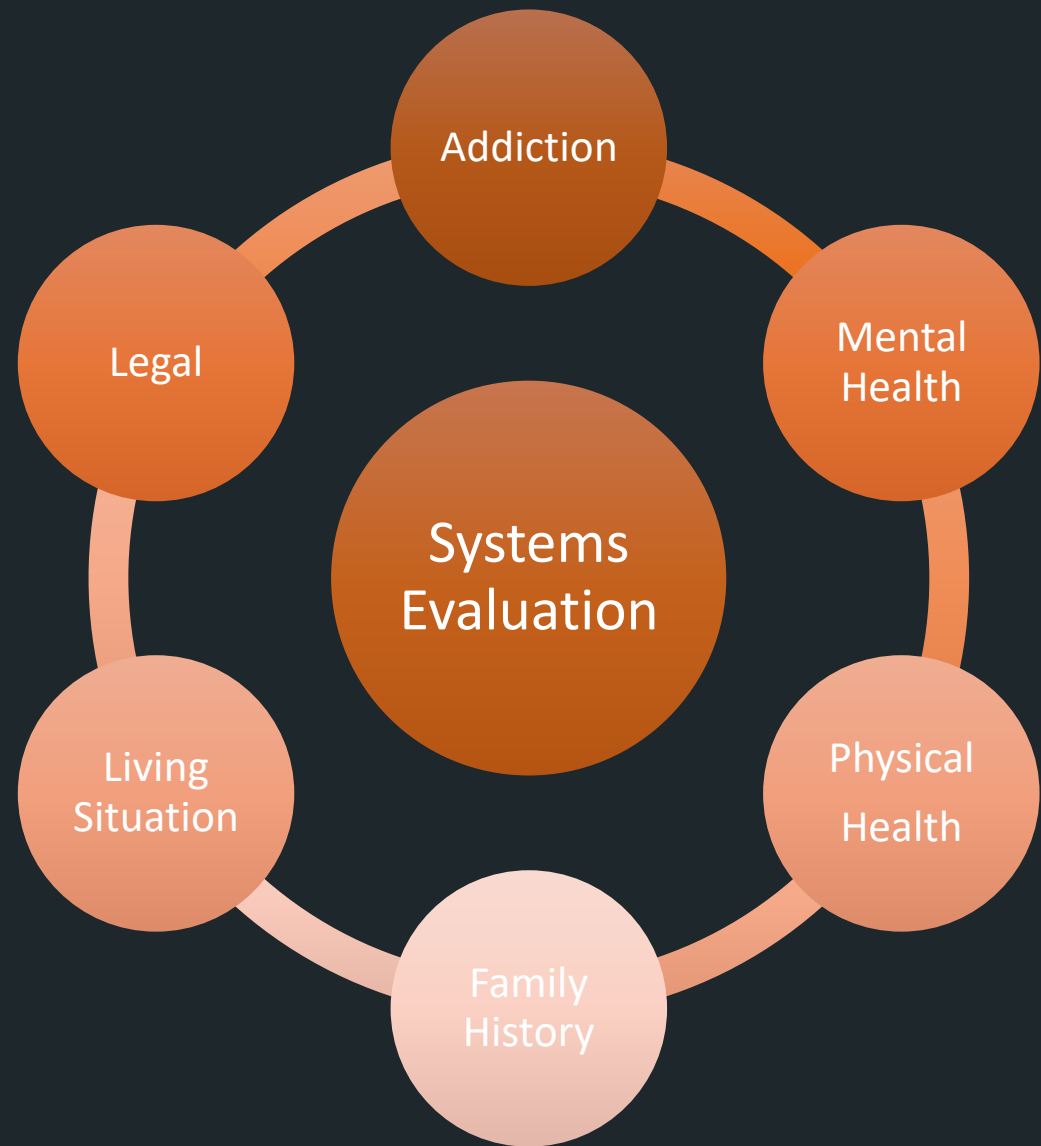
Action 2: Evaluate

Evaluate (Action 2) in the 5-Actions Program screens for problems but *does not diagnose*. It encourages expert assessment when necessary.

Evaluate in the 5-Actions Program describes the overall process of understanding what you want to change in your life.









Resolvable

- Suicidal
- Homeless
- Intoxicated
- Psychoses
- Acute Medical
- Developmental
- Legal

Manageable

- Addiction
- ACEs
- Chronic Medical
- Stress
- Relationships
- Lifestyle (Time/\$)
- Health (Diet)



**Talents
Strengths
Virtues**



Acute

- Suicidal
- Homeless
- Intoxicated
- Psychoses
- Medical
- Developmental
- Legal

Chronic

- Addiction
- ACEs
- Medical
- Stress
- Relationships
- Lifestyle (Time/\$)
- Health (Diet)

Lost in Bag

- Mindfulness
- Relationships
- Innovation
- Art
- Truth



Action 3
Resolve

Action 4
Manage

Action 5
Create

Screening, Assessment, and Diagnosis

Screening is a process for evaluating the possible presence of a particular problem. Usually quick (seconds to minutes), variable level of detection and accuracy.

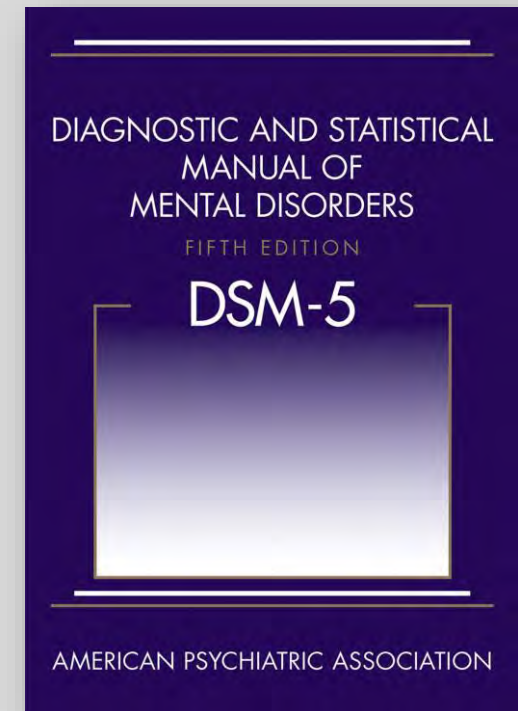
Assessment is a process for defining the nature of that problem (which can include determining a **Diagnosis**) and is used to develop an intervention plan for addressing problems/diagnoses. Time to complete is variable (30 minutes – hours), and accuracy should be high.



History of Diagnosis: DSM

Edition	Published	Pages	# Diagnoses	Diagnosis
DSM-I	1952	132	128	Alcoholism; Drug Addiction
DSM-II	1968	119	193	Alcoholism; Drug Dependence
DSM-III	1980	494	228	Substance Use Disorders; Abuse & Dependence
DSM-III-R	1987	567	253	Psychoactive SUD; Abuse & Dependence
DSM-IV	1994	886	383	Substance-Related Disorders; SUD, Abuse & Dependence
DSM-IV-TR	2000	943	383	Substance-Related Disorders; SUD, Abuse & Dependence
DSM-5	2013	947	541	Substance-Related and Addictive Disorders

1980-2013 (33 years): Abuse & Dependence Diagnosis which were inaccurate!



Evaluation from a Multigenerational Perspective



- Western colonial approaches to mental health assessment, diagnosis, and treatment often not culturally responsive
- Intergenerational/Historical Trauma ignored (not in DSM)
- Indigenous people consider “Self” within the context of 14 generations (circular, time not linear)
- Diagnoses and labels have power, can become identity and perpetuate suffering

Action 2: Evaluate

Evaluate My Behavior (Action 2)

MY DASHBOARD			
GET STARTED			
LEARN			
MOTIVATE CHANGE (ACTION 1)			
EVALUATE MY BEHAVIOR (ACTION 2)			
Evaluate My Behavior (Action 2)			
Assessment Tools			
CHANGE MY BEHAVIOR (ACTIONS 3-5)			
HELP FOR LOVED ONE OR FRIEND			
RESOURCES			
CRISIS & ACCESS PHONE SUPPORT			
WARMLINE PEER PHONE SUPPORT			
ADDICTION DOESN'T DISCRIMINATE			
MY ACCOUNT			
LOG OUT			



1. Introduction




2. First Things First



3. Physical and Dental Check-Up



4. Self-Evaluation Tool



5. Past Treatment Records



6. Expert Opinions



7. RMC Organization



8. Roadmap For Action



9. Take Home Messages

Evaluation Process

- First Things First
- Physical and Dental Check-Up
- Self-Evaluation
 - Past Treatment Record
 - Expert Opinions
- Resolve/Manage/Create (RMC) Organization
- Roadmap for Action


First Things First: Address Crises!


Home Who We Are Resources News & Events Careers Contact Us


New Mexico Crisis And Access Line


Call toll free anytime 24/7/365 **1-855-NMCRISIS (662-7474)**
If you are having a life threatening emergency, call 911 immediately.


If you or a loved one is experiencing any kind of emotional crisis, mental health or substance use concern, you can find help 24 hours a day, seven days a week, by calling the New Mexico Crisis and Access Line or Peer to Peer Warmline.


**Crisis And Access Line**
Call for support and resources
1-855-NMCRISIS (662-7474)
Toll Free 24/7/365

**Peer to Peer Warmline**
Call or text to connect with a peer
1-855-4NM-7100 (466-7100)
call 7:00am - 11:30pm / text 6pm - 11pm

**NMConnect App**
Call, text and access mental health resources

**Healthcare Worker and First Responder Support Line**
1-855-507-5509

**NM 5 Actions**
Self-guided road map to understanding and addressing substance use and addictive behaviors

**Path to Wellness**
Mental Health Awareness Messages

- Safety
- Food
- Shelter
- Medical Needs
- Psychiatric Needs
- Other Crises



Assessment/Screening Tools

Assessment Tools

MY DASHBOARD

GET STARTED

LEARN

MOTIVATE CHANGE (ACTION 1)

EVALUATE MY BEHAVIOR (ACTION 2)

Evaluate My Behavior (Action 2)

Assessment Tools

CHANGE MY BEHAVIOR (ACTIONS 3-5)

HELP FOR LOVED ONE OR FRIEND

RESOURCES

CRISIS & ACCESS PHONE SUPPORT


WARMLINE PEER PHONE SUPPORT

ADDICTION DOESN'T DISCRIMINATE

MY ACCOUNT

LOG OUT

Here you will find all the evaluation and assessment tools referenced in **Evaluate My Behavior (Action 2)** in one place. Keep in mind the goal of using these tools is to gain a deeper understanding of the degree to which substances and/or behaviors, and mental health issues, may be a problem for you. Results from these assessments do not provide clinical diagnoses which can only be done by a licensed professional. If you have concerns about the results or are unclear what they mean for you, please contact your primary care physician or a licensed behavioral health professional.



Evaluation Tools Referenced in Videos

The following tools are downloadable PDF documents that can assist you in evaluating your behavior, deciding when to seek expert help, and planning your change efforts.

- Self-Evaluation Tool: **5-Actions Self-Evaluation Tool**
- Co-Occurring Disorders: **5-Actions Program™ Co-Occurring Screening Tool**
- Expert Opinions: **When to Seek an Expert Opinion**
- RMC Organization: **Resolve – Manage – Create Organization**
- Change Plan: **Roadmap for Action**

Addiction Screening Tools

- Alcohol
- Comprehensive Substance Use Screen

Addiction Screening Tools

- Alcohol
- Comprehensive Substance Use Screen
- Gambling
- Food
- Sex
- Technology

Mental Health Screening Tools

- Attachment Style
- Adverse Childhood Experiences (ACE) Score
- Depression
- Bipolar Disorder
- Anxiety
- Post-Traumatic Stress Disorder (PTSD)
- Obsessive-Compulsive Disorder (OCD)
- Attention Deficit Hyperactivity Disorder (ADHD)
- Sleep Disorder
- Eating Disorder

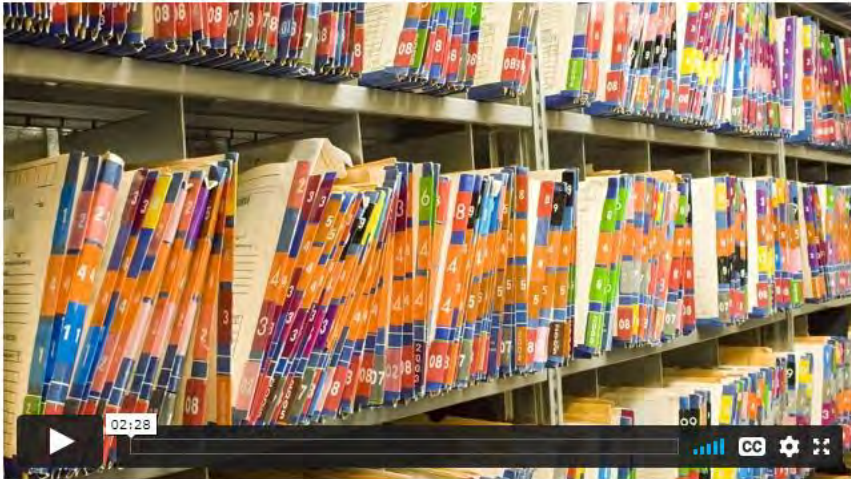
Character Strengths Assessment Tool

- VIA Character Strengths Survey

Past Treatment Records

Past Treatment Records

module 7: video 5



Rate this video:



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- [Read Transcript](#)
- Video – [Your Health Information, Your Rights](#)
- Video – [Your Health Information, Fees and Timing](#)
- Video – [Your Health Information, Third Parties](#)
- [How to Get Copies of Your Medical Records](#)
- Summary of the [Health Insurance Portability and Accountability Act \(HIPAA\) Privacy Rules](#)

- You legally have a right to the evaluations, assessments, and intakes that have been conducted on you (HIPAA).
- Likely will have to provide written permission (release of information) for your records, can be a small cost.
- They are your records; you should know what has been written about you.

Expert Opinions



When to Seek an Expert Opinion

The Self-Evaluation Tool is designed to help you identify substance and behavioral addictions, as well as other co-occurring issues that may undermine your ability to be successful in the 5-Actions Program™. While the evaluation tool can be a good starting point, often there are times when you should see a healthcare professional (e.g., counselor, psychologist, physician) to assist in your evaluation efforts.

Here are common reasons **when you should seek an expert opinion**:

1. If any issues on the self-evaluation were surprising, puzzling, or concerning to you.
2. If, after reviewing any past treatment records, you have questions or concerns about what was written about you.
3. If you are unsure whether you require detoxification for your addictions.
4. If you are unsure whether you need a higher level of intervention beyond this online program for your addictions (e.g., intensive outpatient or residential care).
5. If you have not had a physical or dental exam in some time.
6. If you take prescription medications and believe they may impact your addictive behavior in any way.
7. If you have a history of traumatic brain injury (TBI), or other brain-based cognitive impairment impacting your memory, thought processes, or processing of sensory input (hearing, visual, tactile, smell).
8. If you have a significant trauma history, but your screen for PTSD is negative.
9. If you have a history of sleep problems.
10. If you have experienced any sudden changes in your physical or mental health.
11. If you believe – for any reason – that you should seek an expert opinion – then you should.

Lastly, if you are unsure whether you should seek an expert opinion, or are unclear who you should see (e.g., counselor, physician, social worker), then start by making an appointment with your **primary care physician** who can help you assess how to proceed.

Or, call the **New Mexico Crisis and Access Line at 1-855-NMCRISIS (662-7474)** and talk with a support specialist who can assist you (24/7).

Not sure where to turn for help?

Call the 24/7 phone support

RMC Organization



Underlying Issues	Rank	Resolve	Manage	Create
Bottom 5 Character Strengths (needing work)				
1.				✓
2.				✓
3.				✓
4.				✓
5.				✓

Addiction(s)	Rank	Resolve	Manage	Create

- **List** all identified underlying issues
- **List** all addictions (or problem behaviors)
- **Rank order** based on your motivation to address/change
- Decide whether the issues are best **resolved, managed**, or something you need to bring into your life (**created**) and checkmark appropriate column
- **Start** with where you are most motivated to change!

Roadmap for Action



Roadmap for Action

Now that you have identified, ranked, and categorized your life issues and challenges – including your addictions – it's time to engage in the work of addressing them. In traditional treatment programs the roadmap would be called a *treatment plan*. In this program it's your plan for how you want to navigate your future behavior change.

Because you have done the hard work of identifying and organizing your addictions and other life challenges into the buckets of Resolve, Manage and Create, you already have a good start in knowing what you need to do next. Before you charge ahead, follow the steps below to ensure you begin your journey in the right direction.

Step 1

If you have yet to watch the videos in **Overview of the Solution**, please do so. They will help you get the most out of the interventions discussed in the remaining modules. Be sure to watch **Video 4, Begin with the End in Mind** if you have not already, as it will help you visual the future you want to create for yourself.

Step 2

Watch the videos for the remaining actions: Resolve, Manage, and Create and learn about different interventions and tools that can help you address addiction and other co-occurring challenges. Then go back to your **Resolve-Manage-Create Organization** document and begin with the addictions and underlying issues you ranked first. Consider what interventions make the most sense to you and start there with using them. If you get stuck and struggle with knowing where to start, use the phone support with this program.

Step 3

Among the most important things you can do to succeed in this program, is **not doing it alone**. Enlisting the support of others to help you on your journey, no matter what interventions you employ, is critical. Here are ideas of where you can obtain relational support:

- Family and friends
- Self-help/support groups
- Healthcare professionals
- Traditional treatment programs
- Phone support that comes with this program

Video 10, **It Takes a Village** (Overview of the Solution) can help you with this task. The more people you have on your team supportive of your change efforts, the easiest it will be.

Step 4

Keep in mind that the road of change can be quite unpredictable at times. While having a roadmap keeps you pointed in the right direction, at times it's necessary to take detours. Don't be afraid to revisit your issues and reprioritize based on changes in your life. And lastly, remember that help from a trained clinician is just a phone call away at any time you feel stuck and unsure of what to do next.

Overview of the Solution

MY DASHBOARD

GET STARTED

LEARN

Origins of Addiction

Multiple Addictions

Consequences of Addiction

Overview of the Solution

MOTIVATE CHANGE (ACTION 1)

EVALUATE MY BEHAVIOR (ACTION 2)

CHANGE MY BEHAVIOR (ACTIONS 3-5)

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WARMLINE PEER PHONE SUPPORT

ADDICTION DOESN'T DISCRIMINATE

MY ACCOUNT

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1. Introduction



2. Treatment 101



3. Does Treatment Work?



4. Begin With the End in Mind



5. Healing Relationships



6. Expectations



7. Evidence-Based Practice



8. Origin of the 5-Actions



9. Overview of the 5-Actions



10. It Takes a Village



11. When to Seek Professional Help



12. Take Home Messages

Questions and Discussion

info@nm5actions.com

Please contact us if you are interested in sharing your story with others.

