



What Kind of Behavioral Treatments are Delivered in Treatment Programs?

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Best Performing Approaches

- Community Reinforcement Approach (CRA)
- Brief Interventions
- Motivational Enhancement
- Social Skills Training/CBT
- Behavioral Marital Therapy
- Acamprosate
- Naltrexone
- Antabuse (supervised)

PROBLEM: Recent SAMHSA study (2012) reviewing 14,000 treatment programs in US found that only 25 percent of all facilities offered at least one of the AUD medications and only 5 percent offered all four.

Worst Performing Approaches

- Educational approaches
- General alcoholism counseling
- Psychotherapy
- Confrontational counseling

“The negative correlation between scientific evidence and treatment-as-usual remains striking, and could hardly be larger if one intentionally constructed treatment programs from those approaches with the least evidence of efficacy” (Miller, 2003)

What we Have All Heard

There is a huge historical and cultural bias toward stigmatizing ideas and language about addiction. And treatment providers are guilty of perpetuating these ideas and concepts.

- You need to use tough love
- You can't do anything. You can't change someone
- He won't change until he bottoms out
- Don't enable!
- He's an addict, everything he says is a lie
- If you want to help...you are co-dependent
- All addicts are the same

What We Actually Know About Helping

What we know from decades of research on behavior change:

- Confrontation negatively affects motivation
- Motivation comes and goes, and generally changes gradually when costs outweigh the benefits of use
- Motivation can be increased dramatically through interactions with other people... and positive reinforcement helps!
- Giving people options means more buy-in
- Labels don't help
- Co-occurring issues have to be addressed (especially PTSD)

Motivational Interviewing

Motivational Interviewing is a **collaborative conversation style** for strengthening a person's own motivation and commitment to change.

Miller, William R., and Stephen Rollnick. *Motivational Interviewing: Helping People Change*. 3rd ed. New York: Guilford Publ., 2012. Print.

- Over 200 randomized clinical trials across a range of problems (e.g. gambling, drug use), professions, settings, and nations.
- Using Motivational Interviewing strategies improves outcomes when compared to no intervention, brief advice, or when added to other treatment strategies.
- Reduces drug and alcohol use, improves treatment compliance, increases diet & exercise changes.

CBT in Addiction Treatment

- Community Reinforcement Approach (CRA)
- Contingency Management (CM)
- Systematic Desensitization
- Cue Exposure Treatment
- Interpersonal Skills Training
- Relapse Prevention (RP)
- Dialectical Behavioral Therapy (DBT)
- Acceptance and Commitment Therapy (ACT)
- Behavioral Marital Therapy & Family Behavioral Therapy

Training & Supervision

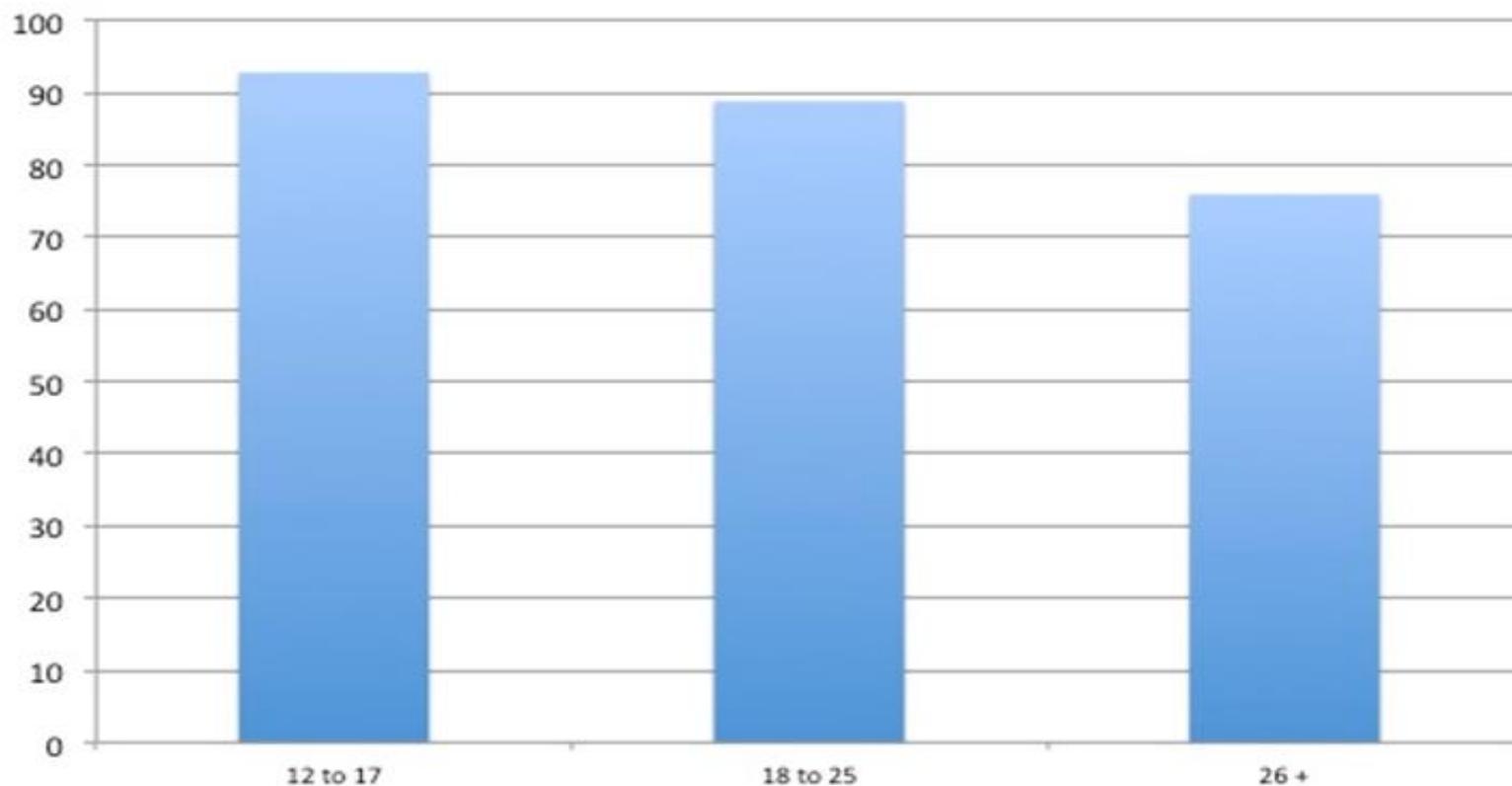
Training & Supervision should include activities that have been used to train counselors in the clinical trials that established these treatments as evidence-based:

- direct observation of counselors' sessions
- performance feedback and individualized coaching (Baer, et al., 2007).

Supervision should include listening to audiotapes of sessions and provide ongoing monitoring of counselors' ability to implement MI and CBT strategies, including monitoring of any intrusion of counseling strategies that are incompatible with the EBT they are providing.

% Needing Treatment but Not In Treatment

(National Survey on Drug Use and Health, 2015)



CRAFT - Community Reinforcement & Family Training

A unique, exciting, and research supported set of tools and strategies for helping families address substance use problems. CRAFT is collaborative, practical and respectful, and helps the substance user (IP) AND the family (CSO).

- Utilizes power of the family and gives them “reasonable & realistic” hopefulness
- Works unilaterally with CSO to teach skills

Goals:

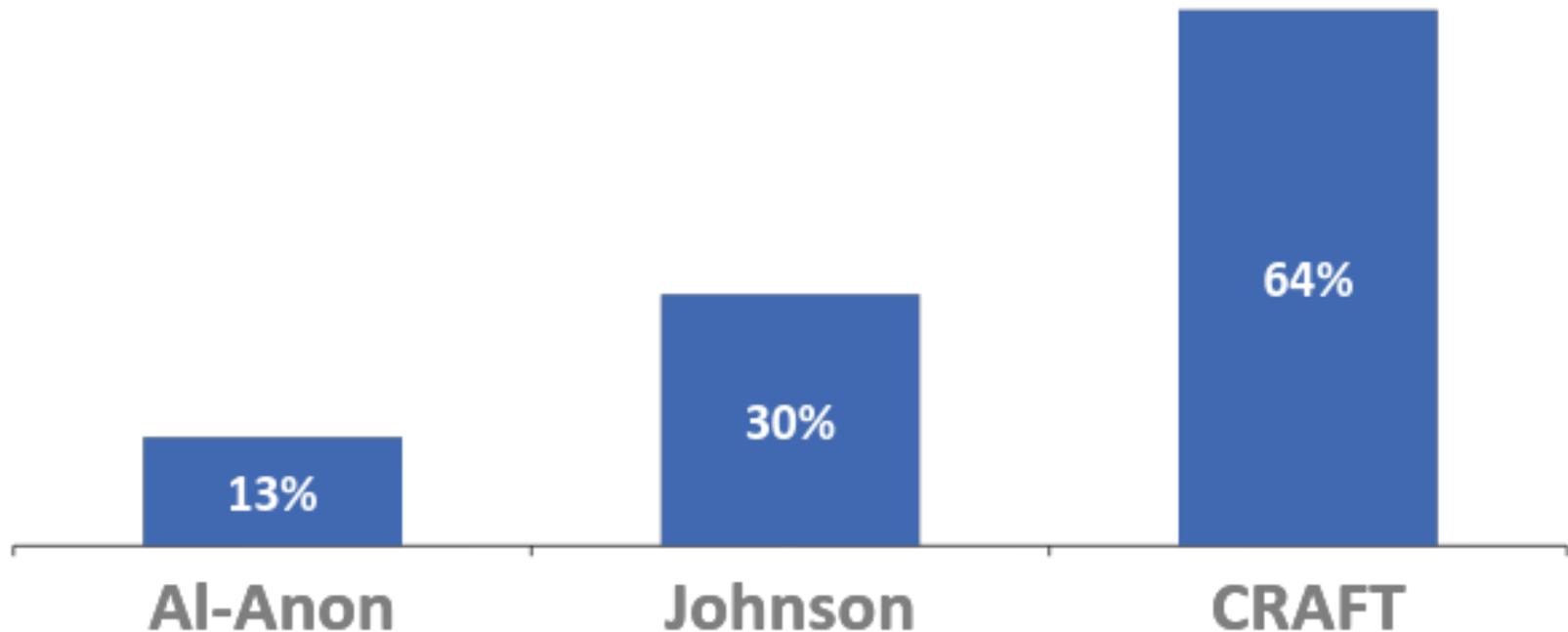
1. Reduce the IP’s harmful substance use/negative behaviors
2. Engage the IP into treatment/change
3. Increase the life satisfaction of CSO’s

Key Premise: Motivation can be influenced by family members and reinforcement is more effective than confrontation

Treatment Engagement Rates

Miller, Meyers et al, 1999 (N=130)

Percentage of cases in which a family member's participation successfully engaged a substance abuser in treatment.



(Miller et al., 1999)