

USING PREVENTION STRATEGIES IN SUBSTANCE ABUSE TREATMENT

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WORKSHOP OBJECTIVES

- ◉ Understand the concepts of a Recovery Oriented System of Care
- ◉ Understand different kinds of prevention strategies
- ◉ Provide examples of programs that use prevention strategies in a treatment setting.





THE SUBSTANCE ABUSE SERVICE SYSTEM HISTORICALLY

Treatment services provided when there is a crisis or event in clients life.

Short term in length.

Prevention services only available to those who have never used substances.

THE SUBSTANCE ABUSE SERVICE SYSTEM HISTORICALLY

- ◉ Treatment and Prevention in two separate silos.
- ◉ Different populations
- ◉ Work force did not have same standards
- ◉ Different strategies used



Prevention
Services



Treatment
Services





**DOES THE
SYSTEM
WORK?**

NO!

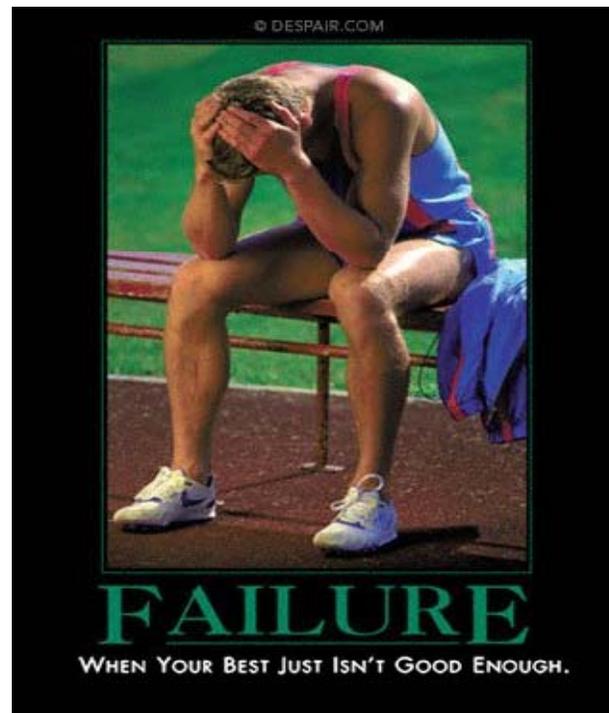
WHY DOES THE SYSTEM FAIL INDIVIDUALS?

- ⦿ Treating a chronic condition in an acute care model.
- ⦿ Narrow focus of treatment services
- ⦿ No prevention strategies inside a treatment program.
- ⦿ Minimal engagement or post treatment continuing care.



WHAT IS THE RESULT IN THE CURRENT SYSTEM?

- 50% of clients entering treatment have already had at least one prior episode of care.



WHAT DO INDIVIDUALS NEED?

Clients need more than traditional treatment services.

They need treatment, prevention, and recovery support services.



RECOVERY ORIENTED SYSTEM OF CARE DEFINED



A recovery oriented system of care supports an individual's journey toward recovery and wellness by creating and sustaining networks of formal and informal services and supports. The opportunities established through collaboration, partnership and a broad array of services promote life enhancing recovery and wellness for individuals, families and communities.

(Michigan's ROSC Steering Committee, 2010)

RECOVERY ORIENTED SYSTEMS OF CARE

- The goal of treatment extends beyond abstinence or symptom management to helping people achieve a full, meaningful life in the community.
- Prior treatment is not viewed as a predictor of poor treatment outcomes and is not used as grounds for denial of treatment.
- People are not discharged from treatment for relapsing or confirming their diagnosis.



RECOVERY ORIENTED SYSTEM OF CARE CONT.

- ⦿ Post treatment continuing care services are an integrated part of the service continuum rather than an afterthought.
- ⦿ Focus is on all aspects of the individual and the environment, using a strength-based perspective and emphasizing assessment of recovery capital.



KEY ELEMENTS OF AN EFFECTIVE ROSC

- ◉ Holistic Integrated Services
- ◉ Continuity of Care
- ◉ Culturally Responsive Services
- ◉ Peer Support
- ◉ Community Health and Wellness
- ◉ Relationships



MORE KEY ELEMENTS

- ⦿ Systems Anchored in the Community
- ⦿ Person Centered
- ⦿ Family and Other Ally Involvement
- ⦿ Individualized Approaches
- ⦿ Partnership-Consultant Relationships





Not
a Single
Drop

WHAT IS PREVENTION?

A way of preventing initiation of psychoactive substance use or delaying the age at which use begins. (World Health Organization)

A BETTER PREVENTION DEFINITION

Prevention refers not only to interventions that occur before the initial onset of a disorder, but also to interventions that prevent co-morbidity, relapse, disability, and the consequences of severe mental illness for families (NIMH, 1998).



PREVENTION MODELS/THEORIES

Public Health Approach

Primary - Focus on preventing problems before they start.

Secondary - Working with at risk populations.

Tertiary - Preventing the secondary problems for those who already affected by condition.

Institute of Medicine Model

Universal - The whole population or community.

Selective - Reaching at risk population.

Indicated - Reaching the affected population.



EXAMPLES OF FASD PREVENTION

- Primary/Universal Examples:
 - Public Service Announcement
 - K-12 Education
 - Warning Labels (also considered secondary/selective prevention)
- Secondary/Selective Examples:
 - Health Provider Training
 - Pregnancy Test Warning
- Tertiary Examples:
 - Programs for Women in Treatment
 - Identifying Women with Children with FASD



STATE LEVEL APPLICATION

Michigan Substance Abuse Treatment Policy

- ⦿ All treatment programs serving women of child bearing age must include FASD prevention within the women's treatment plan.
- ⦿ Recommends FASD prevention education for men.
- ⦿ Prescreening of all children (if available) whose mother is in treatment.

www.michigan.gov/mdch-bsaas



LOCAL MODELS OF PREVENTION IN TREATMENT SETTINGS



Arbor Circle Corporation

ARBOR CIRCLE WOMEN'S SERVICES

- ◉ Family Engagement Program
- ◉ Parent-Child Assistance Program
- ◉ Women's Project Access



EARLY ENGAGEMENT IN SUBSTANCE ABUSE TREATMENT

- ◉ Federal Block Grant Priority Status for Pregnant and/or Injecting Drug Users
- ◉ Referrals are made to Arbor Circle and each client is contacted within 24 hours
- ◉ Clinician develops treatment with the client and referrals are made to appropriate agencies
- ◉ Michigan's Law for additional priority group. Parents who have lost or are at risk of losing custody of their children.

NON TRADITIONAL SERVICE PROVISION

- ◉ Community and Home Based Services
- ◉ Longer term duration
- ◉ Peers and Recovery Coaches used to support clients
- ◉ Gender specific services addressing the whole client including trauma
- ◉ Support groups available beyond the 12 Steps



ONGOING ENGAGEMENT

- Clients are not discharged if they become “lost or missing”
- Recovery Coaches and Case Managers can provide contact as needed instead of weekly etc.
- The client and family is part of the plan of service with all of their needs taken into consideration.
- Ongoing support by peers (mentoring, advocating, helping with needs)



TWO PRONGED APPROACH

- Eliminating or Reducing Alcohol Use
 - Abstinence
 - Harm Reduction
- Planning Pregnancies
 - Effective Use of Contraception
 - PlanFirst - Provides payment for ongoing birth control
 - Project Prevention
 - County Health Department Programs
 - Inter conception Care
 - Nurse Family Partnership



SUPPORTING THE NEXT GENERATION

- ⦿ High risk for children living in a family impacted by substance use.
- ⦿ Supporting parent-child relationship reduces the risk for child abuse and neglect
- ⦿ Increases the likelihood that these children will not have emotional or behavioral problems
- ⦿ Stops the cycle of addiction

