

Principles of Drug Addiction Treatment: What Works with Offenders?

National Institute on Drug Abuse
National Institutes of Health
U.S. Department of Health and Human Services

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To Review...

Addiction is:

- a chronic brain disease
- expressed as compulsive behavior
- expressed within a social context
- prone to relapse
- treatable

Overview

- Defining “effective treatment”
- 13 principles of effective drug treatment
- Strategies to maximize impact

Defining Effective (Research-Based) Treatment



Goals of Drug Treatment: Keeping an Eye on the Target



Effectiveness of Treatment



Cost-Effectiveness of Drug Treatment

- Cost to society of drug abuse = \$180 billion/year.
- Treatment is less expensive than incarceration:
 - Methadone maintenance = \$4,700/yr
 - Imprisonment = \$18,400/yr
- Other studies indicate that every \$1 invested in treatment can yield up to \$7 in savings.

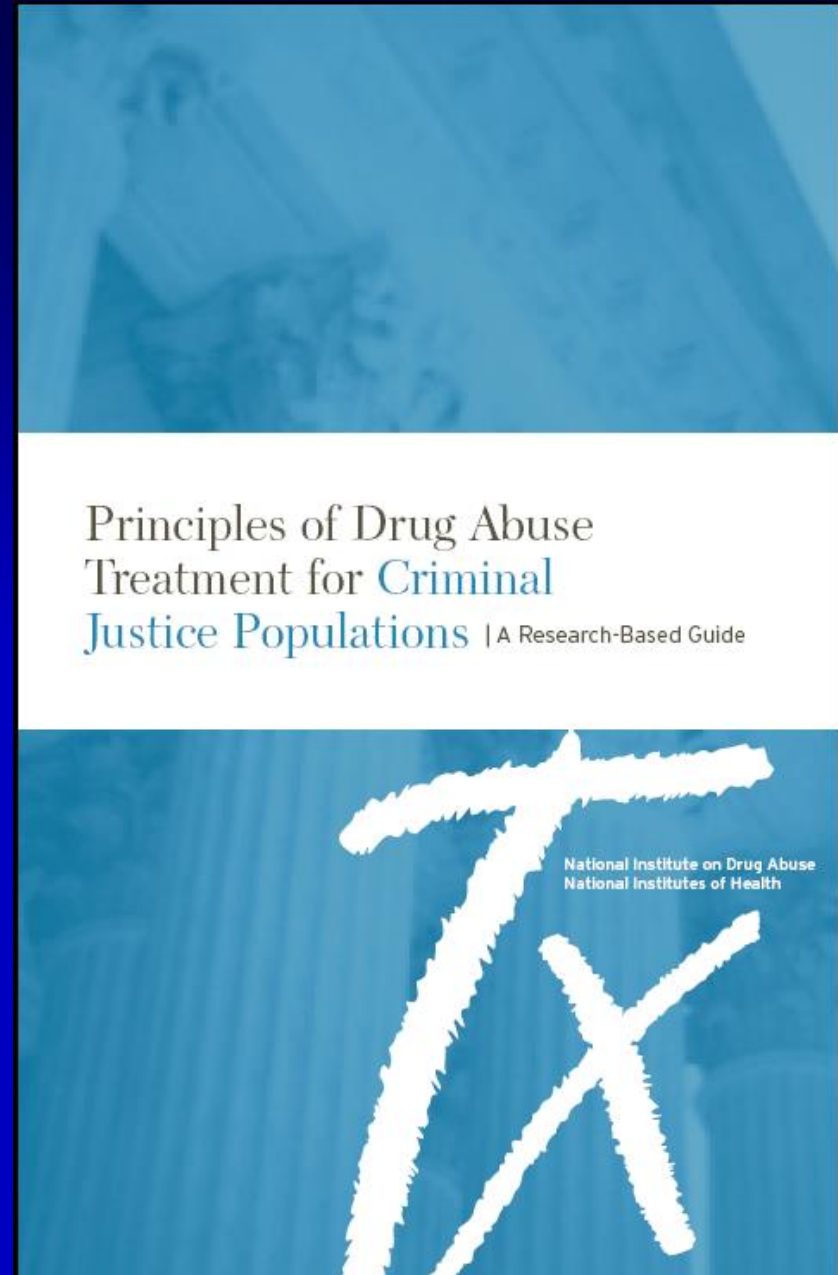


Principles of Effective Treatment



One of NIDA's latest publications focuses on treatment for those in the criminal justice system.

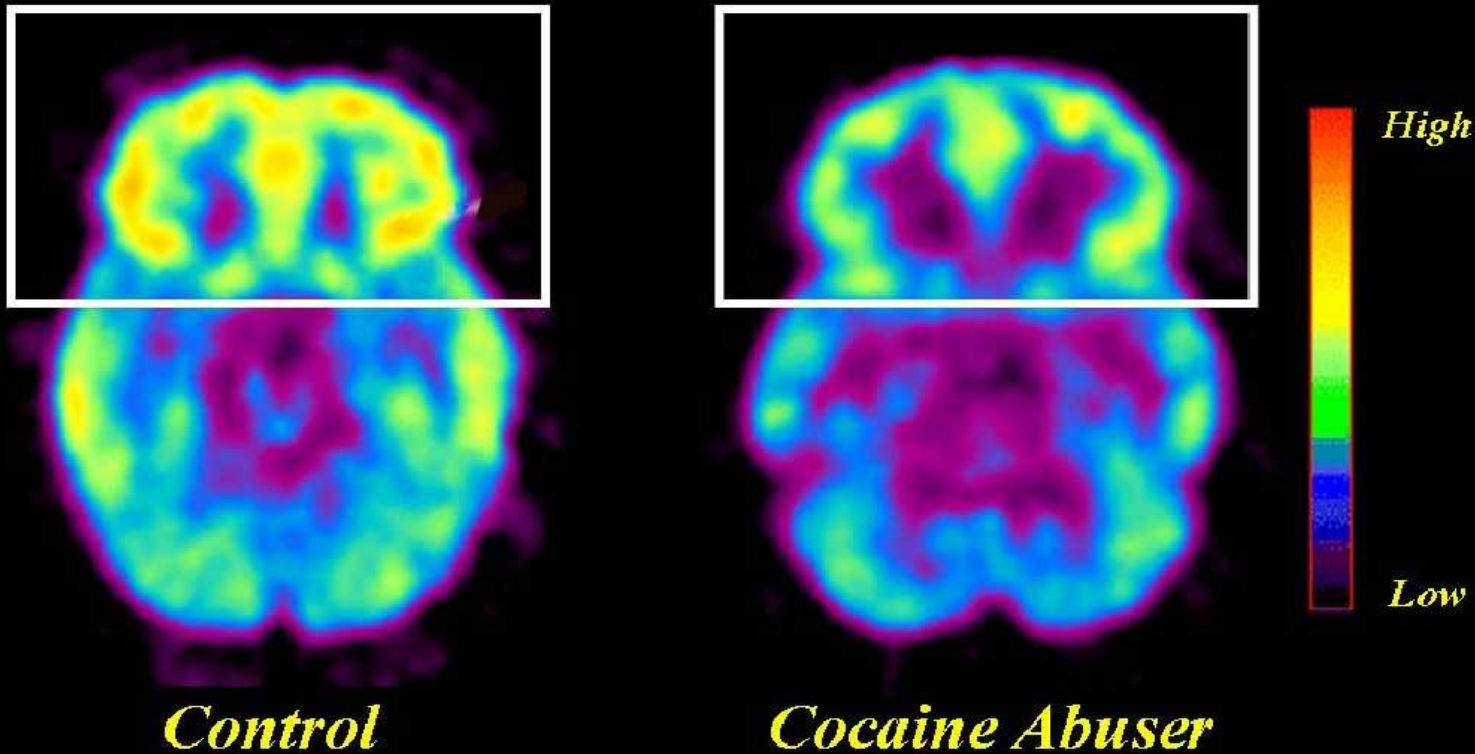
The following principles are discussed in detail in this publication...



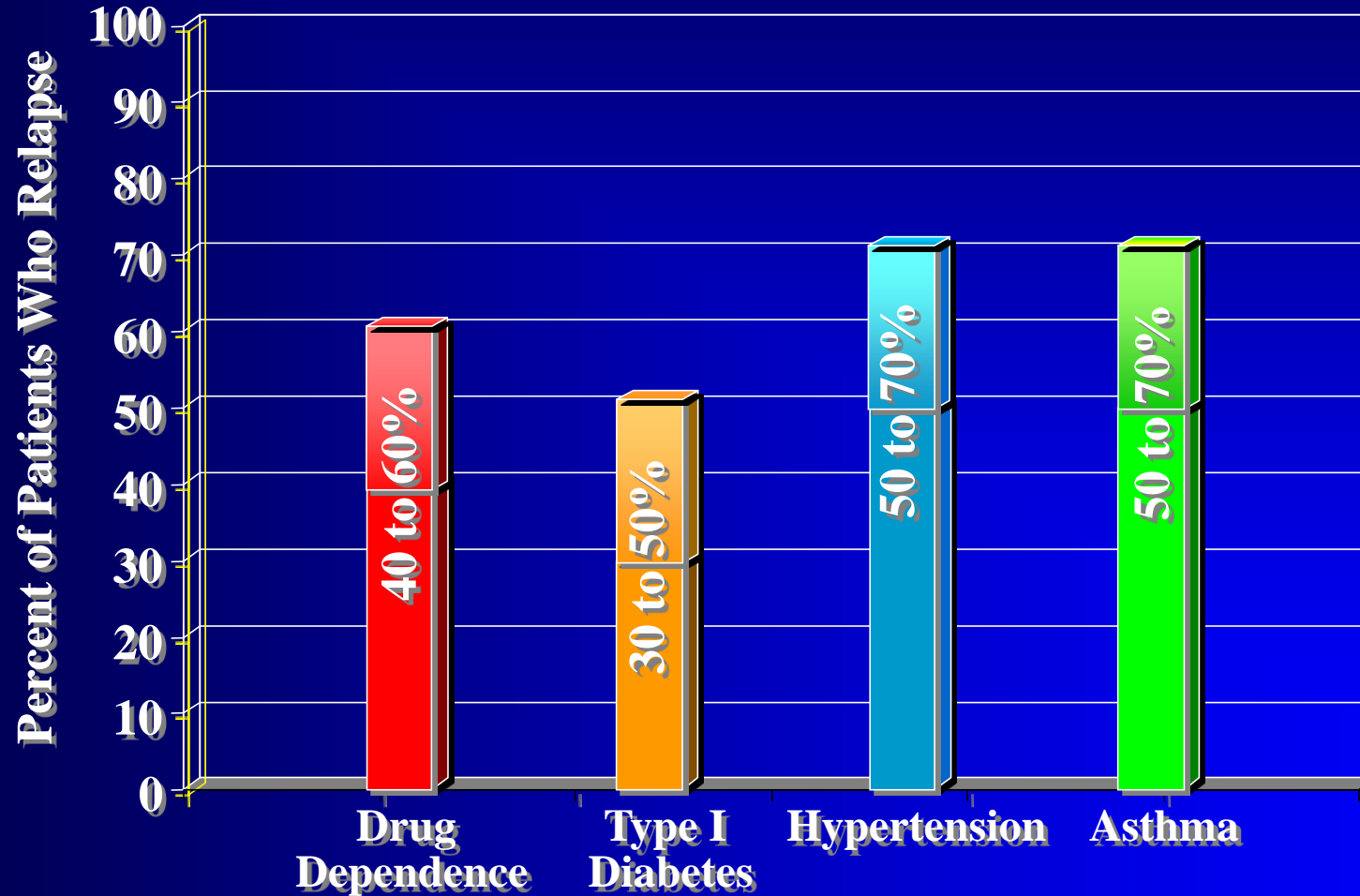
1. Drug addiction is a brain disease that affects behavior.



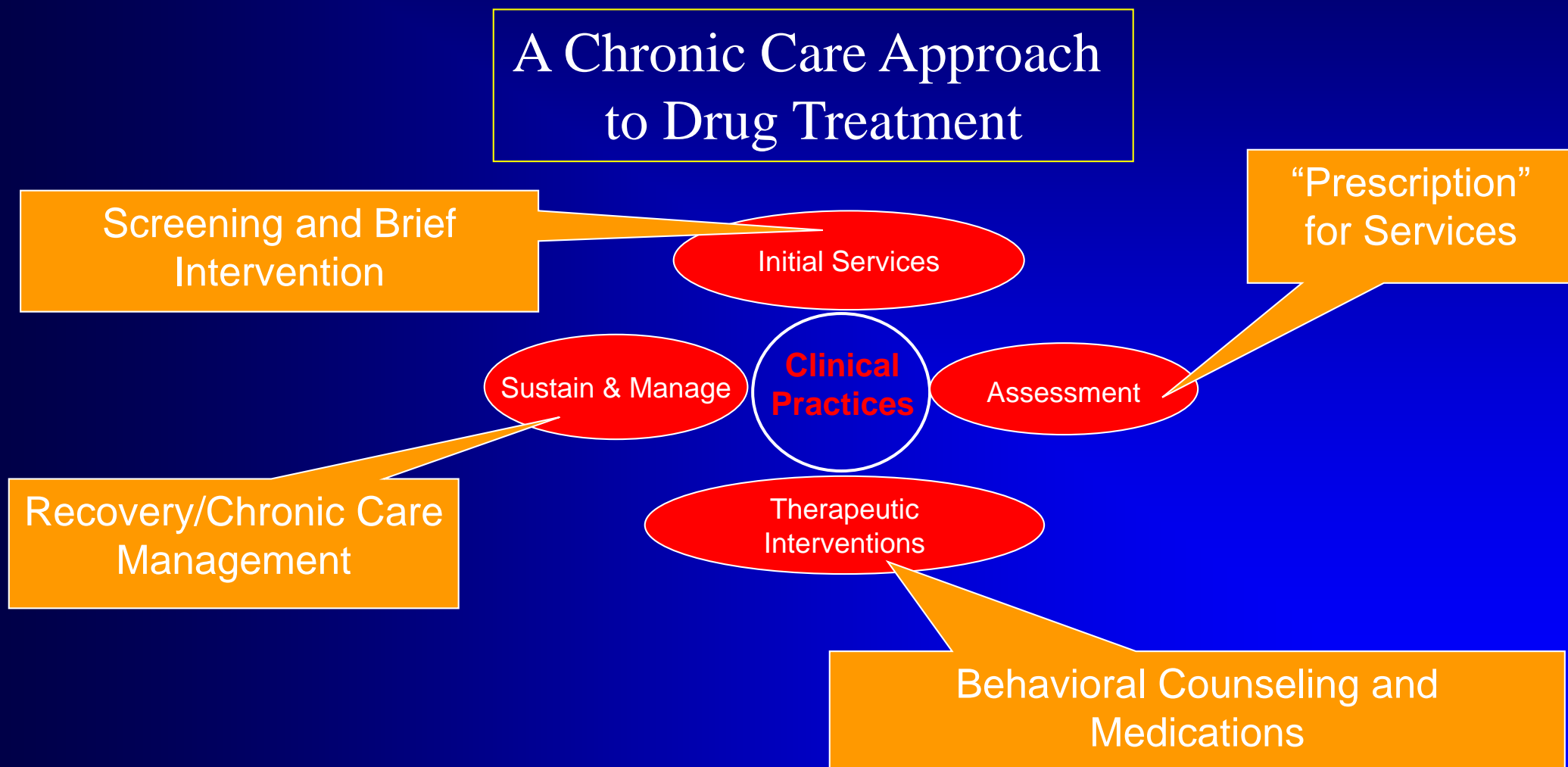
Brain changes in addiction help explain continued drug abuse and relapse.



Relapse Rates for Drug Addiction are Similar to Other Chronic Medical Conditions

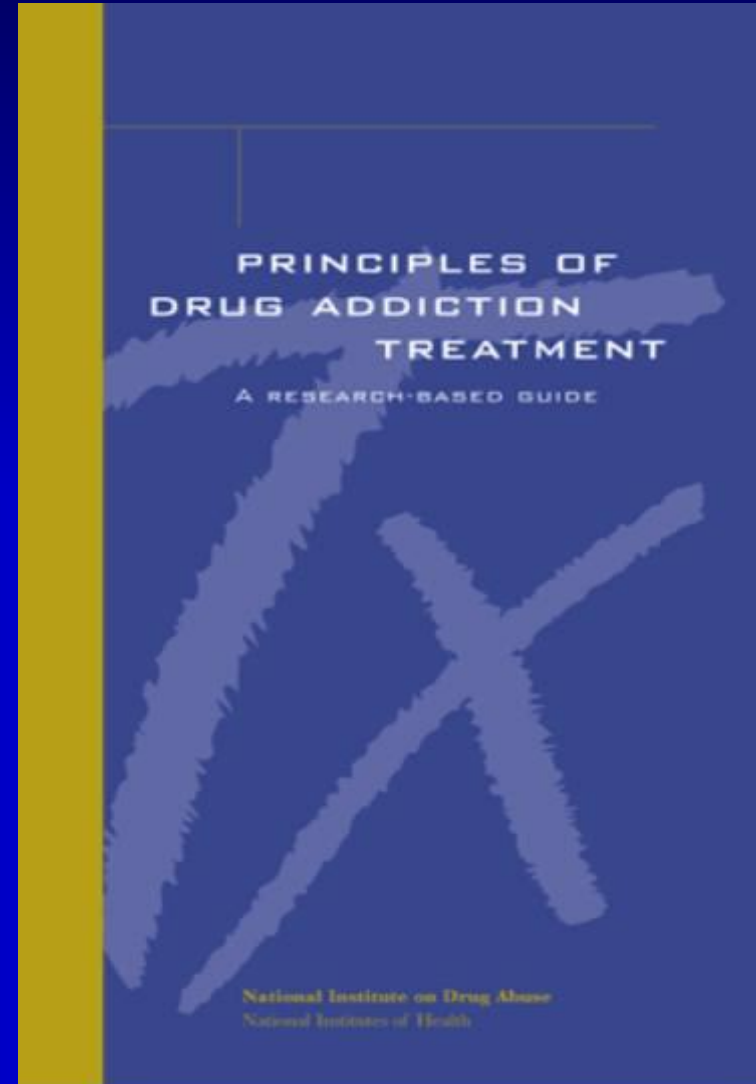


2. Recovery from drug addiction requires effective treatment followed by management of the disorder over time.

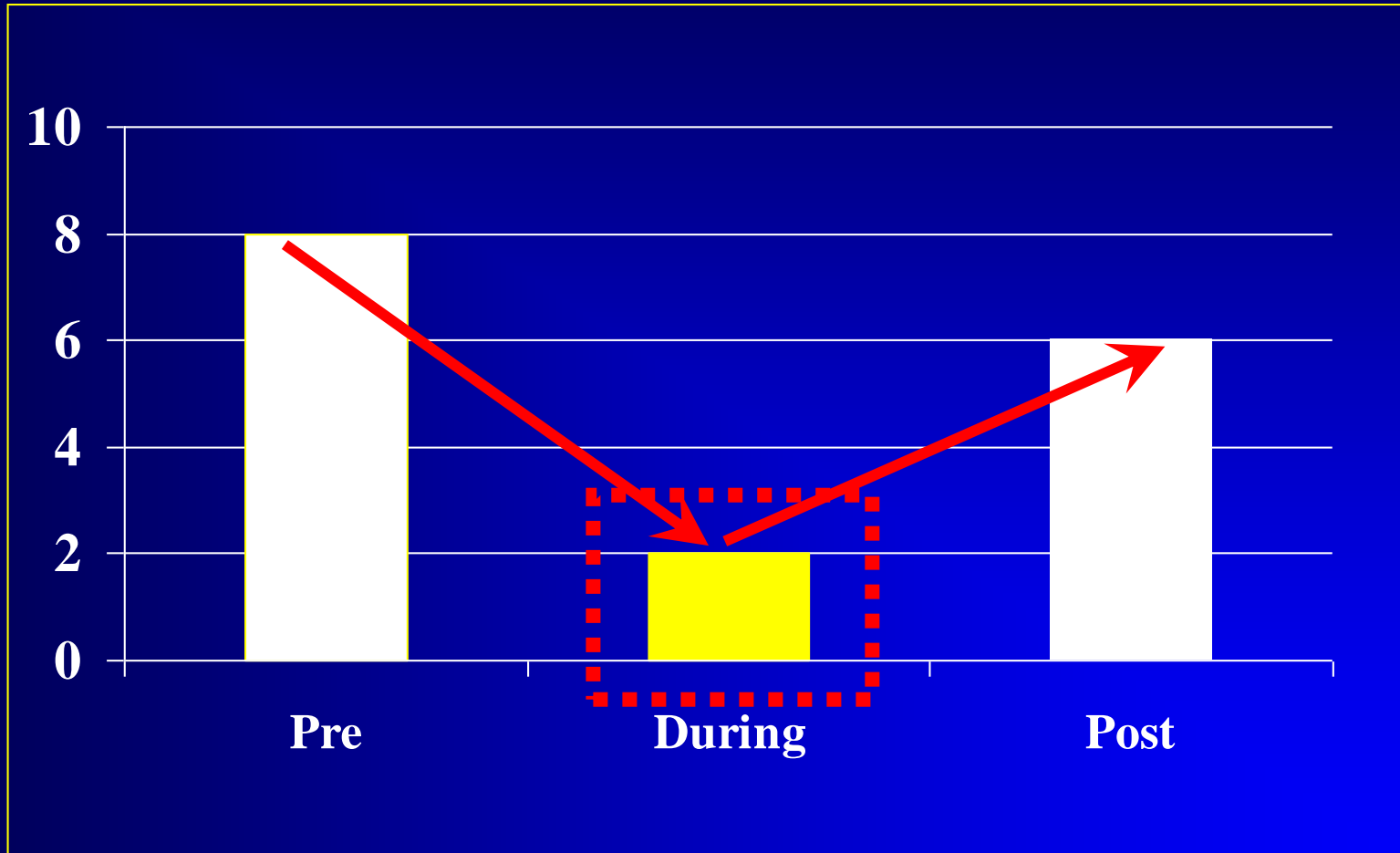


Drug Abuse Treatment Can Work

- **No single treatment is appropriate for all individuals.**
- **Treatment needs to be readily available.**
- **Treatment must attend to multiple needs of the individual, not just drug use.**
- **Multiple courses of treatment may be required for success.**
- **Remaining in treatment for an adequate period of time is critical for treatment effectiveness.**

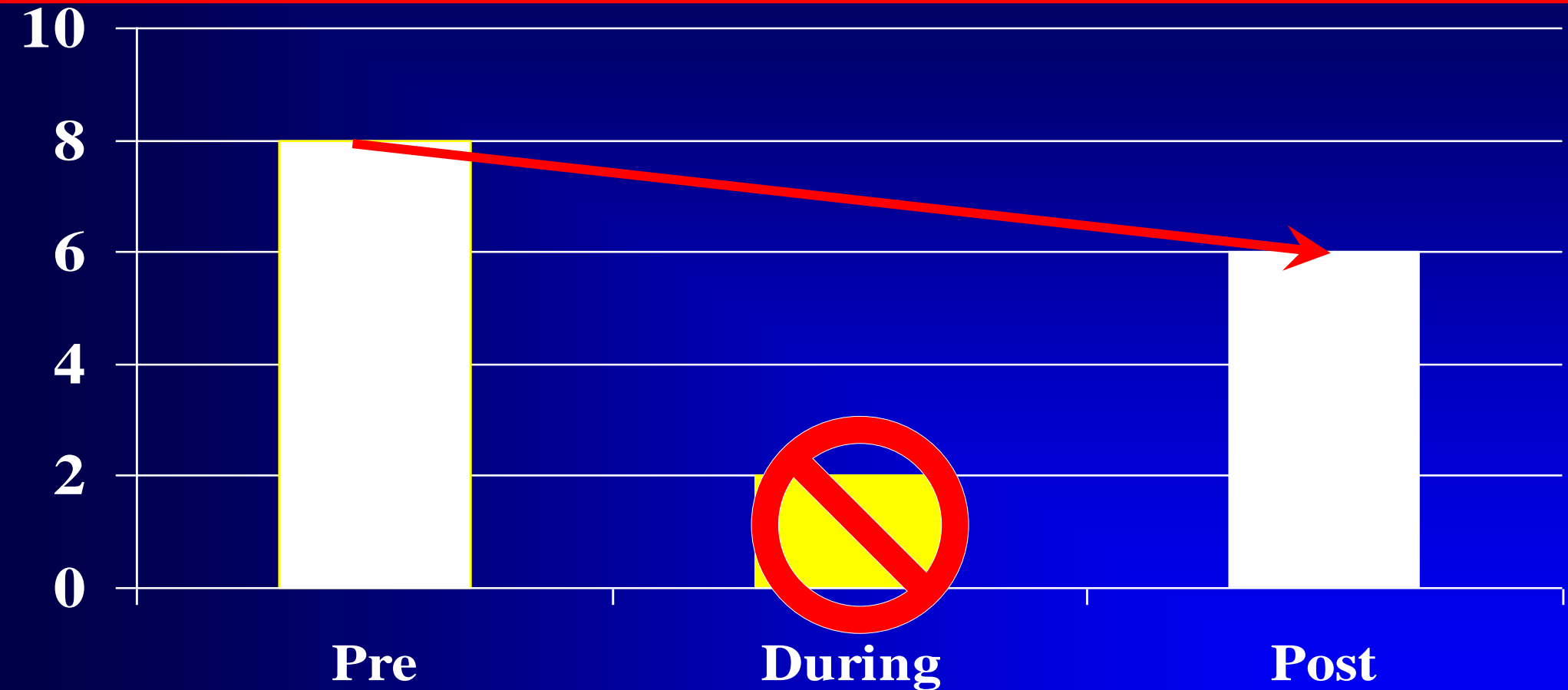


Outcome In Diabetes



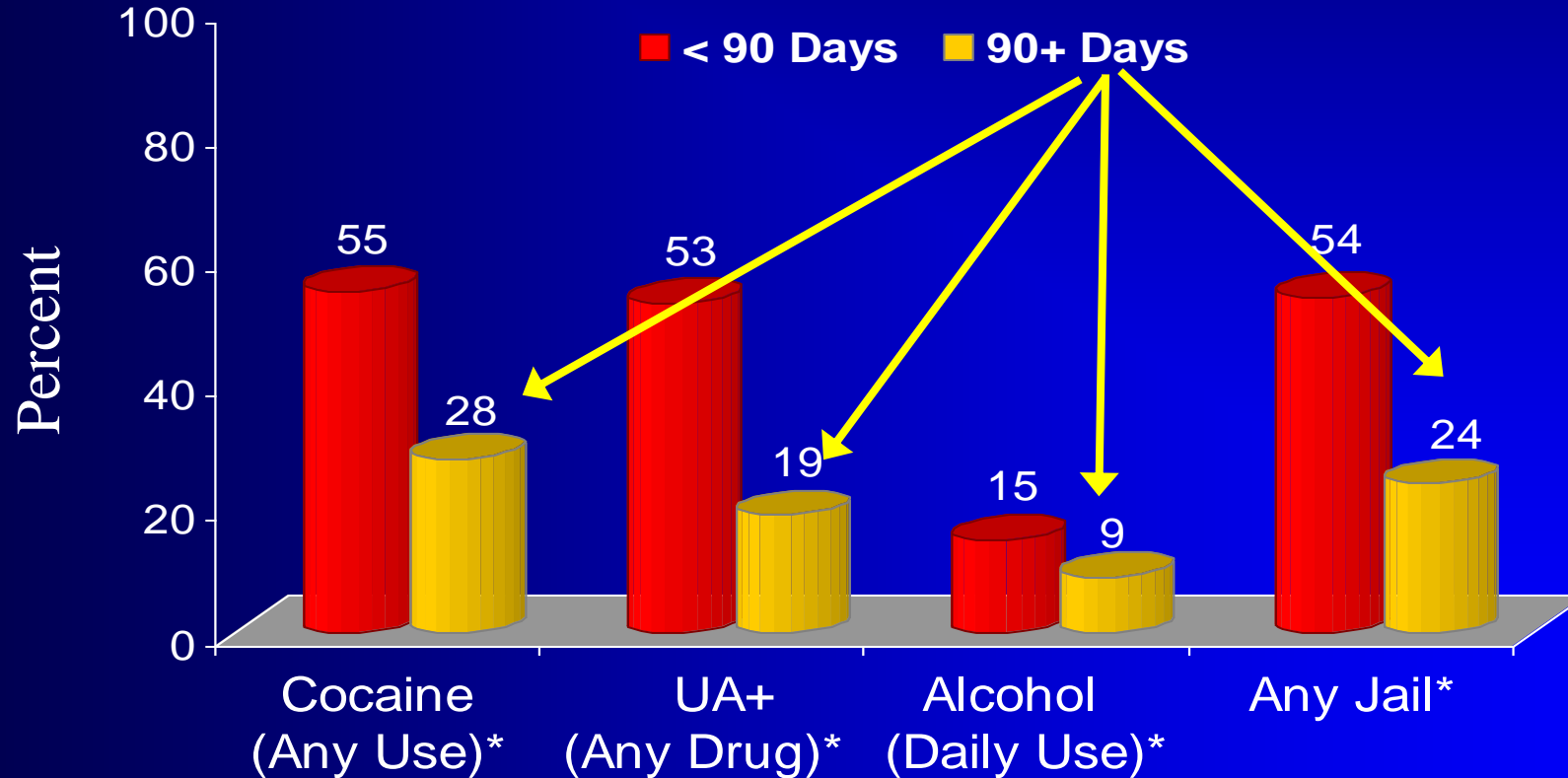
Conclusion: Treatment Successful!

Outcome In Addiction



(Incorrect) conclusion: Treatment NOT successful!

3. Treatment must last long enough to produce stable behavioral changes.

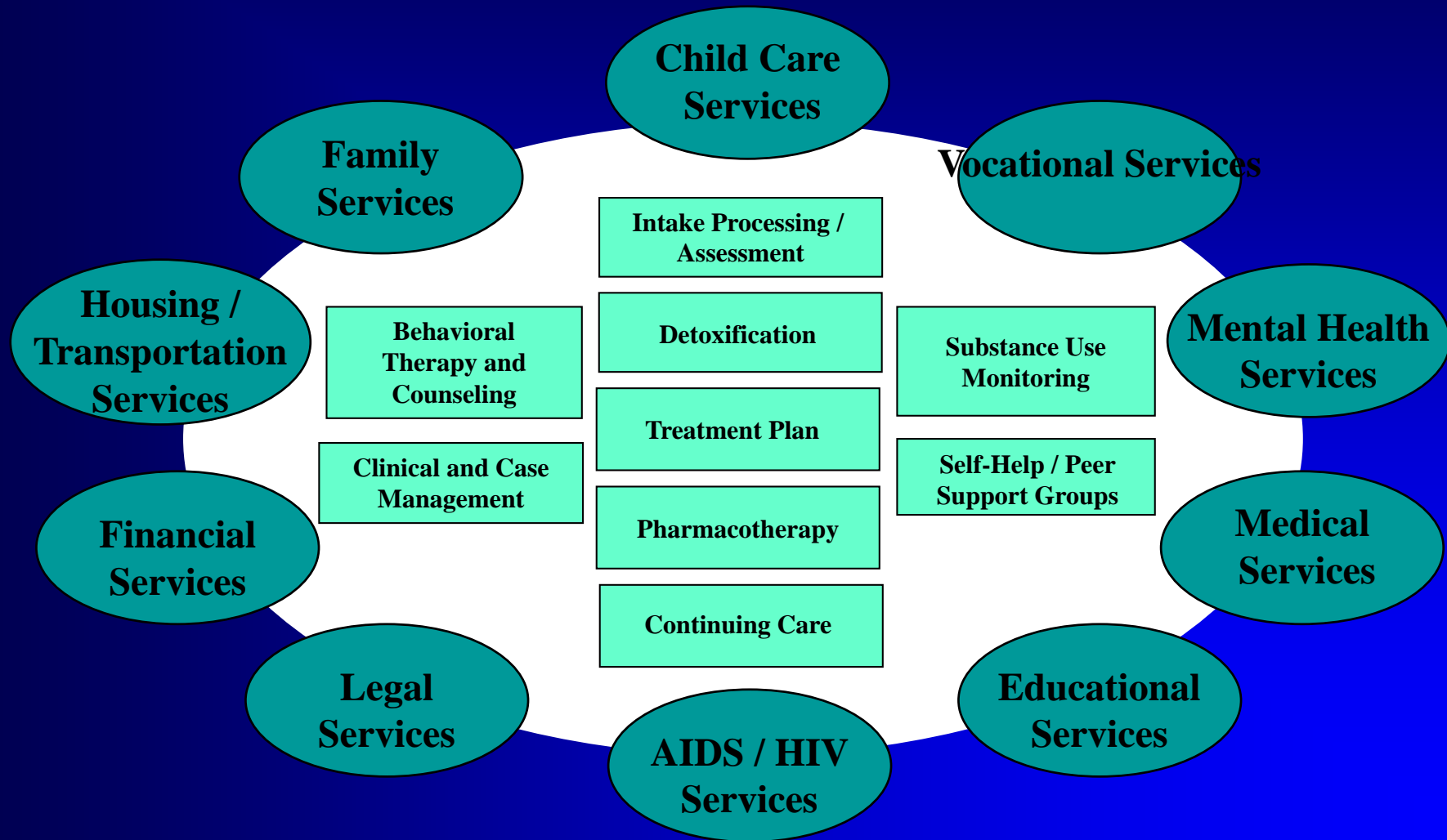


4. Assessment is the first step in treatment.



- Nature/extent of drug problem
- Strengths:
 - Family support
 - Employment history
 - Motivation
- Threats to recovery:
 - Criminal behavior
 - Mental health
 - Physical health
 - Family Influences
 - Employment
 - Homelessness
 - HIV/AIDS

5. Matching services to needs is critical for treatment to be successful.



6. Drug use during treatment should be carefully monitored.



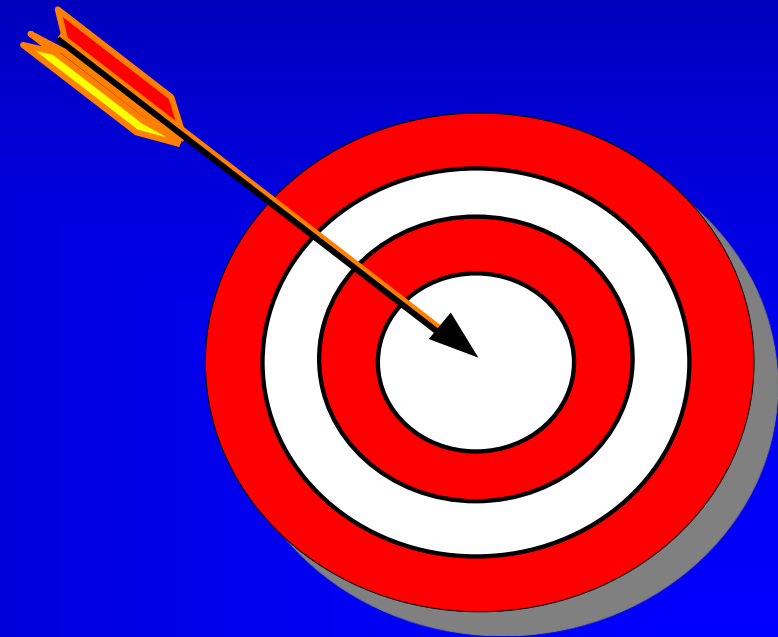
- Know that lapses can occur
- Conduct urinalysis
- Provide immediate feedback
- Intensify treatment as needed



7. Treatment should target factors associated with criminal behavior.



- Criminal thinking
- Antisocial values
- Anger/hostility
- Problem solving
- Conflict resolution skills
- Attitudes toward school/work
- Mental health problems
- Family functioning
- Barriers to care
- Alcohol/drug problems



Interventions for Drug Abusing Offenders

Not Effective

Boot Camp

Intensive
Supervision

Generic Case
Management

Effective

Residential
Substance Abuse
Treatment

Cognitive-
Behavioral
Treatment

Contingency
Management

Medications

Promising

Drug Courts

Break the Cycle

Diversion to
Treatment

Moral Reasoning

Motivational
Interviewing

Research Needed

Reentry

Serious Violent
Offender Reentry
Initiative (SVORI)

Strengths-Based
Case
Management

8. Treatment planning should involve treatment and criminal justice personnel.



Public Health Approach
-disease
-treatment

High Attrition

Public Safety Approach
-illegal behavior
-punish

High Recidivism

Integrated Public Health-Public Safety Strategy

Community-
based
treatment

Close
supervision

Blends functions of criminal
justice and treatment systems
to optimize outcomes

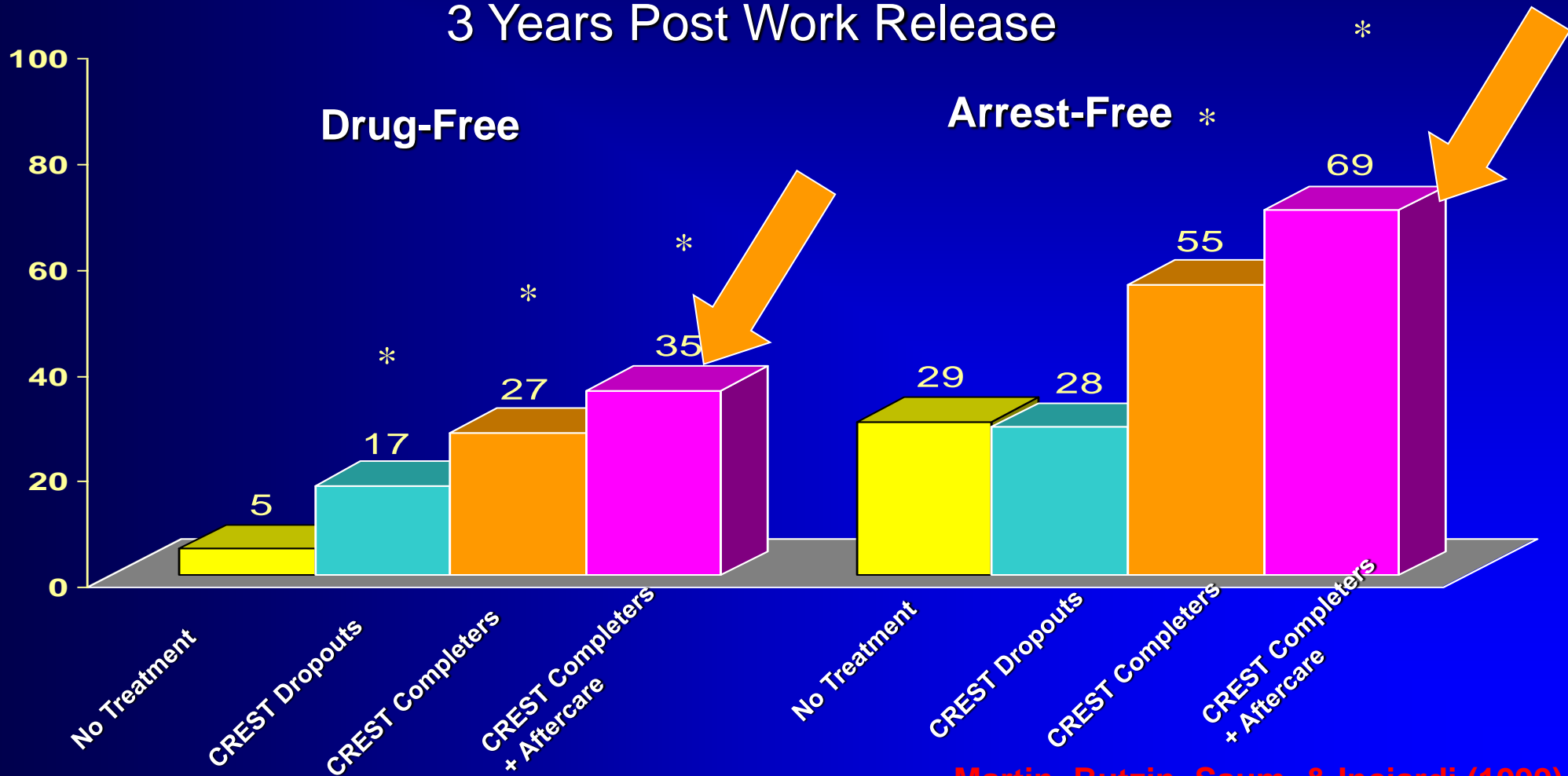
Opportunity to avoid
incarceration or
criminal record

Consequences for
noncompliance are
certain and immediate

9. Continuity of care is essential.



Delaware Correctional System 3 Years Post Work Release



Martin, Butzin, Saum, & Inciardi (1999)

10. A balance of rewards and sanctions can encourage pro-social behavior and treatment progress.



Rewards

Reinforce positive behavior

Use awards (non-monetary) to recognize progress

“Catch people doing things right”

Sanctions

Graduated

Consistent, prediction, fair

Treatment not a sanction!

Most likely to have desired effect the closer they follow the targeted behavior.

11. Treat co-existing mental disorders in an integrated way.



Attention Deficit Disorder

Bipolar Disorder

DRUG ABUSE

Conduct Disorders

Depression

Post-Traumatic Stress Disorder

12. Medications are an important element of treatment.



- Methadone



- Naltrexone



- Buprenorphine



13. Assess for risk reduction and treatment needs for HIV/AIDS and other infectious diseases.

- Prison-based AIDS cases are 5 times as high as in the general population.
- Disproportionate impact on the poor, substance abusers, and minorities.

What Can You Do?



Continue to Educate Yourself

LEARN ABOUT:

- New advances in behavioral treatments
- New advances in medications for treatment and
- How to build collaborative relationships between criminal justice and treatment systems

Learn More About Risk and Needs Assessment Used in Your Setting

ASK

- Is it being done?
- What is being used?
- Does it measure substance abuse and other criminal risks?

Learn About What's Available in Your Treatment Service System

ASK

- What's available in the system?
- Does it use research-based interventions?
- Does it target multiple problem areas?

Learn About Sanctions and Rewards

ASK

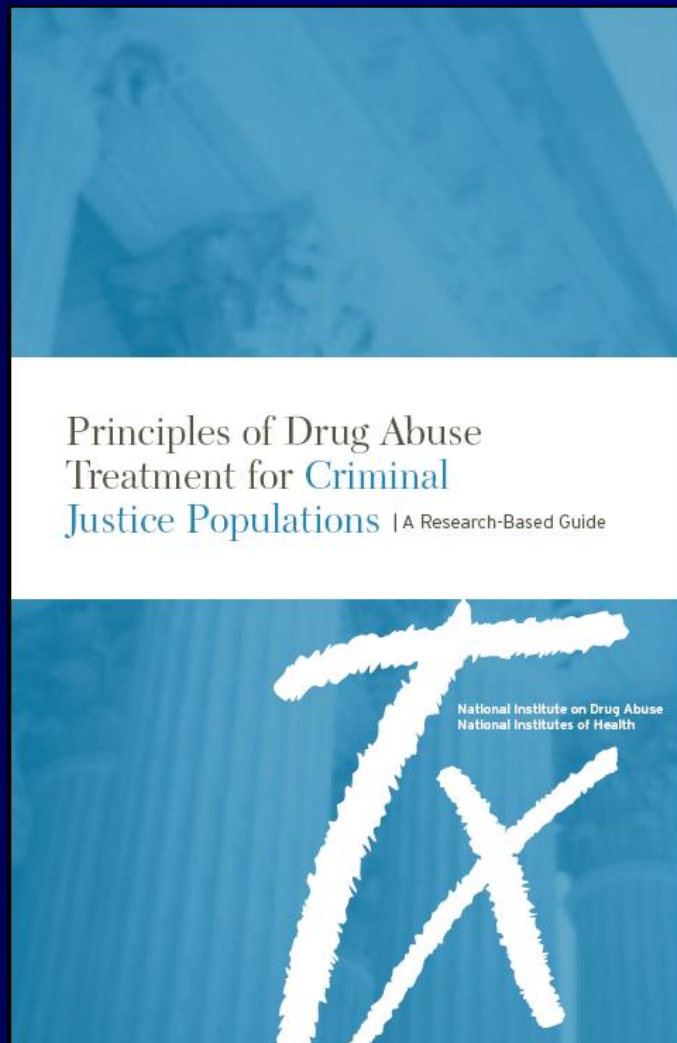
- What are the policies towards sanctions/rewards?
- How are they issued?
- How are they monitored?

Learn More About Your Role in the Process

ASK

- How do you develop rapport?
- How do you create an environment of fairness?
- In what ways do you emphasize treatment importance?

FOR ADDITIONAL INFORMATION:



Please consult the resources section of the “Principles for Drug Abuse Treatment for Criminal Justice Populations” publication.

The National Institute on Drug Abuse
wishes to thank

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Please don't hesitate to contact us

www.drugabuse.gov



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