VOLUME B
Elements of Psychological Treatment
Module 1

Drug dependence and basic counselling skills

1. Biology of drug dependence
2. Principles of drug dependence treatment
3. Basic counselling skills for drug dependence treatment
4. Special considerations when involving families in drug dependence treatment
Workshop 2

Principles of drug dependence treatment
Training objectives

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 the negative 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

- Behavioral Therapy and Counseling
- Clinical and Case Management
- Intake Processing/Assessment
- Treatment Plan
- Pharmacotherapy
- Continuing Care
- Substance Use Monitoring
- Self-Help/Peer Support Groups
- Vocational Services
- Mental Health Services
- Medical Services
- Educational Services
- AIDS/HIV Services
- Family Services
- Housing/Transportation Services
- Financial Services
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?
Treatment duration

- 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.
Treatment compliance

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
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

► 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
Treatment settings

- Outreach
- Outpatient
- Short-term in-patient or residential treatment
- Long-term in-patient or residential treatment
  - Therapeutic Community
Suggested interventions at different settings

<table>
<thead>
<tr>
<th>Settings</th>
<th>Possible Interventions</th>
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<tbody>
<tr>
<td>Informal community care</td>
<td>Outreach/self-help groups</td>
</tr>
<tr>
<td>Primary health care services</td>
<td>Screening/brief interventions/health care referrals/contact with specialized treatment service/continued support</td>
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<tr>
<td>Generic social welfare</td>
<td>Housing/shelter/food</td>
</tr>
<tr>
<td>Specialized drug dependence treatment (In- and outpatient)</td>
<td>Assessment/case management/treatment planning/detoxification/psychosocial interventions/medication-assisted treatment/relapse prevention</td>
</tr>
<tr>
<td>Specialized health care services</td>
<td>Mental health treatment/internal medicine/dental treatment/Hep/HIV/TB/STIs</td>
</tr>
<tr>
<td>Specialized social welfare services</td>
<td>Family support/reintegration/vocational training/education programs/income generation/microcredits/leisure time</td>
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<tr>
<td>Long term residential service</td>
<td>Housing/vocational training/protected environment/life skills/ongoing support</td>
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Outreach services provide at minimum the following ‘core services’: 

► Provision of basic support (safety, food, shelter, hygiene and clothing) 
► Education on drug-effects and risks involved in drug use 
► Screening for substance use disorders 
► Brief Intervention to motivate change in substance use 
► Referral to substance use treatment 
► Needle exchange and condom distribution 
► Outreach interventions can be delivered through various modes of delivery
Candidates include:

- General practice/primary/mental healthcare patients
- Hospital patients
- Individuals in contact with social service and welfare agencies
- Patients in infectious disease clinics
- People in contact with outreach services
- People with alcohol- or drug-related legal offenses (e.g., driving under the influence)
Outpatient treatment services

- Treatment and care for people who do not reside in the facility
- Services vary considerably in terms of their components and intensity
- Ideal for providing long-term maintenance care for patients with sufficient social support and resources at home and in the community
- Both psychosocial and pharmacological interventions can be provided
- Suitable for high-intensity and mid to low-intensity interventions
Short-term in-patient or residential treatment

Combinations of models and methods should be used in short-term residential treatment:

- Pharmacotherapy
- Motivational counselling
- Psycho-education
- Support through drug withdrawal
- Introduction to behavioural therapy
- Orientation to self-help groups
- Referral and introduction to social services
Short-term in-patient or residential treatment

Other models and methods to be used in short-term residential treatment:

► Comprehensive bio-psychosocial assessment of the incoming patient
► Treatment plan which best addresses the needs of the individual
► Strategy to foster patients’ motivation for change
► Medication-assisted detoxification and maintenance treatment
► Group counselling and educational interventions
► Individual and family counselling and education
Long-term residential treatment services

- Comprehensive bio-psychosocial assessment of the incoming patient
- Treatment plan which best addresses the needs of the individual
- Strategy to foster patients’ motivation for change
- Medication-assisted detoxification and maintenance treatment
- Group counselling and educational interventions
- Individual and family counselling and education
Long-term residential treatment services

► Initiation of behavioral treatment strategies for addiction treatment
► Initiation of treatment for co-occurring medical and psychiatric disorders, if time and resources permit
► Ongoing evaluation of patient’s progress in treatment and continuous clinical assessment that is built into the programme
Long-term residential treatment services

- Address special needs
- Discharge planning with relapse prevention and continuing care strategies for the period after residential treatment, including:
  - maintenance medication (if indicated)
  - an appropriate level of psychosocial treatment for the addiction
  - ongoing treatment for co-occurring medical and psychiatric problems
Sustained recovery management services

- Mental/physical health
- Family and social support
- Healthy environments
- Peer-based support
- (Re-) discovering meaning and purpose in life
- Community integration/cultural support
- Vocational skills/educational development
- Employment/resolution of legal issues

Recovery Capital
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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</thead>
<tbody>
<tr>
<td>• A set of professional standards</td>
<td>• Determined by laws</td>
</tr>
<tr>
<td>• A set of principles to guide professional behaviour</td>
<td>• Implemented if ethics are consistently violated</td>
</tr>
<tr>
<td>• Often a matter of opinion and cultural context</td>
<td>• Often enforced by civil or criminal penalties</td>
</tr>
<tr>
<td>• Not always a legal concern</td>
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Professional and ethical issues

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
Professional boundaries

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

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.
An addiction treatment professional should

► Respect the client
► Be a role model
► Control the therapeutic relationship
► Emphasise the client’s personal responsibility for recovery
► Provide direction and encourage self-direction
► Be conscious of his or her own issues
Any Questions
Wrap-up

► 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?
Thank you for your time!

End of workshop 2

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