

## ~Concurrent Disorders Self-Appraisal Checklist~ (Tsanos & Skinner, 2014)

Competencies at the Individual Practitioner Level:			
I. ATTITUDES	LEVEL I	LEVEL II	ME
1. Awareness of one's own attitudes and values about addiction and mental illness and stigmatized beliefs	✓	✓	
2. Spirit of empathic concern, compassionate curiosity	✓	✓	
3. Attitude of 'welcoming' toward clients and their families	✓	✓	
4. Comfort level in working with clients with diverse characteristics	✓	✓	
5. Belief in therapeutic optimism for recovery	✓	✓	
6. Commitment to client-centered and family-focused care	✓	✓	
II. KNOWLEDGE	LEVEL I	LEVEL II	ME
7. Prevalence of CD generally and CD subgroups (e.g. mood & substance use disorders)	✓	✓	
8. The impact of stigma	✓	✓	
9. CD terminology (e.g. concurrent disorders, co-occurring disorders, etc.)	✓	✓	
10. Principles of Integrated Treatment (Minkoff's 8 principles)	✓	✓	
11. Etiological models of CD: Understanding of the various relationships that can exist between concurrent addiction and mental health disorders	✓	✓	
12. The CD Quadrant Model for considering severity and treatment planning	✓	✓	
13. Evidence-Based/Best Practices for CD	✓	✓	
14. Trauma-informed care	✓	✓	
15. Harm reduction principles	✓	✓	
16. Recovery-oriented principles	✓	✓	
17. Pharmacotherapy for CD and potential drug interactions	✓	✓	
18. Clinical cultural responsiveness for CD	✓	✓	
19. Keeping abreast of advances in CD clinical research		✓	
20. CD Policy and system issues		✓	
III. SKILLS	LEVEL I	LEVEL II	ME
21. CD Screening (e.g. GAIN-SS)	✓	✓	
22. CD Assessment (includes Mental Status Exam, Use of standardized instrument(s))	✓	✓	
23. CD Comprehensive Assessment methods (e.g., SCID; GAIN-Q)		✓	
24. Referral to additional or CD-specialized resources required	✓	✓	
25. Provision of foundational CD treatment approaches: Motivational Interviewing	✓	✓	
26. Provision of foundational CD treatment approaches: Stage-specific treatment	✓	✓	
27. Provision of foundational CD treatment approaches: Integrated Treatment	✓	✓	
28. Provision of foundational CD treatment approaches: Harm Reduction	✓	✓	
29. Provision of foundational CD treatment approaches: Relapse Prevention	✓	✓	
30. CD Case management and supportive care	✓	✓	
31. Provision of specialized CD treatment interventions: Dialectical behavior therapy		✓	
32. Provision of specialized CD treatment interventions: Cognitive behavior therapy		✓	
33. Provision of specialized CD treatment interventions: Trauma-specific care		✓	
34. Provision of specialized CD consultation to Level 1 staff		✓	
35. Provision of CD supervision and mentorship to Level 1 staff		✓	
36. Provision of clinical training and education in the assessment and treatment of CD		✓	
<b>3 areas I'd like to further develop are: 1. _____ 2. _____ 3. _____</b>			