

# What are Comprehensive Interventions?

Comprehensive interventions are the combination of treatments, therapies and strategies that are part of an integrated treatment plan for a person with a concurrent disorder.

## What do comprehensive interventions look like?

Comprehensive interventions may involve a variety of holistic treatment options. These can include a range of services that include case management and addressing social determinants of health such as housing and transportation.

Below are two examples of comprehensive interventions for concurrent disorders:

- A person with co-occurring chronic pain, depression and opioid use disorder is taking an opioid replacement therapy like methadone. They want to maintain their full-time job, so they arrange for early dispensing at the methadone clinic to receive their dose as early as 7:00 a.m.
- A person experiencing homelessness, bipolar affective disorder and alcohol use disorder needs to attend an Assured Income for the Severely Handicapped (AISH) and Housing First application appointment. A Peer Support Worker picks them up, attends the appointment with them and then takes them for coffee afterward.

## Comprehensive interventions: An integral part of your practice

Multiple interventions have been shown to be effective in the treatment of concurrent disorders. However, the best way to match the type and intensity of treatment with each person is not always clear. It is important to understand the different types of interventions available and their typical use so that you and the person can choose a comprehensive set of interventions to meet the person's needs at any point in time.

As you learn more about the person, their goals, their motivation, and their experiences, you can work with them to ensure that the comprehensive set of interventions are the best fit to help them recover.

You and the person will work collaboratively to identify their goals and needs. In this process, you will have already begun to think about how you can best support them through their recovery journey. You may begin to identify what stage-matched interventions might work for them based on availability, duration, timing, intervention location or setting, and personal recovery plan. Matching interventions to the person's stage of behaviour change and treatment helps to support their recovery goals.

## Comprehensive interventions and the Patient First Strategy

Alberta Health Services' (AHS) Patient First Strategy can be applied to working with people with concurrent disorders. The strategy is about strengthening AHS' culture and practices to fully embrace patient- and family-centred care at AHS.

**Promoting respect** is an important part of the strategy, which states that "respect is promoted with the goal of creating a culture of safe and collaborative patient-provider interactions where goals of care can be shared, opinions respected without judgment, expectations articulated in a clear and timely way, concerns recognized and addressed from the moment they are expressed, and expectations of care are reasonable and agreed upon by all parties."

Learn more about the Patient First Strategy here:  
<https://www.ahs.ca/assets/info/pf/first/if-pf-1-pf-strategy.pdf>