

Addiction, Substance Abuse &
Psychological Dependencies

Prevention & Treatments



Pre-contemplation
- Consciousness raising
- Dramatic relief
- Environmental
reevaluation

Contemplation
- Self-reevaluation

Preparation
- Social liberation

Action
- Helping relationships
- Stimulus control
- Counter conditioning

Maintenance
- Reinforcement
management
- Self-liberation

Drug Dependence Treatment

- Making contact with drug users
- Detoxification
- Drug substitution treatment
- Blocking or aversive drugs
- Psychosocial treatment



Biological treatments

- Detoxification
- Methadone maintenance programmes
- Antabuse (disulfiram)
- Drug treatments:
 - Naltrexone
 - Naloxone
 - Buprenorphine
- Drug replacement treatment

Detoxification

- A process of systematic and supervised withdrawal from substance use that is either managed in a residential setting or on an outpatient basis.
- Methadone maintenance programme:
 - A detoxification programme where users take a less virulent opiate in order to wean themselves off heroin.
- Antabuse (disulfram):
 - Has been used for over 60 years in the detoxification of individuals with alcohol dependency
 - Abstinence rates of 50% are achievable up to 9 years after treatment

Drug treatments

- Many drugs have been developed to influence the brain neurotransmitters and prevent the neurophysiological effects of stimulants, opiates and hallucinogens
- These include naltrexone, naloxone and buprenorphine
- Are effective in reducing craving and may be combined with other forms of treatment

Drug replacement treatment

- Involves treating severe cases of substance abuse and dependency by substituting a drug that has lesser damaging effects
- Largely confined to treating opiate dependency
- Attempts to develop substitute drugs for other dependencies:
 - Sativex, an aerosol that combines THC and non- psychoactive cannabis ingredients for the treatment of cannabis dependency

Psychosocial Interventions



- Motivational interviewing (MI)
- Contingency management
- CBT
 - relaxation training
 - progressive muscle relaxation
 - drug refusal skills
 - assertiveness skills
 - problem solving skills
 - relapse prevention training

Peer support programmes (therapeutic communities, SMART, 12-Step fellowships)

Self-help groups

Self-help groups:

Group therapy which brings together people who share a common problem in an attempt to share information and help and support one Another (e.g. Alcoholics Anonymous, Narcotics Anonymous)

Family Therapy

- Many drug abusers live with their families who can provide support on a day-to-day basis
- Family members may constitute part of the problem (e.g. being drug users themselves)
- Particularly successful in dealing with adolescent drug problems (Waldron et al., 2001)

Treatment: Does it work?

- Project MATCH (1989) – Matching Alcoholics to Treatment based on Heterogeneity
- UK Alcohol Treatment Trial (UKATT) (2005)
- National Treatment Outcome Research Study (NTORS; 2003)
- Drug Treatment Outcome Research Study (DTORS; 2009)
- Project COMBINE (Combined Pharmacotherapies and Behavioural Interventions for Alcohol Dependence, 2003)

Prevention

- Primary prevention
- Secondary prevention
- Tertiary prevention

Prevention strategy	Goals	Examples of methods
Information dissemination	Increase knowledge about the consequences of drug abuse, promoting anti-drug attitudes	Presentations in the classroom or community, displays and posters, pamphlets, adverts in mass media and so on
Personal growth	Increase self-esteem, responsible decision making, personal growth; often includes little or no information about drugs	Outdoor or community activities, group problem solving activities
Alternative activities	Increase self-esteem, self-reliance, provide viable alternatives reduce boredom and sense of alienation	Youth centres, recreational activities, vocational training and so on
Resistance skills	Increase awareness of social influences and develop skills for resisting these influences	Discussion, skills training, promoting positive peer influences
Personal and social skills training	Increase decision making, anxiety reduction, assertiveness training	Discussion and skills training
Public health approaches	To reduce the harms associated with addictive behaviours in the community	Legislation to restrict access to alcohol and drugs, drink-driving laws, taxation policies

Types of Prevention

Drug-prevention schemes

Drug-prevention schemes: Community based services whose purpose is to try to prevent first use of a drug or to prevent experimentation with a drug developing into regular use – usually through information about the effects of drugs and through developing communication and peer-education skills.

Link: <https://www.bbc.co.uk/news/uk-wales-50987013>