#### Great Lakes ATTC

Presents

# Behavioral Approaches to Addictions Treatment

Presenter Mark Sanders, LCSW, CADC



The use of Motivational Incentives in Addictions Treatment

11. Behavioral Couples Therapy in Addictions Treatment

III. Behaviorally Focused Relapse Prevention Training (RPT)

IV. Other Behavioral Approaches



By the end of this workshop participants will:

- Have a working definition of motivational incentives
- Be aware of the benefits of the use of motivational incentives with a variety of client populations, including those with addictions, mental illness, and co-occurring disorders
- Be aware of the 7 principles of motivational incentives

#### **Objectives** Continued

Have a working definition of behavioral couples therapy

Be aware of the components of behavioral couples therapy

- Be aware of the research on the effectiveness of behavioral couples therapy
- Have a working definition of relapse prevention therapy

## **Objectives** Continued

Be aware of the steps involved in relapse prevention therapy

- Review the research of the efficacy of relapse prevention therapy
- Give critical thinking to the strengths and limitations of behavioral approaches to addictions treatment and examine the use of behavioral approaches in your agency



Contingency management is a treatment approach derived from basic principles of learning that have proven to be effective with a variety of substances and populations."

*Source:* Contingency Management in Substance Abuse Treatment, by Higgins, Silverman and Heil

#### **Definitions** Continued

"Also referred to as motivational incentives has its roots in operant conditioning which reveals that behaviors that are rewarded are more likely to be repeated."

Source: NIDA Blending Initiative

# Offering rewards to clients for achieving their goals



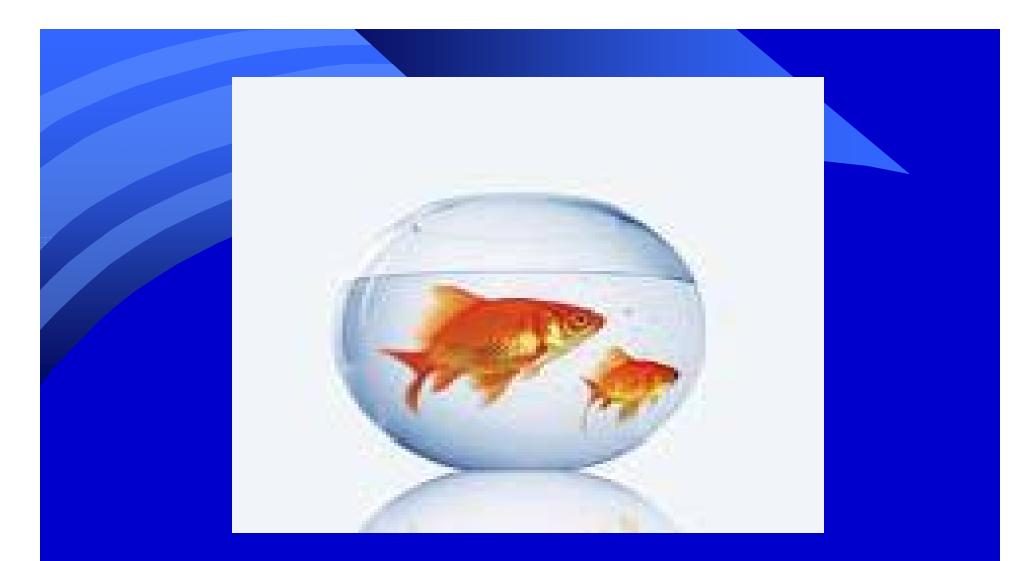
# Mc Treatment



Candy



Dunkin' Donuts



# Fishbowl Technique

#### Fishbowl Incentive Values

125 tickets

keep up the good work

50 tickets

50 tickets

24 tickets

1 tickets

small prize \$5

medium prize \$10

large prize \$20

Grand Prize





Other Examples of Motivational Incentives

Ice cream for "A's"

Breakfast Club

Brown's Chicken

**Other Examples Continued** 

Sentence reduction for literacy

Computer privileges

Conjugal visits

• Orthotics, foot massages and hourly rates

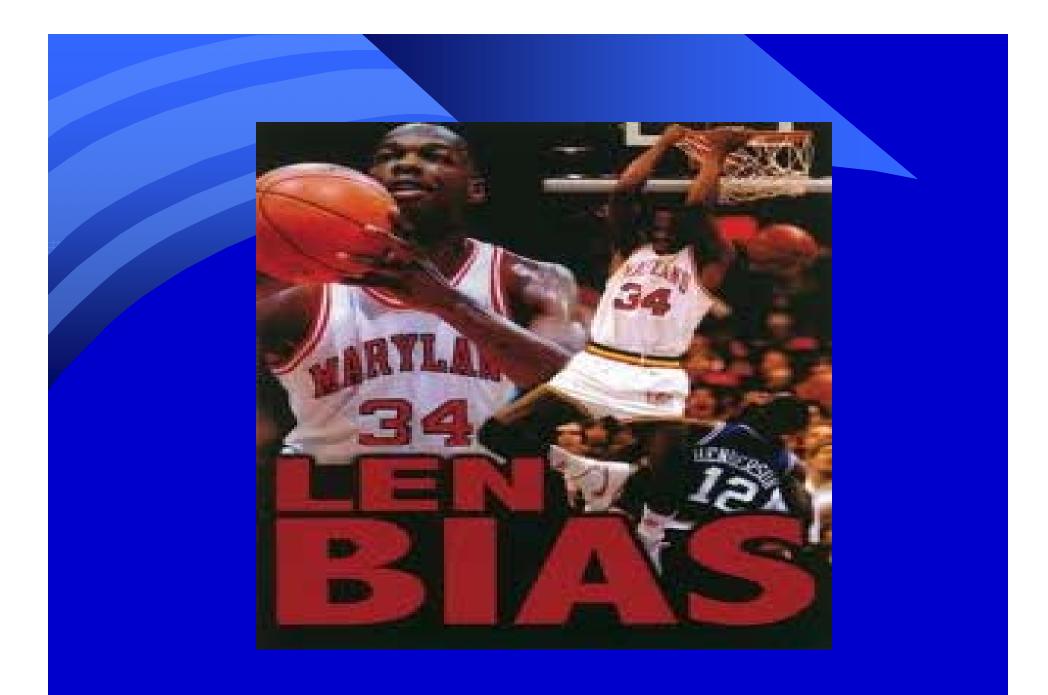
The Evolution of Behavioral Approaches and Motivational Incentives in Addictions Treatment

Behavior modification and therapeutic communities

- 1986
- Baking soda replaced ether
- War on drugs
- Stigmatizing term "crack baby" was born
- Cocaine voucher studies



**Richard Pryor** 



#### **Prison Increase**



400,000 inmates

*1995* 

1 million

2005

2 million

Today

2.5 million

#### Research on the Use of Motivational Incentives

Redeemable vouchers are a more effective reinforcer than cash

- Vouchers could be used to increase programmatic retention—85% of clients completed the 12 week program vs., 33% of the control group
- Contingency management delivered in combination with behavioral therapy increased retention further

#### Research Continued

The treatment effects were sustained during 6-month follow-up

- Redeemable vouchers for clean drops increased sobriety rates—as a stand-along therapy or in combination with other approaches
- Contingency management alone was more effective than 16 weeks of CBT

#### Research Continued

- Increasing the monetary value of vouchers increases recovery rates. (9 week intervention--\$0, \$382, or \$3,480) 45% remained abstinent with the high volume reinforcer vs. one to 0
- Increasing the difficulty it takes to receive the voucher over time increase abstinence rates
- NIDA Blending initiative

The Universality of Motivational Incentives in Behavioral Health Treatment

<u>Addictions</u>

Heroin addicts

- Take-home methadone for antabuse
- Take-home methadone for achieving programmatic goals
- Escalating reinforcers when withdrawal symptoms and relapse risks are at their peak
- Increasing vouchers when methadone doses are dropping for clients tapering off of methadone

Polysubstance-dependent clients

 Incentives help clients stop using drugs one at a time

Cigarettes

- Effective in decreasing smoking among pregnant women, a leading cause of SIDS deaths
- Individuals with mental illness
- Adolescents
- General population of smokers
- Incentives used to study relapses, triggers and withdrawal for smokers who are not yet ready to quit

Alcoholics

- Skid row alcoholics
- War veterans
- Employment-based abstinence reinforcers
- Antabuse compliance

Medication Compliance

- Psychotropic
- HIV
- Diabetes
- Nalnoxene
- Antibiotics

<u>The Mentally III</u>

- Regardless of symptom severity, incentives can be useful
- Therapy attendance
- Abstinence
- Employment

Drug Court Clients

Increased compliance and completion rates

Better outcomes

<u>Adolescents</u>

- Parents involved in determining and distributing rewards is effective
- Decrease in marijuana and nicotine use
- Grades and school attendance

#### 7 Principles of Motivational Incentives

Target behavior – In choosing a target behavior it is often helpful to choose something that is problematic and in need of change. It is important that the behavior is observable and measurable.

Target Behavior

- Clean behavior
- Abstinence
- Individual therapy attendance
- Group therapy attendance
- School attendance and grades
- Pro-social behavior

*Choice of a target population Chronic relapsers*

- Pregnant women
- Cocaine or heroin users
- Polysubstance dependent clients
- Adolescents

The use of motivational incentives with substance abusing adolescents reveals:

- Reduced resistance
- Reduction of marijuana and cigarette use
- Increased academic performance
- Increased programmatic attendance
- Increased retention/completion
- Effective when parents are involved in distributing incentives

3) Choice of reinforcer – important to get input from the target population

Incentive magnitude. How much to provide points to consider?

A. Level of drug use

B. The greater the incentive the less use

C. History of recovery

Frequency of incentives. Influences:

A. Resources available

B. Amount of contact desired

C. Intermittent reinforcement works best in the long run

5) Timing of incentive. Important points:

A. As soon after the target behavior as possible

B. A recognition of the difference between reinforcer and a reward – reinforcers are more immediate and thus more effective

Duration of the intervention

- A. At least 90 days
- *B. When naturally occurring reinforcers can kick in* 
  - External motivation replaced by internal
  - Gratitude
  - Positive peer support
  - Love

# Behavioral Couples Therapy

The purpose of behavioral couples therapy is to work with the couple to build support for abstinence and improve their relationship

## Behavioral Couples Therapy Continued

With behavioral couples therapy there are three clients:

- The chemically dependent person
- The spouse or partner
- The relationship

**Behavioral Couples Therapy Continued** 

Components of behavioral couples therapy

. Daily sobriety contracting

- The chemically dependent person
- The spouse or partner
- The relationship

## **Behavioral Couples Therapy Continued**

#### When contracting:

- The therapist gets permission to contact the spouse
- Assesses substance abuse and relationship functioning
- Gains commitment to do couples work
- Spends the firs month focused on helping the client achieve abstinence

## **Components** Continued

2. A focus on the relationship

After 30 days

 Daily sobriety contracting (sobriety trust discussion)

Chemically dependent person:"My plan is to not use \_\_\_\_\_\_ one day at a time."

Spouse or partner: "I will support your efforts to not use by \_\_\_\_\_\_."

We won't discuss past drinking or fear of future drinking at home, to decrease conflict and anxiety, which can trigger relapse

- We will reserve these discussions for the office visits
- Encourage positive activities together

#### Teach communication skills

- Have the couple practice their trust discussions in the office
- Conflict resolution and problem solving
- Homework
- Catch your partner doing something nice
- Affirmations ("I like it when you \_\_\_\_\_; it makes me feel \_\_\_\_\_

Practice new behaviors 2 to 5 minutes per day

• Caring day

• Planning shared rewarding activities

Teach communication skills

Listening

• Expressing feelings directly

• Negotiating for requests

3. Maintenance and relapse prevention

- Identify high-risk situations
- Identify early warning signs
- Rehearse the relapse prevention plan
- Minimize the duration of a lapse

#### SOBRIETY CONTRACT CALENDAR

✓ = Trust Discussion Done

AA = Mary to AA

D + = Drug Urine Positive

AI = Jack to Al-Anon

D- = Drug Urine Negative

		Sept	ember	200	F	S	S	м	October 2001				
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1	JAA	J 11	<b>1</b> 12	13	JAA	15	✓ 14	15	✓ 16	<b>D</b> <sub>17</sub>	<b>1</b> 8	✓ A <b>R</b> 19	AA
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30	<b>)</b>												

SOBRIETY CONTRACT Mary with his/her recovery and to bring peace of In order to help Jack DarTner his/her mind to and Jack agree to the following arrangement. Jack's Mery's Responsibilities Responsibilities states his/her intention 1. Records that he/she received this statement of intention on calendar to stay sober that day to partner. provided. 2. Thanks Jack for listening. 2. Thanks Mary for stating this intention to him/her. 3. If necessary, requests that JacK 3. Does not mention past drinking or not mention past drinking or any any fears about future drinking. fears about future drinking. 4. 12-step involvement Al-Anon 4. 12-step involvement 7Pm Tue 7pm Tyes mTg Oam at at basaite 5. Urine drug screen WCCK at CALM session

# Research on Behavioral Couples Therapy

In comparison with clients receiving individual therapy, those receiving behavioral couples therapy achieve:

- Greater abstinence rates
- Fewer dropout rates
- Greater outpatient therapy attendance
- Fewer relapses

# **Research** Continued

Relapses of shorter duration

- Fewer separations and divorces
- Happier relationships
- Less abuse
- Increased medical savings (\$5 saved for each \$1 spent)

# **Research** Continued

Less criminal justice involvement

- Less crime
- Improved functioning among the children

Source: Behavioral Couples Therapy for Alcoholism and Drug Abuse, by Timothy J. O' Farrell, Harvard Families and Addictions Program

# Relapse Prevention Therapy (RPT)

Relapse prevention is a behavioral approach that teaches clients how to anticipate and cope with high-risk situations that put them at risk for relapse. The cornerstones of this approach include: Understanding the Relapse Process (Dynamic)

Gorski's Relapse Dynamic

1. Change

2. Elevated stress

3. Denial reactivation

4. PAW is worsened

**Relapse Dynamic Continued** 

5. Behavior change

6. Social breakdown

7. Loss of structure

8. Loss of judgment

# Relapse Dynamic Continued

9. Loss of control

10. Option reduction

11. Acute degeneration

# **Relapse Prevention Therapy Continued**

Identifying and coping with high-risk situations

Coping with urges and cravings

- Distraction
- Reaching out for help
- Altruism
- Breathing exercises
- Writing about the craving

# **Relapse Prevention Therapy Continued**

- Timing the craving
- Observing the craving
- Self-talk
- Repeating slogans
- Relaxation exercises

# **Relapse Prevention Therapy Continued**

Staying engaged in treatment even after a relapse

 Learning how to create a more balanced life

# **Research Prevention Therapy**

<u>Research on the effectiveness of relapse</u> prevention therapy

 Decreases the cigarette smoking, marijuana use, alcohol use, cocaine use, and the number of relapses

<u>Source</u>: SAMSHA Registry of Evidence-based Practices

## Other Behavioral Approaches

Eye movement desensitization and reprocessing (EMDR) is a psychotherapy approach originally designed to alleviate the distress associated with traumatic memories

www.EMDR.com

## **Other Behavioral Approaches Continued**

#### DBT

Dialectical Behavioral Therapy (DBT) combines cognitive behavioral therapy and behavioral therapy and methodologies from various Eastern Mindfulness techniques

dbtselfhelp.com

# **Other Behavioral Approaches Continued**

## Court Programs

- Veteran's Court
- Prostitution Court
- Mental Health Court
- Trauma Court