Innovative Approaches in Substance Abuse Treatment

D. Dwayne Simpson
TCU Institute of Behavioral Research
Fort Worth, Texas

Is Drug Treatment Effective?

5-Year Outcomes for Cocaine Sample
Changes from Before to After Treatment

Weekly Cocaine Use (in Year After Treatment)

Weekly Cocaine Use (Adjusted) in Year After Treatment

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Drug Abuse Treatment Outcome Studies
NIDA's Third National Evaluation of Treatment Effectiveness

- 10,000 Adults
- 96 Programs
- 11 Cities
- 1,200 Adolescents
- 23 Programs
- 4 Cities

85 Studies Published (Special Issues) –
Psychology of Addictive Behaviors (Dec 97)
Drug and Alcohol Dependence (Dec 99)
Journal of Adolescent Research (Dec 01 for DATOS-A)
Journal of Substance Abuse Treatment (Dec 03)
Archives of General Psychiatry (99, 01, & 02)

Evidence for – your Program? your Clients?

How do you Define Treatment?

Components of Treatment?

Changes in –
- Cognitive
- Behavioral
- Psychological
- Social functioning

Integrate & Strengthen for Recovery?
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“The Summit:” Tennessee School on Alcohol and Other Drug Studies
Invited Plenary, June 1, 2004 Nashville, TN

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Engagement (% High) by Motivation (Treatment Readiness)

Low Motivation  High Motivation

17 18 57 60

TCU/NF-ATTC Survey (April 2001)

Contingency Management (Token Rewards)

Early Engagement Early Recovery Retention/Transition

Program Participation Behavioral Change Sufficient Retention

Therapeutic Relationship Psycho-Social Change

Drug Use Crime Social Relations

Posttreatment

Rowan-Szal et al., 1994 (JSAT), 1997 (JMA); Griffith, Rowan-Szal et al., 2000 (DAD)

Counseling Enhancements (Cognitive “Mapping”)

Patient Severity Readiness

Program Participation Behavioral Change Sufficient Retention

Therapeutic Relationship Psycho-Social Change

Drug Use Crime Social Relations

Posttreatment

Dansereau et al., 1993 (JCP), 1995 (PAB); Joe et al., 1997 (UNMED); Pitre et al., 1998 (JSAT)

Engagement (% High) by Length of Stay in Treatment

<30 Days 31-90 91-360 >360

28 31 38 42 40 41 51 53 63

TCU/NF-ATTC Survey (April 2001; “High” scores = >40)

Specialized Interventions (Skills-Based Counseling Manuals)

Patient Severity Readiness

Program Participation Behavioral Change Sufficient Retention

Therapeutic Relationship Psycho-Social Change

Drug Use Crime Social Relations

Posttreatment

Bartholomew et al., 1994 (JPD), 2000 (JSAT); Hiller et al., 1996 (SUM)

Collective Impact of Interventions

Patient Severity Readiness

Program Participation Behavioral Change Sufficient Retention

Therapeutic Relationship Psycho-Social Change

Drug Use Crime Social Relations

Posttreatment

Rowan-Szal, Chatham, Greener, Joe, Payte, & Simpson, in press (JMA)
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TCU Counseling Manuals
- Treatment Readiness/Induction
- Cognitive Mapping
- Behavioral Management
- Social Relationships (women & men)
- HIV/AIDS Education
- Parenting Skills
- Transition Skills (to Aftercare)

TCU Counseling Manuals
Workshop on Thursday & Friday
Innovative Approaches in Substance Abuse Treatment
Norma Bartholomew

Hands on” learning
Samples from TCU Manuals
Evidence-based strategies

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NIDA List of “Scientifically Based Approaches”

Motivational Enhancement (ME)


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**Voucher Based Reinforcement Therapy**

<table>
<thead>
<tr>
<th>Patient</th>
<th>Retention/Transition</th>
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<tbody>
<tr>
<td>Early Engagement</td>
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<td>Early Recovery</td>
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<td>Therapeutic Relationship</td>
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<td>Posttreatment</td>
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**Relapse Prevention**

<table>
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<td>Psycho-Social Change</td>
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<tr>
<td>Posttreatment</td>
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</tbody>
</table>


**“Evidence-Based” Interventions**

<table>
<thead>
<tr>
<th>Behavioral Skills</th>
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<tbody>
<tr>
<td>Early Engagement</td>
</tr>
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<td>Posttreatment</td>
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Reviewed & Categorized in Conceptual Framework for Stage-Based Treatment

**TCU Treatment Model**

<table>
<thead>
<tr>
<th>Social Skills &amp; Support</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Engagement</td>
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<tr>
<td>Early Recovery</td>
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<tr>
<td>Posttreatment</td>
</tr>
</tbody>
</table>

Simpson, 2001 (Addiction); in press (JSAT)

**Why do Results Differ across Programs?**

<table>
<thead>
<tr>
<th>Patient Retention Rates for Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Best Program</td>
</tr>
<tr>
<td>Poorest Program</td>
</tr>
<tr>
<td>3+ Mos in Long-Term Residential (n=17)</td>
</tr>
<tr>
<td>3+ Mos in Outpatient Drug-Free (n=14)</td>
</tr>
<tr>
<td>12+ Mos in Outpatient Methadone (n=10)</td>
</tr>
</tbody>
</table>

Simpson, Joe, Broome, Hiller, Knight, & Rowan-Szal, 1997 (PAB)
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**% of Patients Reporting Problems During Treatment** (N=797)

- Desire for Help
- Trt Readiness
- Self Esteem
- Depression
- Anxiety
- Decision Making
- Hostility
- Risk Taking

Program variations on each?

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**Depression** (% of Patients in 12 Programs)

- Lowest
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- Highest 12

---

**Psychological Services** (% of Patients in 12 Programs)

- Lowest
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- Highest 12

---

**Medical Services** (% of Patients in 12 Programs)

- Lowest
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- Highest 12

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**Clinical Performance Measures**

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**Counseling Rapport** (% with HIGH Scores in 12 Programs)

- Lowest
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- Highest 12
How do you measure Client Needs & Change?

**CLIENT PROBLEM PROFILE**

<table>
<thead>
<tr>
<th>Client PROBLEM INDEX (Range 0-14)</th>
<th>Low</th>
<th>Med</th>
<th>High</th>
<th>Extrem</th>
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</thead>
<tbody>
<tr>
<td>Cocaine</td>
<td></td>
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<tr>
<td>Heroin/Cocaine</td>
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<tr>
<td>Marijuana</td>
<td></td>
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<tr>
<td>Other Illegal Drugs</td>
<td></td>
<td></td>
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<tr>
<td>Alcohol</td>
<td></td>
<td></td>
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<tr>
<td>Multiple (3+) Drug Use</td>
<td></td>
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<tr>
<td>Needle Use Risks</td>
<td></td>
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<tr>
<td>SEX RISKS</td>
<td></td>
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<tr>
<td>PEERS/FRIENDS</td>
<td></td>
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<tr>
<td>FAMILY</td>
<td></td>
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<tr>
<td>PSYCHOLOGICAL</td>
<td></td>
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<tr>
<td>UNEMPLOYMENT</td>
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<tr>
<td>CRIMINAL INVOLVEMENT</td>
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Joe, Simpson, Greener, & Rowan-Szal, in press (Psych Reports)
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Organizational Functioning

**Climate:**
- Mission
- Coherence
- Communication
- Stress
- Change

**Resources:**
- Offices/Staffing
- Training
- Equipment

**Staff:**
- Growth
- Efficacy
- Influence
- Adaptability
- Orientation

**Motivation:**
- Program Needs
- Training Needs
- Pressures

**Org. Climate: Cohesion**
(Average scores - range 10-50)

1. Staff here all get along very well?
2. They always work together as a Team?
3. They are quick to help one another?
4. Mutual trust and cooperation is strong?

Scores
- 10 – Strongly Disagree
- 20 – Disagree
- 30 – Uncertain
- 40 – Agree
- 50 – Strongly Agree

Average = 45

TCU/NF-ATTC Survey (April 2001)

Organizational Cohesion Scale

Organizational Functioning

Comparison of High vs Low CBT Programs

Motivation Resources Staff Attributes Climate

TCU Organizational Readiness for Change (ORC) Scores

Prog 311-1L (n=7)
Prog 333-1L (n=8)

Client Functioning

Comparison of Diverse Set of CBT Programs

TCU Client Evaluation of Self & Treatment (CEST) Scores

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Can Programs Change & does it make a Difference?

Program Change Model

- Institutional & Personal Readiness
- Reception & Utility
- Stages of Change
  1. Exposure
  2. Adoption
  3. Implementation
  4. Practice
- Program Improvement

Systems Infrastructure for Treatment Monitoring and Change

- Positive Outcomes
- Treatment Process
- Program Change
- Program Structure
- Organizational Climate
- Program Resources

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