

Examples of Problems, Behavioral Goals, and Interventions Based on a Functional Analysis

Problem	Function	Behavioral Goal(s)	Interventions
Alcohol and marijuana use	Substances used to relieve anxiety	<ul style="list-style-type: none"> • Develop and use competent skills for reducing anxiety in social situations 	<ul style="list-style-type: none"> • Cognitive behavioral counseling for anxiety management • Social skills training • Pharmacotherapy
Use of substances	Substances used to ward off boredom	<ul style="list-style-type: none"> • Engaging in recreational activities regularly 	<ul style="list-style-type: none"> • Case management • Community Reinforcement • Social skills training • Family problem-solving
Looking forward to getting high as most important part of the day	Substance use serves as a means of escape	<ul style="list-style-type: none"> • Identifying new, more personally meaningful pursuits (e.g. work, education) 	<ul style="list-style-type: none"> • Supported employment • Supported education
Use of alcohol and benzodiazepines	Substances used get to sleep at night	<ul style="list-style-type: none"> • Demonstration of good sleep hygiene skills 	<ul style="list-style-type: none"> • Cognitive behavioral counseling
Giving in to friends' invitations to use substances	Substance used as an influence of peer pressure	<ul style="list-style-type: none"> • Improvement of substance refusal skills • Avoidance of high-risk social situations 	<ul style="list-style-type: none"> • Social skills training • Active treatment groups • Family problem-solving
Lack of social support for abstinence	Substance use serves a social function	<ul style="list-style-type: none"> • Improvement of social supports • Joining alternative social group 	<ul style="list-style-type: none"> • Family education • Self-help groups • Case management (to identify and sample alternative social support)
Alcohol use	Drinking as a way to cope with auditory hallucinations	<ul style="list-style-type: none"> • Develop competent skills for coping with hallucinations 	<ul style="list-style-type: none"> • Cognitive behavioral counseling • Family problem-solving • Pharmacotherapy

Adapted from: Table 5.6. Integrated treatment for Dual Disorders—A Guide to Effective Practice by Kim T. Mueser, et.al