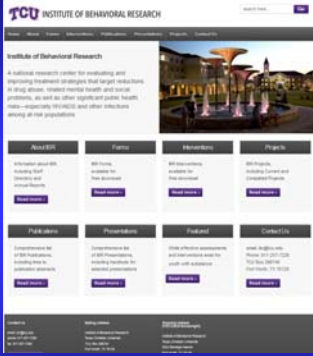


2014 Indiana Annual Recovery Month Symposium (INARMS)
September 30, 2014


Treating Addicted Offenders: Top Ten List of Effective Practices

Kevin Knight, Ph.D.
Institute of Behavioral Research
Texas Christian University







www.ibr.tcu.edu

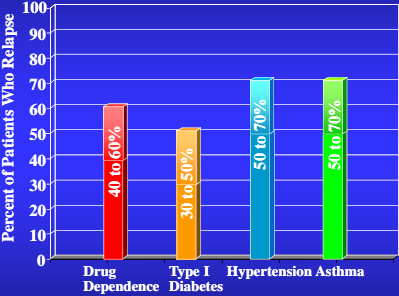


#10

Treat addiction as a **CHRONIC** (not acute) health condition





Relapse Rates Are Similar

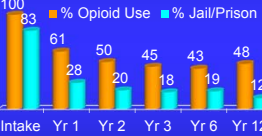


Condition	Relapse Rate
Drug Dependence	40 to 60%
Type I Diabetes	30 to 50%
Hypertension	50 to 70%
Asthma	50 to 70%

Source: McLellan, A.T. et al., JAMA, Vol 284(13), October 4, 2000.




Opioid Addiction and Treatment: A 12-Year Followup (Simpson & Sells, 1990)



Year	% Opioid Use	% Jail/Prison
Intake	100	83
Yr 1	61	28
Yr 2	50	20
Yr 3	45	18
Yr 6	43	19
Yr 12	48	12

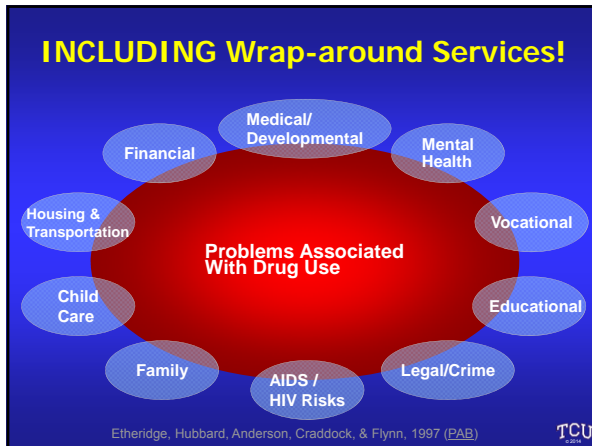
- 75% had relapses (1+) and Avg of 6 treatments each ... **but**
- 63% had *no daily opiate use or relapse for 3+ years*, and
- 55% had *no daily drug use or arrests in past year* (Yr 12)



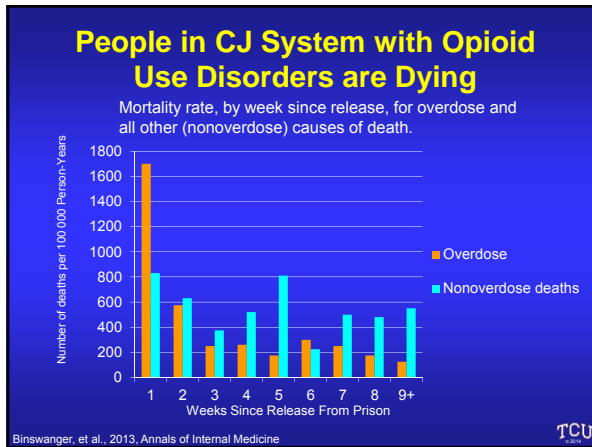
#9

Fund the full spectrum and continuum of needed services



- ### INCLUDING the use of Medications!
- ✓ **Agonists (e.g., Methadone)**
- produce opioid effects
 - ✓ **Partial Agonists (e.g., Suboxone)**
- produce moderate opioid effects
 - ✓ **Antagonists (e.g., Vivitrol)**
- block opioid effects
- TCU



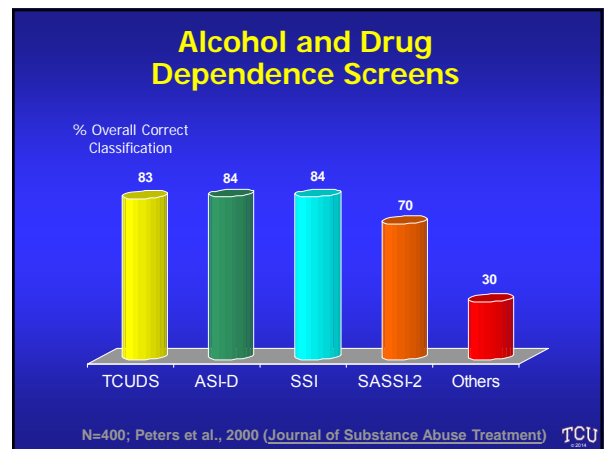
#8

Sometimes, the best things in life are free!

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Topic-focused TCU Manuals Using Mapping

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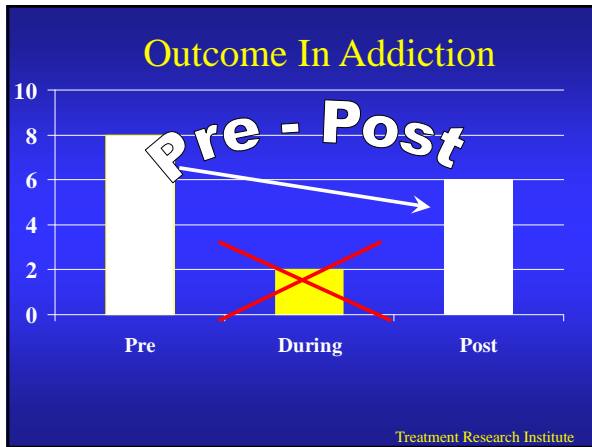
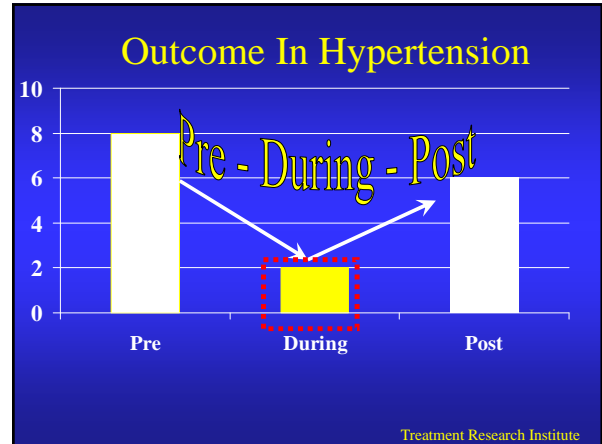


#7

Time to rethink your Outcome Measures



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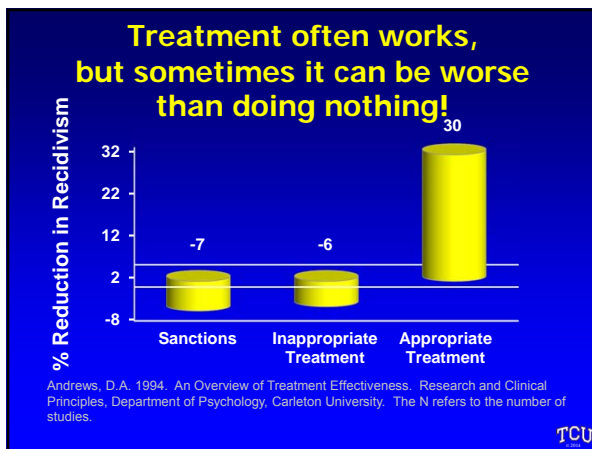


#6

Avoid iatrogenic effects (and using words that most folks don't know)

i:at-ro-gen-ic
I,atrə'jenik/
adjective
adjective: iatrogenic
of or relating to illness **caused** by medical examination or treatment.

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Effective Approaches

Not Effective	Effective	Promising
Boot Camp	Residential TC's	Diversion
Intensive Supervision	CBT	Moral Reasoning
Generic Case Management	Contingency Management	Motivational Interviewing
Lengthy Incarceration	Medications	Adaptive Treatment/Supervision
Harsh Punishment	Drug Courts	Recovery Management

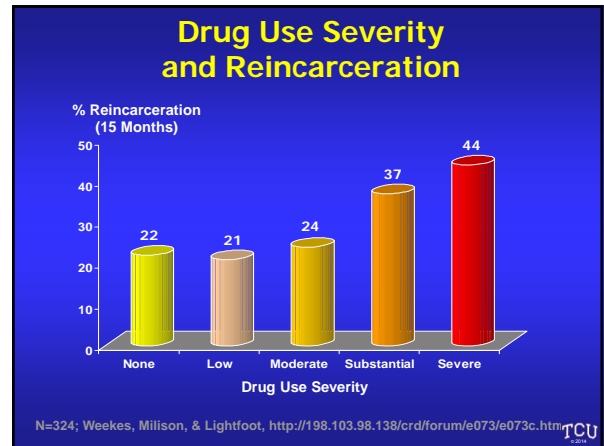
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#5

Know who you are treating



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Relationship between Hostility and Other Scales

Higher Hostility: **Specialized Interventions?**

- ↑ Higher Criminal Thinking
- ↓ Lower Treatment Readiness
- ↓ Lower Psychological Functioning
- ↓ Lower Treatment Engagement

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TCU Client Evaluations

<p>Motivation</p> <ul style="list-style-type: none"> Problems Desire for Help TX Readiness Needs/Pressures 	<p>Social Functioning</p> <ul style="list-style-type: none"> Hostility Risk Taking Social Support Social Desirability 	<p>Criminal Thinking</p> <ul style="list-style-type: none"> Entitlement Justification Irresponsibility Power Orientation Cold Heartedness Rationalization
	<p>Psychological Functioning</p> <ul style="list-style-type: none"> Self Esteem Depression/Anxiety Decision Making Expectancy 	<p>Treatment Engagement</p> <ul style="list-style-type: none"> Satisfaction Rapport Participation Peer Support

Joe et al. 2002; Simpson, 2004 (JASD); Simpson & Knight, 2007 (CIB)

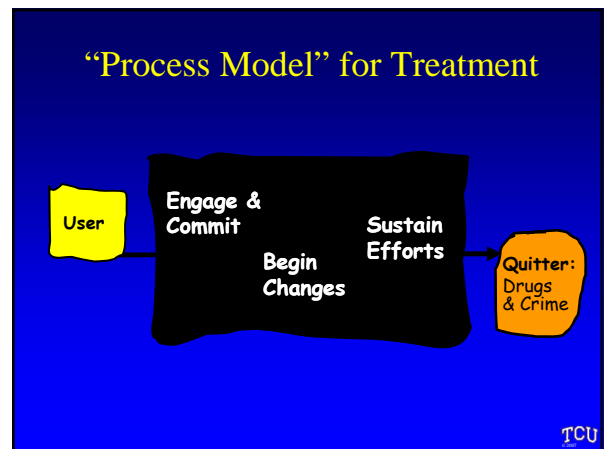
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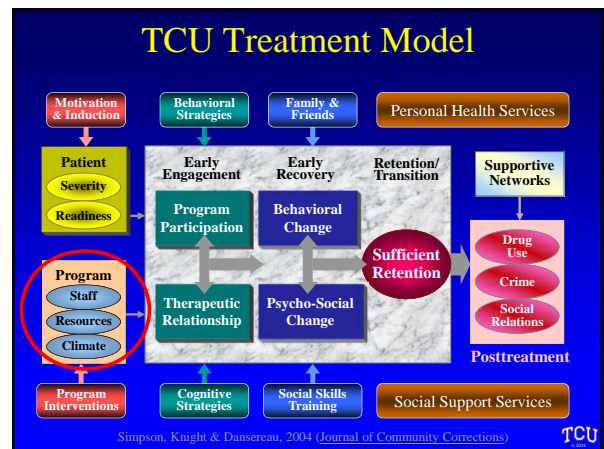
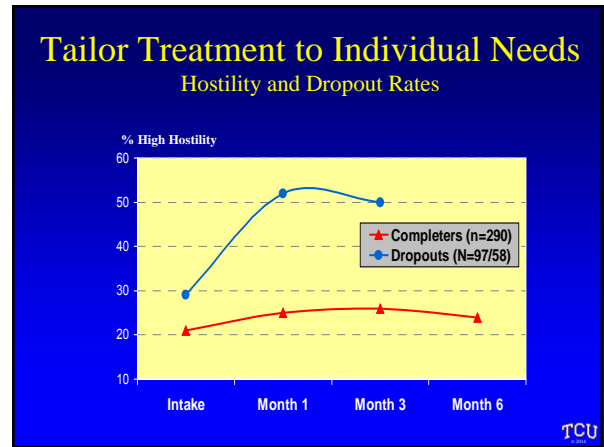
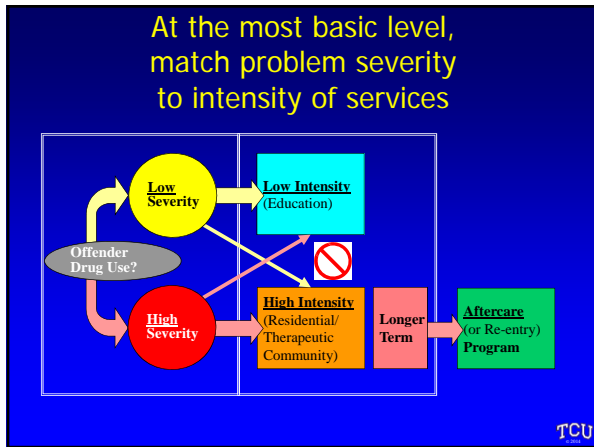
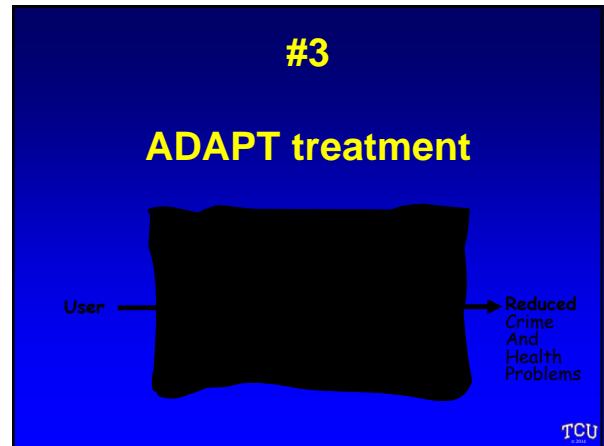
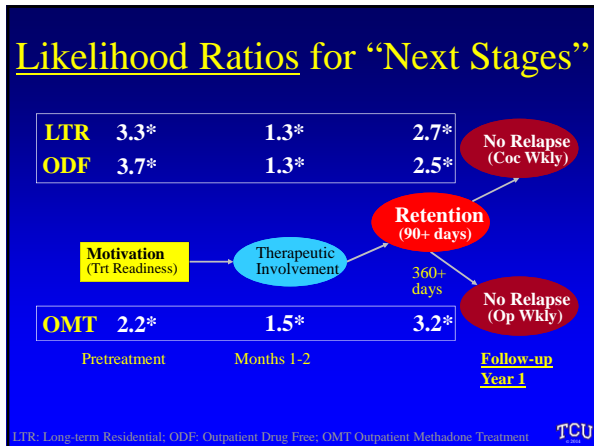
#4

Motivate, Engage, & Retain



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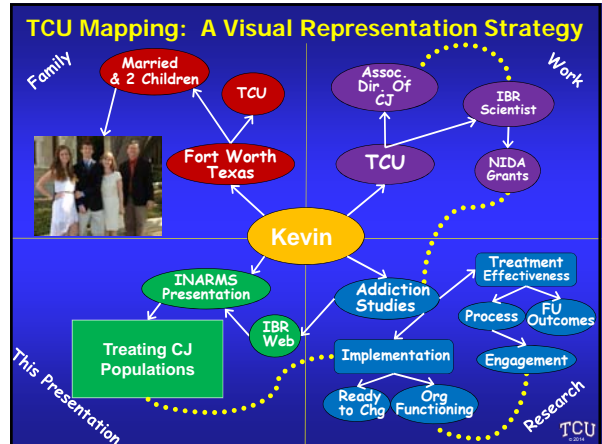


#1

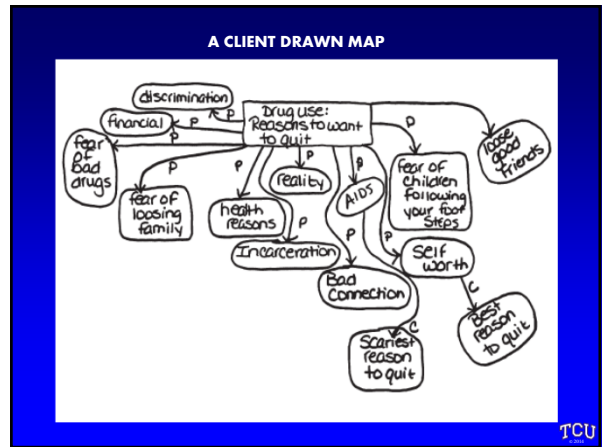
Stop boring your clients to death!



TCU




TCU



work it

Work It helps train clients in the process of "working through" a problem or goal. A first focus is on perspective-taking.

What's the problem or issue?

Who will be affected by what you decide?

Who can help you with this decision? (helpful people)

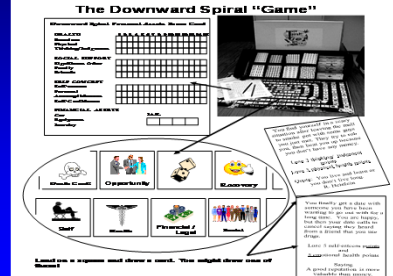
Think about your Options and Choices
What would your "helpful people" suggest?

Options	CHOICE A	CHOICE B	CHOICE C
Describe each Option or Choice			
For each choice, what good things might happen?			
For each choice, what bad things might happen?			

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DOWNWARD SPIRAL GAME

The Downward Spiral "Game"



TCU

