Great Lakes ATTC

Presents

Behavioral Approaches to Addictions Treatment

Presenter

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Outline

I. The use of Motivational Incentives in Addictions Treatment

II. Behavioral Couples Therapy in Addictions Treatment

III. Behaviorally Focused Relapse Prevention Training (RPT)

IV. Other Behavioral Approaches
Objectives

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
Definitions

“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
“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
Candy
Dunkin’ Donuts
Fishbowl Technique
Fishbowl Incentive Values

125 tickets keep up the good work

50 tickets small prize $5

50 tickets medium prize $10

24 tickets large prize $20

1 tickets 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

1985 – 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-alone 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
Addictions

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
The Universality of Motivational Incentives Continued

Polysubstance-dependent clients

• *Incentives help clients stop using drugs one at a time*
The Universality of Motivational Incentives Continued

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
The Universality of Motivational Incentives Continued

Alcoholics

- Skid row alcoholics
- War veterans
- Employment-based abstinence reinforcers
- Antabuse compliance
The Universality of Motivational Incentives Continued

Medication Compliance

- Psychotropic
- HIV
- Diabetes
- Naloxene
- Antibiotics
The Universality of Motivational Incentives Continued

The Mentally Ill

- Regardless of symptom severity, incentives can be useful
- Therapy attendance
- Abstinence
- Employment
The Universality of Motivational Incentives Continued

Drug Court Clients

- Increased compliance and completion rates
- Better outcomes
The Universality of Motivational Incentives Continued

**Adolescents**

- Parents involved in determining and distributing rewards is effective
- Decrease in marijuana and nicotine use
- Grades and school attendance
7 Principles of Motivational Incentives

1) 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.
7 Principles of Motivational Incentives
Continued

Target Behavior

• **Clean behavior**

• **Abstinence**

• **Individual therapy attendance**

• **Group therapy attendance**

• **School attendance and grades**

• **Pro-social behavior**
7 Principles of Motivational Incentives
Continued

2) Choice of a target population

- **Chronic relapsers**
- **Pregnant women**
- **Cocaine or heroin users**
- **Polysubstance dependent clients**
- **Adolescents**
7 Principles of Motivational Incentives
Continued

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
7 Principles of Motivational Incentives
Continued

3) Choice of reinforcer – important to get input from the target population
4) 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
7 Principles of Motivational Incentives
Continued

5) Frequency of incentives. Influences:

A. Resources available

B. Amount of contact desired

C. Intermittent reinforcement works best in the long run
6) 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
7 Principles of Motivational Incentives
Continued

7) 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
Components of behavioral couples therapy

1. 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 first 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__________ .”
Focus on the Relationship Continued

• 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
Focus on the Relationship Continued

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 __________")
Focus on the Relationship Continued

- **Practice new behaviors 2 to 5 minutes per day**
- **Caring day**
- **Planning shared rewarding activities**
Focus on the Relationship Continued

Teach communication skills

- Listening
- Expressing feelings directly
- Negotiating for requests
Focus on the Relationship Continued

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
- AI = Jack to Al-Anon
- D+ = Drug Urine Positive
- D− = Drug Urine Negative

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- **Legend:**
- ✓ = Trust Discussion Done
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# Sobriety Contract

In order to help **Mary** with his/her recovery and to bring peace of mind to **Jack**, his/her partner **Mary** and **Jack** agree to the following arrangement.

## Mary's Responsibilities

1. **Mary** states his/her intention to stay sober that day to partner.
2. Thanks **Jack** for listening.
3. If necessary, requests that **Jack** not mention past drinking or any fears about future drinking.
4. 12-step involvement **AA** *mtgs* 7pm Tues at church; loan seat at hospital.

## Jack's Responsibilities

1. Records that he/she received this statement of intention on calendar provided.
2. Thanks **Mary** for stating this intention to him/her.
3. Does not mention past drinking or any fears about future drinking.
4. 12-step involvement **Al-Anon** *mtg* 7pm Tues at church.
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 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 on the effectiveness of relapse prevention therapy

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

Source: 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

dbtselphelp.com
Other Behavioral Approaches Continued

Court Programs

• Veteran’s Court
• Prostitution Court
• Mental Health Court
• Trauma Court