

# The Co-Occurring and Other Functional Disorders (COFD) Assessment Tool

Joint Conference on  
Mental Health Block Grant and Mental Health Statistics  
Washington, DC  
May 29, 2003

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# Overview

- CSAT Grants and Cluster Groups
- COFD Instrument Development
- Preliminary Findings
- Program & Policy Implications

# What Is COFD?

- **C**O-OCCURRING (Substance Use and Mental Health Disorders)
- And **O**ther **F**unctional **D**isorders
- The concept includes physical OR mental disorders or disabilities that might exacerbate substance use problems or complicate recovery

# Contributing Sites

- Detroit Health Department (MI)
- Multnomah County (OR)
- Substance Abuse Triage Team Services (Spokane, WA)
- Foundations Associates (Nashville, TN)
- SAMH Services for Women (Albany, CA)
- The Center for Drug Free Living (Orlando, FL)
- Santa Fe Craft Project (Santa Fe, NM)
- Treatment is Available! (Tucson, AZ)
- Norton Sound Health Corp (Nome, AK)
- Dept. of Public Health (San Francisco, CA)

# Contributing Sites

- Detroit Lighthouse Program (MI)
- Iwosan Program (Cleveland, OH)
- VA Beach Comm. Services Board (VA Beach, VA)
- KY River Appalachian Project (Jackson, KY)
- Traumatic Brain Injury Services (Kettering, OH)
- Central and Eastern OR Juvenile Justice Consortium (Ontario, OR)
- Mature Services (Akron, OH)

# Research Questions

- Do systems that have close integration of services (SA, MH, family, justice, etc.) have “better” outcomes?
- What is the client’s perception of his/her reasons for using substances?
- What is the interactive effect of drug use and functional impairment on treatment outcomes?
- What are significant site characteristics?
- Identify outcome variables that are correlated with process elements common across co-occurring cluster sites.

# Development Process

- Collaborative, consensus driven, democratic
- All sites involved
- Included administrators, clinicians, consumers, and evaluators
- Domains of interest derive from research questions
- Emphasized flexibility (age & culture)
- Allowed variable wording of questions

# COFD Functionality Scale: Primary Domains of Interest

- Overall Health Situation/Life Events
- Current Emotions, Moods, and Thinking
- Daily Activities (Functionality)
- Beliefs about Alcohol and Drug Use

# Preliminary Findings

- 3944 total COFD records as of end of December 2002 from 21 participating COFD Cluster Projects
- 2681 baselines (intake interviews)  
Project range of intakes = 7 – 552
- 8 have 100 or more intakes

# Overall Health Situation/Life Events

- Head Injury (unconscious/hospital)
  - Reported by 45.6%
  - Fights, Domestic Violence, MVA, Falls
  - A recent study of 570 clients in another CSAT Project suggest similar prevalence among a substance abuse client population
- Major medical or physical illness that requires constant treatment
  - Reported by 34.2%
  - Diabetes, Hepatitis C, Arthritis, Seizure Disorder, Back Injuries/Pain

# Overall Health Situation/Life Events

- Chronic Pain
  - 33.3% report chronic pain
  - Back, migraine, knees, fibromyalgia
- Other Health Issues
  - 18.2% report trouble climbing stairs
  - 2.8% use equipment to assist with mobility
  - Small percentages report blindness (1.0%) and deafness (0.7%)
  - 10.8% report seizures

# Overall Health Situation/Life Events

- 16.5% report having a learning disability
- 10.4% report ADHD
- 64.7% report having had a major stressful event in the past 12 months (e.g., jail, relationship loss/death, abuse, loss of job)
- 58.7% report having been given a mental health diagnosis (depression , bipolar, schizophrenia)

# Overall Health Situation/Life Events

- Abuse Histories (ASI measures)
  - 57.9% report Emotional/Psychological Abuse
  - 51.2% report Physical Abuse
  - 34.1% report sexual Abuse
    - 10% missing, sample 60% female

# Current Emotions, Moods, and Thinking

## Percent Reporting...

	Not at All	A Little	Somewhat	A Lot
Depression	21.0	13.5	19.4	45.2
Anxiety	16.4	13.7	18.8	46.7
Hallucinations	73.1	9.4	5.7	6.8
Conc / Mem Problems	28.1	19.3	21.4	27.9
Rage/Violence	62.5	13.3	11.3	8.0
Thoughts of Suicide	66.0	12.7	8.1	11.0

# Current Emotions, Moods, and Thinking

- 43.0% report having been prescribed psychiatric medication in the past 30 days
- 7.1% report a suicide attempt in the previous 30 days

# Daily Activities (Functionality)

Percent Reporting...

	No Difficulty	A Little Difficulty	Moderate Difficulty	Quite a Bit of Difficulty	Extreme Difficulty
Managing Daily Life	30.0	16.2	15.5	12.5	19.5
Household Responsibilities	46.6	14.8	11.1	7.5	13.2
Work (37% DNA*)	25.3	7.0	8.4	8.1	14.0
School (73.7% DNA*)	19.2	2.1	2.1	1.2	1.7
Leisure Time /Recreation	34.4	12.1	12.0	12.4	25.0

\*DNA = Don't know, Does Not Apply or Missing

# Daily Activities (Functionality)

Percent Reporting...

	No Difficulty	A Little Difficulty	Moderate Difficulty	Quite a Bit of Difficulty	Extreme Difficulty
Relationships with Family (8.3% DNA*)	32.7	11.7	11.5	12.9	22.9
Relationships with Friends (14.4% DNA)	38.9	12.5	7.8	8.0	18.4
Housing (12.3% DNA)	54.9	6.4	4.7	5.3	16.3
Problems with the Law (7.2% DNA)	54.9	11.0	8.1	6.0	12.7

\*DNA = Don't know, Does Not Apply or Missing

# Beliefs About Alcohol and Drug Use

To what degree do you use substances to relieve:

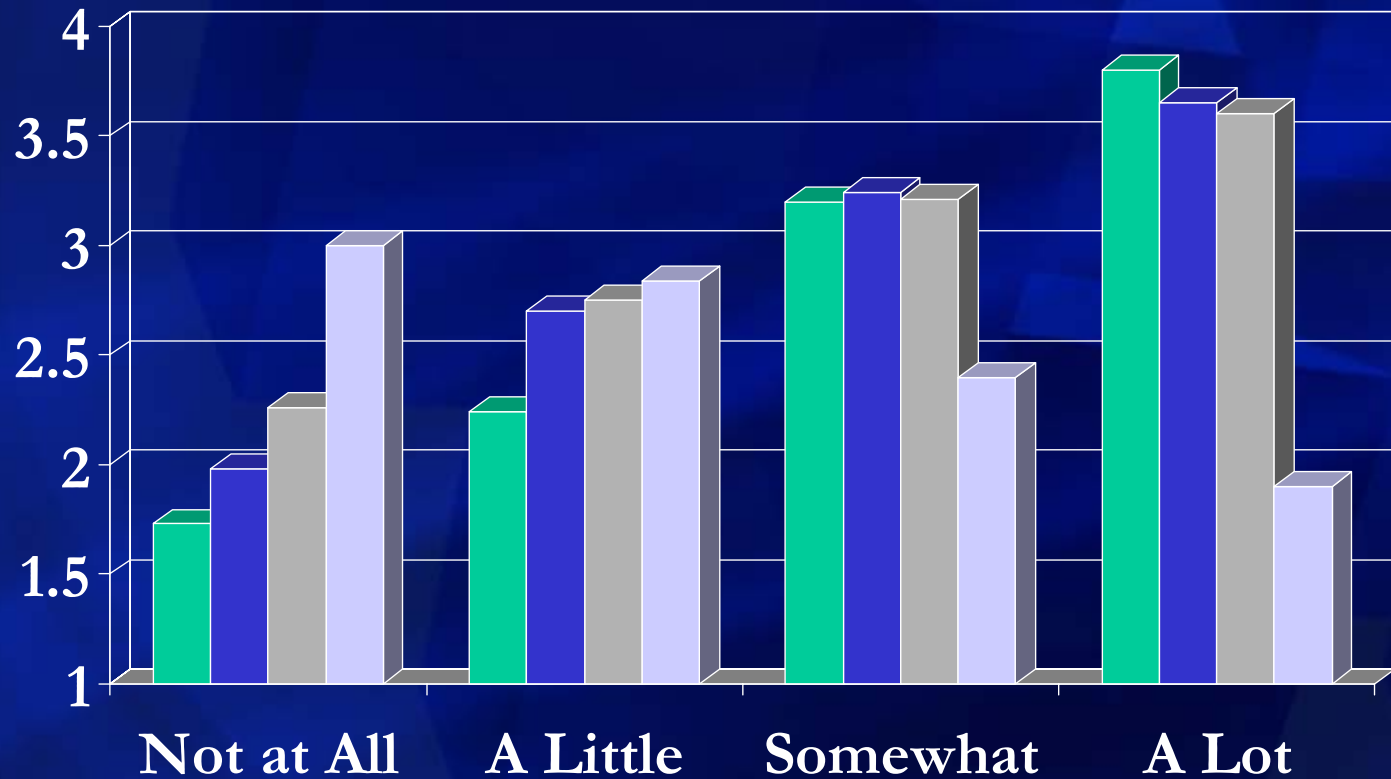
	Not at All	A Little	Somewhat	A Lot
Chronic Pain	42.0	12.2	14.0	27.3
Depression / Anxiety	17.7	10.7	16.3	51.4
Hallucinations	78.2	5.1	3.4	8.5
Cravings	29.1	10.8	14.6	39.4
Stress / Nerves	14.4	11.3	18.9	51.7

# Beliefs About Alcohol and Drug Use

To what degree do you use substances to:

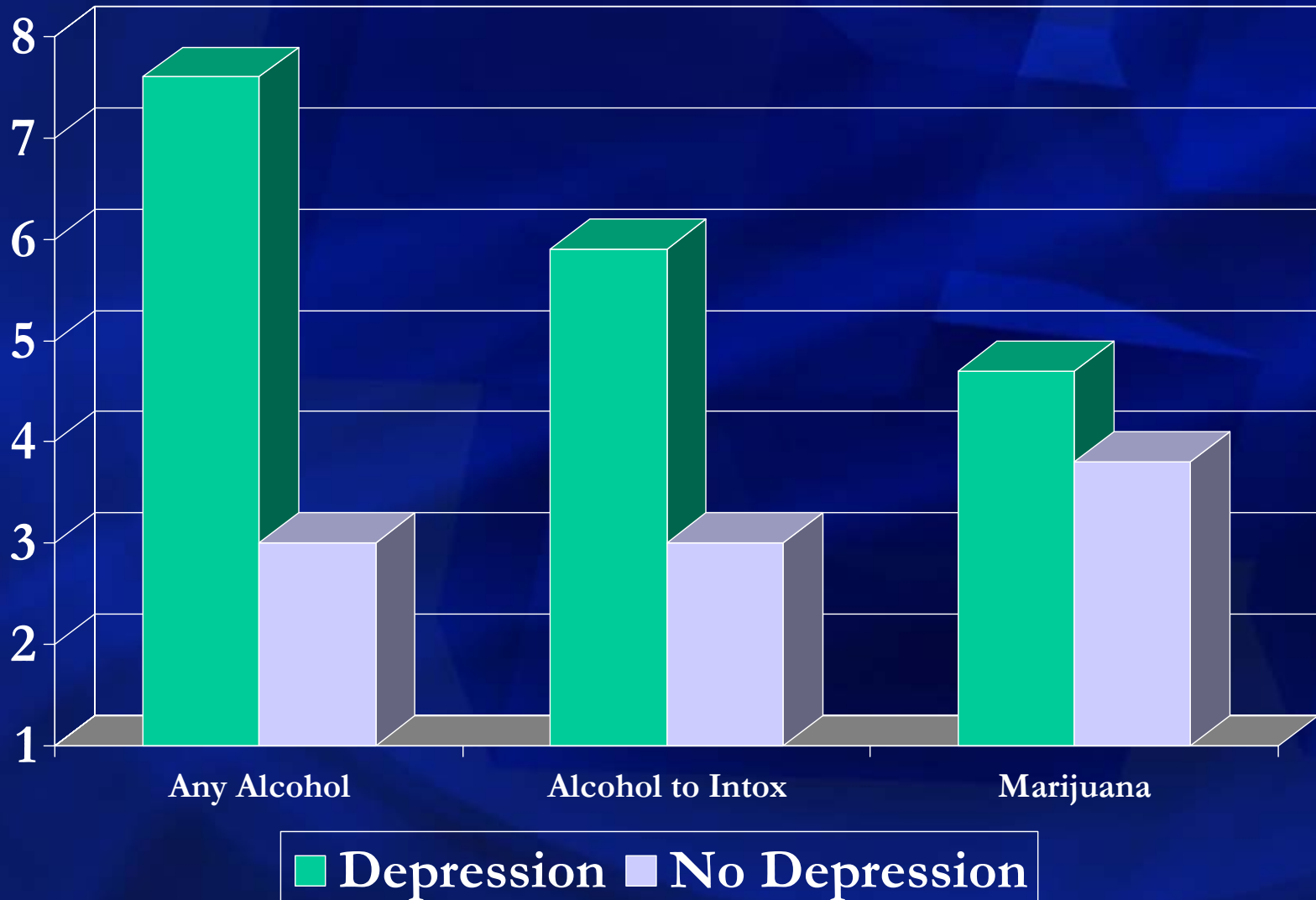
	Not at All	A Little	Somewhat	A Lot
Feel good about yourself	29.3	14.1	18.9	33.9
Get approval from others	53.1	10.5	14.8	17.9
Self-medicate	22.0	9.1	13.9	50.1
Have pleasure or enjoyment	17.4	13.5	19.5	41.9
Other... (45.8 DNA)	34.3	1.4	2.1	16.3

# Exploratory Analyses: Depression

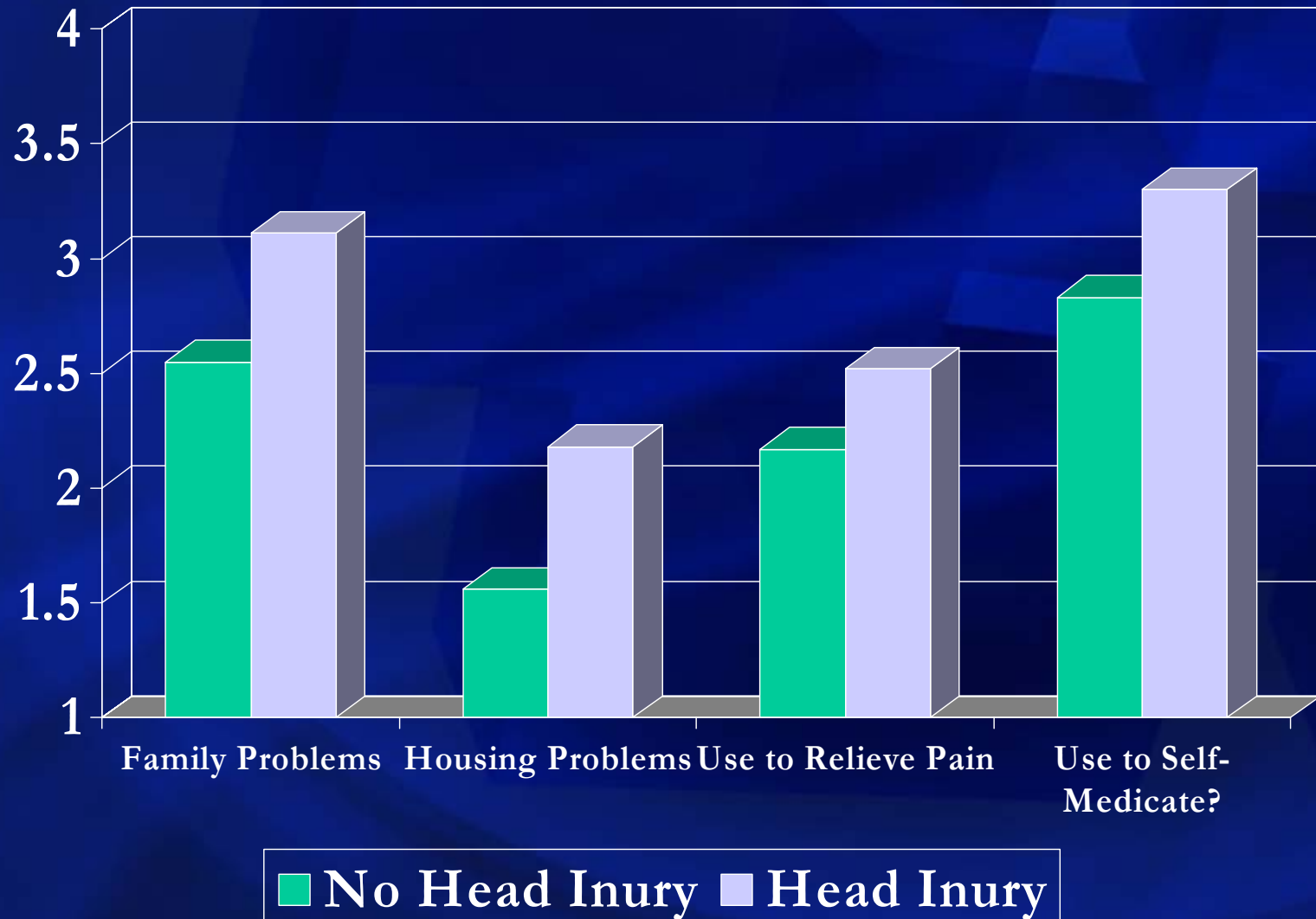


■ Experience Anxiety      ■ Relieve Dep/Anx  
■ Relieve Stress/Nerves      ■ Life Satisfaction

# Days of Substance Use



# Exploratory Analyses: Head Injury



# Programmatic Relevance

- Substance abuse predisposes brain injuries
- Males have a significantly greater risk of brain injury than females.
- Cognitive difficulties can negatively affect recovery and treatment outcomes
- Clinicians should be aware of brain injury among substance abuse clients
- Observed prevalence of reported head injury is twice that of the general population

# Strengths of COFD Interview

- Simple, face-valid questions
- Brevity
- Range of Behaviors Measured
- Items Relevant to Diverse Clinical Populations
- Strategies Used to Maximize Validity and Reliability
- Many items are derived from validated measures such as the ASI
- Some items may be useful for screening

# Limitations of Instrument

- Very wide latitude in probes
- Not diagnostically informative
- Some items contain two or more variables (e.g., use of drugs “to relieve craving or withdrawal”)
- Validation incomplete

# Implications

- Awareness of head injury, mental health issues, abuse, chronic pain, physical health
- Prevalence of “multi-occurring” disorders very high
- Vulnerability of highly-specialized systems
- Treatment “failures”?
- High utilization, high cost

# Recommendations

- Broad screening/assessment
- Call for targeted funding to incentivize program development & partnerships
- Use multidisciplinary approach
- Adaptable treatment strategies
- Research on multi-occurring populations in real-world settings

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