Effective Treatment Strategies and Models for Addressing Stimulant Use Disorders: An Implementation Science Perspective

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Treating Stimulant Use Disorders

1. No Evidence-Based Medications!

2. Matrix Model is the established go to therapy model.

3. Contingency Management has shown recent promise.
Treating Stimulant Use Disorders Requires:

1. No Evidence-Based Medications!
2. Matrix Model is the established go to therapy model.
3. Contingency Management has shown recent promise.
4. BOTH REQUIRE A SERIES OF CLINICAL & ADMINISTRATIVE CHANGES
Why Implementation Science?

1. We all want to provide better care.

2. We have clinical evidence-base practices, “But, what are the administrative evidence-based practices.”

3. Large gap between evidence-based care and actual care.
Why the gap?

CFIR Model: Damscroder et al, 2009
Diffusion of Innovations
Characteristics of the Innovation

• Simple, Simple, Simple (Avoid Complexity)

• Relative Advantage (Use Data)

• Trialability  Adaptability

• Observability (Observe & Be Observed…to learn)
Inner Settings

Leadership Roles (*Can be served by one or many*)

- Executive Mandate
- Benefit of Champion (Cheerleader)
- Use of a Change Agent
Individuals Involved

- Knowledge = Training
- Skills = Self-efficacy
- Find & cultivate champions
Individuals Involved, continued

Who is delivering the message? (An Expert? Or Someone Like Them?)

Approaches to use:

• Academic Detailing

• Motivational Interviewing
Implementation Process: Patient Perspective

One must first learn by doing, for though you think you know it, you have no certainty until you try.

* Sophocles

- Conduct walk-throughs or patient simulations.
Implementation Process: Change Process

Use a structured change process (Saldana – Stages of Implementation)

1) Engagement, 2) Consideration of Feasibility, 3) Readiness Planning, 4) Staff Hired and Trained, 5) Fidelity Monitoring in Place, 6) Services and Consultation Begin, 7) On-going Services, Consultation, Fidelity, Feedback), and 8) Competency
Implementation Process

• Learn from others – when possible

• Set targets (implementation & performance)

• Collect data on progress

• Use pilot tests.
Summary

• Implementation is a science

• Not always easy, but can be made easier

• Reduce barriers caused by innovation characteristics, individual beliefs and skills, organizational processes, and implementation approaches.