BASIC VOLUME

Elements of Drug Dependence Treatment
Module 1

Drug dependence concept and principles of drug treatment

1. Biology of drug dependence
2. Addiction and the brain
3. Principles of drug dependence treatment and care
Workshop 2

Principles of drug dependence treatment and care
At the end of this workshop you will be able to:

► Identify 3 basic components of comprehensive treatment for substance abuse
► Identify 2 individual factors that help people stay in treatment
► Identify 3 factors within a programme that help people stay in treatment
► Understand and identify 5 basic principles of effective treatment
Comprehensive treatment
The main goals of addiction treatment are to help the individual:

1. Stop or reduce the use of drugs

2. Reduce health and social consequences of drug use

3. Achieve productive functioning in their family, at work and in society
Why is comprehensive addiction treatment needed?

- Individuals affected by drug dependence and addiction usually suffer from mental health disorders, occupational, health, or/and social problems that make their addictive disorder difficult to treat.

- For most people, treatment is a long-term process that involves multiple interventions and attempts at abstinence given the chronic and relapsing nature of the addictive disorder.
Components of comprehensive drug abuse treatment
Let’s think!

Your organization

Look at the chart and think about all the services that your organisation provides.

► What services do your clients most often need?

► What services could your organization add to meet your clients’ needs?
Individuals progress through drug dependence and addiction treatment at various speeds, so there is no predetermined or ideal length of treatment.

In general, longer treatment duration results in better outcomes.
CLIENT/PATIENT FACTORS that affect treatment compliance are

- **Readiness to change** drug-using behaviour
- **Degree of support** from family and friends
- **Pressure to stay in treatment** from the criminal justice system, availability of child protection services for parents, and promise of job security from/by the employer
FACTORS WITHIN THE PROGRAM that affect treatment compliance are:

- A positive therapeutic relationship between the treatment providers and the clients or patients
- A clear treatment plan, which allows the client to know what to expect during treatment
- Availability of medical, and psychosocial services
- Medication available when appropriate
- Environmental organizational factors
- Transition to continuing care or “aftercare”
Drug dependence treatment is offered in specialized and non-specialized facilities, as well as mental health clinics by a variety of professionals such as:

- Physicians or medical practitioners
- Psychiatrists
- Psychologists
- Therapists/Counsellors
- Social workers
- Nurses
- Case managers
- Certified drug abuse counsellors
- Other professionals
Let’s think!

Identify factors within your program that may do the following:

► Help patients to comply with their treatment plan
► Affect the compliance of patients with their treatment plan
Principles of Drug Addiction Treatment
Principles of effective treatment

► No single treatment is **appropriate for all**
► Treatment needs to be **readily available**
► Effective treatment attends to **multiple needs**, not just to drug use problems
► The treatment plan must be **assessed continually** and **modified as necessary** to insure that it meets the client’s changing needs
► Remaining in treatment for an **adequate period of time** is critical for treatment effectiveness
Principles of effective treatment

- **Counselling** (individual and/or group) and other behavioural therapies are *critical*

- **Medications** are *important* elements of treatment for many clients, especially when combined with behavioural therapy

- People with coexisting mental disorders should be treated in *an integrated* way

- **Detoxification** is only the *first stage* of addiction treatment and by itself does little to change long-term drug use
Principles of effective treatment

► Treatment does **not** need to be voluntary to be effective

► Possible drug use during treatment must be **monitored** continuously

► Treatment programs should provide **assessment for** HIV/AIDS and other **infectious diseases** as well as counselling to help clients **change behaviours** that place themselves or others at risk of infection

► Recovering from drug addiction can be a **long-term process** and frequently requires multiple episodes of treatment
This and other related publications can be found on the UNODC website:

UNODC-WHO Principles of Drug Dependence Treatment and Care

- **Principle 1:** Availability and accessibility of drug dependence treatment
- **Principle 2:** Screening, assessment, diagnosis and treatment planning
- **Principle 3:** Evidence informed drug dependence treatment
- **Principle 4:** Drug dependence treatment, human rights and patient dignity
- **Principle 5:** Targeting special subgroups and conditions
Principle 6: Addiction treatment and the criminal justice system

Principle 7: Community involvement, participation and patient orientation

Principle 8: Clinical governance of drug dependence treatment services

Principle 9: Treatment systems: Policy development, Strategic planning and Coordination of services
Treatment modalities
Treatment modalities

Medical

- Detoxification
- Psychosocial/behavioural treatments
- Pharmacological treatment
Medical detoxification

- Detoxification is a process where individuals are treated for withdrawal symptoms upon discontinuation of addictive drugs.

- Detoxification treatment is conducted under the care of a physician in an inpatient or outpatient setting.
Psychosocial / behavioural treatment

May involve the following:

► Addressing a patient’s motivation to change
► Providing incentives to stop drug use
► Building skills to resist drug use and coping strategies to deal with craving and pain
► Replacing drug-using activities with constructive and rewarding activities
► Improving problem-solving skills
► Improving social skills and personal relationships
Pharmacological treatments

► Medications to reduce the severity and risk of withdrawal symptoms

► Medications to reduce drug use relapse

► Agonist maintenance treatment for opiates: methadone, buprenorphine

► Antagonist treatment for opiates: naloxone, naltrexone
Treatment settings
UNODC-WHO International Standards

International Standards for the Treatment of Drug Use Disorders
UNODC-WHO International Standards for the Treatment of Drug Use Disorders

Treatment Modalities and Interventions

- Community based outreach
- Screening, brief interventions and referral to treatment
- Short-term in-patient or residential treatment
- Outpatient treatment
- Long-term residential treatment
- Recovery management
Treatment settings

► Outreach
► Drop-in
► Outpatient Treatment
► In-patient
► Residential treatment
  – short-term
  – long-term
► Continuing Care
Ethical and legal issues
Ethical Values:

► Be good!
► Do good!
► And above all: Do no harm!
Basic ethical principles for clinicians and health staff

► **Autonomy**: Acknowledging the right of another to choose and act in accordance with his or her wishes or beliefs

► **Non-malfeasance**: Obligation not to harm others intentionally

► **Beneficence**: Taking positive steps to help others

► **Justice**: Equitable distribution of burdens and benefits

► **Fidelity**: Fulfilling one’s responsibilities of trust in a relationship

► **Veracity**: Truthfulness
## Ethical and Legal Issues

<table>
<thead>
<tr>
<th>Ethical Guidelines Are</th>
<th>Legal Guidelines Are</th>
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<tbody>
<tr>
<td>► A set of professional standards</td>
<td>► Determined by laws</td>
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<tr>
<td>► A set of principles to guide professional behaviour</td>
<td>► Implemented if ethics are consistently violated</td>
</tr>
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Legal guidelines are often a matter of opinion and cultural context, and not always a legal concern. They are determined by laws, implemented if ethics are consistently violated, and often enforced by civil or criminal penalties.
Treatment professionals should have a copy of the following:

- Relevant ethical guidelines or code of conduct for their region
- Laws or regulations affecting their clinical professions
Maintain a professional relationship with a client at all times

► Avoid dual relationships with clients
► Avoid sexual relationships with clients
► Avoid personal relationships with clients
Confidentiality

- The client’s rights and the limits of confidentiality should be explained at the beginning of treatment.
- The relationship with any client should be private and confidential.
- Client information should not be communicated outside of the treatment team.
- Information should only be released with the client’s or guardian’s permission.
Confidentiality

Confidentiality must be maintained at all times, except when to do so could result in harm to the client or others.
Let’s think!

How should the clinician act in the following cases?

A. A client who inject drugs (female, 30 years old) tells her clinician she has HIV. She asks not to inform her husband, assuring she would do it herself, but some time later.

B. A client’s employer comes to you asking for information on your client’s test results.
Questions
What are the basic components of comprehensive treatment for Drug use disorders?

What are the individual factors that help people stay in treatment?

What are the factors within a programme that help people stay in treatment?

What are the basic principles of effective treatment?
Post-assessment
Thank you for your time!
End of module 1