

The Application of Evidence-Based Strategies in Substance Abuse Treatment

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- **How do we reduce the damage from substance abuse to individuals and society?**
- **What are the treatment strategies that help people reduce/stop their drug use?**
- **How do we best apply these treatment techniques within the treatment system?**



Does Treatment for Substance Abuse Work?

Treatment

Does Treatment for Cardiovascular Disease Work?

Treatment

“Treatments” for Cardiovascular Disease

- **Diet**
- **Exercise**
- **Reduced cigarette smoking**
- **Medications**
- **Angioplasty**
- **Bypass surgery**
- **Cardiac transplant**



Cardiovascular Disease

<i>LEVELS OF SEVERITY</i>	<i>APPROPRIATE TREATMENTS</i>
High cholestrol Overweight	Diet Exercise
Shortness of breath High blood pressure	No cigarettes Medication
Angina Arterial blockage	Angioplasty Bypass surgery
Impending heart failure	Cardiac transplant

Levels of Problem Severity

Drug experimentation

Drug use

No functional impairment

No criminal involvement

Drug abuse

Functional impairment

Minimal criminal involvement

Drug dependency

Substantial functional impairment

Some criminal involvement

**Long term drug dependency and extensive
involvement in criminal justice system**

Variations in Problem Severity

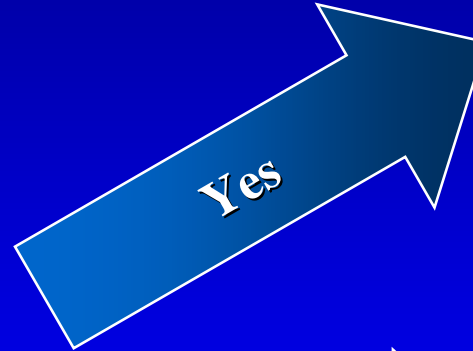
- **Not all drug experimentation results in regular drug use**
- **Not all drug use results in drug abuse**
- **Not all drug abuse results in drug dependence**
- **Not all drug dependence results in criminal behavior**



**“Self-Directed
Cessation”**

**“Natural
Recovery”**

**Involvement
with
Drug Use**



**No Further
Problem
Drug Use**

**Continued
Problem
Drug Use**



“Self-Directed Cessation” or “Natural Recovery” Factors

- **Recognition of health/legal/family hazards**
- **Financial considerations**
- **Conflict with career goals**
- **Social mores and peer pressure**
- **Reduced access/availability of drugs**
- **Conflict with personal values**
- **“Maturation”**



BRIEF INTERVENTION

**Professional
Family
Consequential**

**Continuing
Problem
Drug Use**



Successful

Unsuccessful

**No Further
Problem
Drug use**

**Continued
Problem
Drug Use**



“Brief Interventions”

Professional

- **Primary care physicians**
- **Mental health professionals**
- **EAP’s**
- **Clergy**
- **Law enforcement personnel**
- **School counselors**



“Brief Interventions”

Family

- **Any family member or friend**

“Brief Intervention”

Consequential

- **Accident**
- **Arrest**
- **Job loss**
- **Relationship loss**
- **Work place drug test**
- **Negative drug experience**
- **Sanctions in school**



Measures to Promote Effective “Brief Interventions”

- **Recognition of drug use and accurate information for family/professionals**
- **Open discussion of drug use risks/consequences**
- **Non confrontational presentation of concerns**
- **Positive, motivational style**
- **Expression of care and compassion**
- **Specific options for action**



**Treatment
Consideration
Point**

**Treatment
Inquiry**

**Continuing
Problem
Drug Use**

**Continued
Problem
Drug Use**

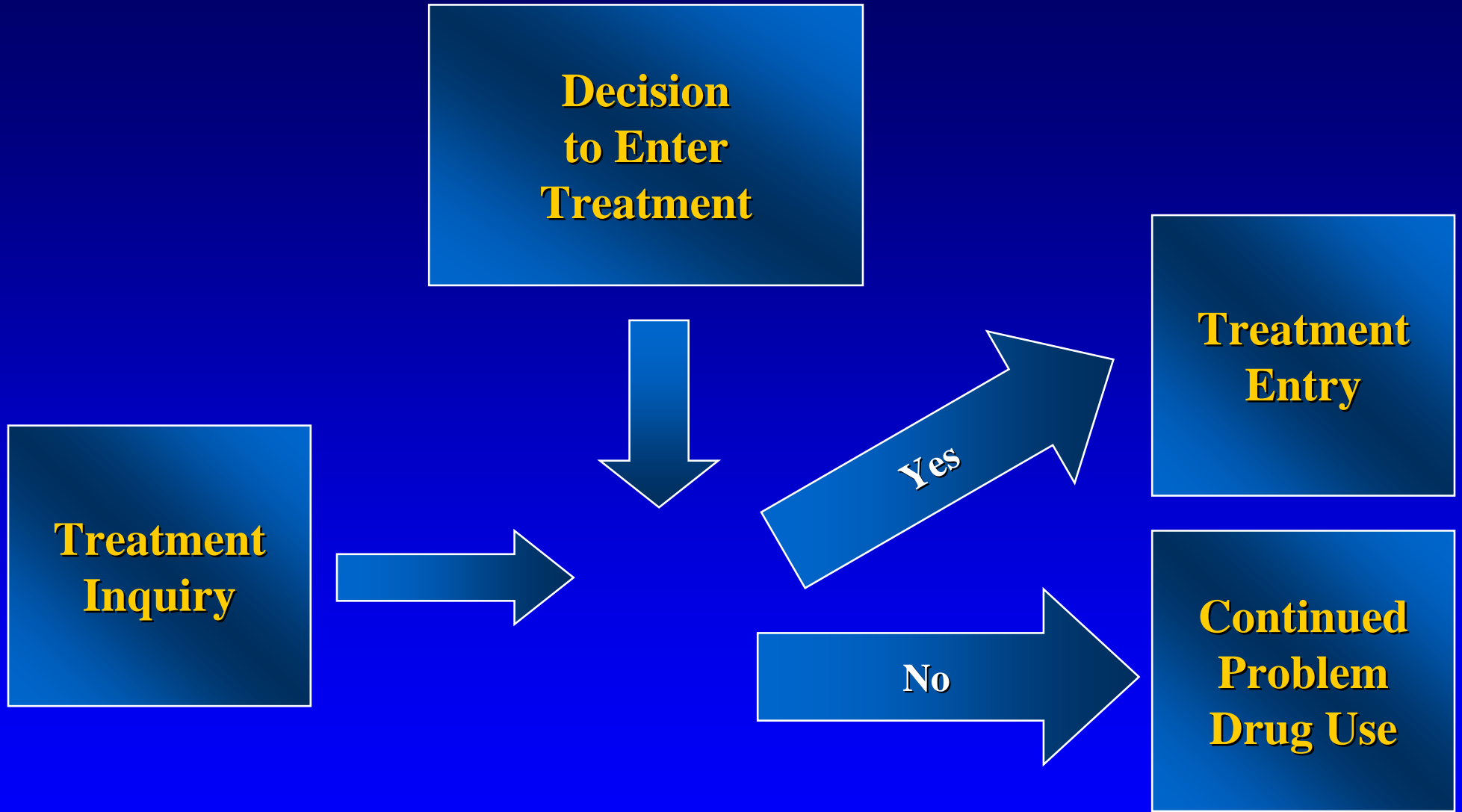
Yes

No

Factors Affecting Treatment Consideration

- Recognition of drug use as a problem
- Medical/legal/financial problems
- Employer influence (EAP)
- Family influence
- Awareness of treatment
- Perception of treatment

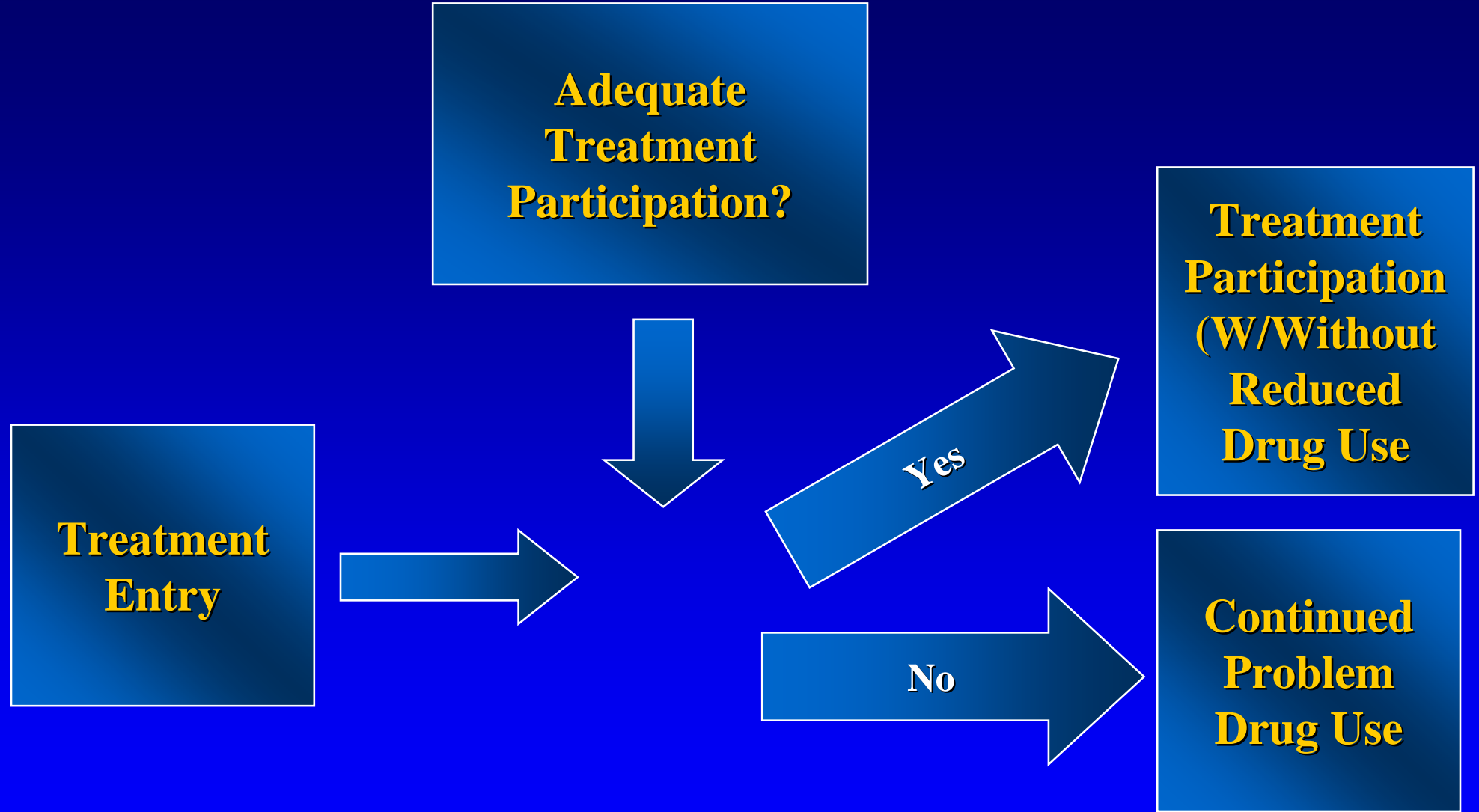




Factors Affecting Treatment Entry

- Access to treatment (geographical, logistical, etc.)
- Resources for treatment
- Responsiveness of treatment staff
- Relevance of treatment to treatment needs
- “Congruence” of treatment
- Stigma of treatment
- External pressure





**Adequate
Treatment
Participation?**

**Treatment
Entry**


**Treatment
Participation
(W/Without
Reduced
Drug Use**

**Continued
Problem
Drug Use**

Yes

No

Factors Affecting Treatment Participation

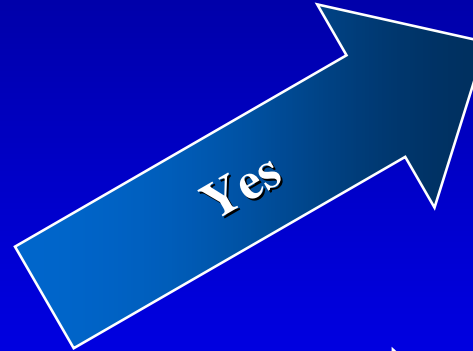
- Access issues (time of day, transportation, child care, etc)
 - Treatment environment
 - Treatment context
 - Treatment content
 - External pressure
 - Participant need/treatment service match
 - Family participation
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**Use of
Effective
Strategies**


**Treatment
Participation**

**Successful
Ongoing
Treatment**

**Continued
Problem
Drug Use**



Effective Treatment Strategies

- **Accurate information**
 - **Contingency management techniques**
 - **Cognitive-Behavioral approaches**
 - **Medications**
 - **Family participation**
 - **Drug and alcohol testing**
 - **Self-help support**
 - **Adequately trained staff**
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Is Treatment Completed?

Successful Treatment Episode

Continued Problem Drug Use

Treatment Participation

Yes

No

Factors Affecting Treatment Completion

- **Explicit definition of treatment parameters**
- **Appropriate “dose” of treatment**
- **Available continuing support system**
- **Family participation**
- **Contingencies involving treatment completion**
- **Effective response to relapse**



Does Treatment for Cardiovascular Disease Work?

One of the leading causes of mortality in the United States is cardiovascular disease. In spite of the vast investment of work and money into research and treatment, people still die from cardiovascular disease.



Does Treatment for Substance Abuse Work?

The appropriate application of effective strategies for the treatment of substance abuse disorders results in extensive benefits to individuals and society.

