

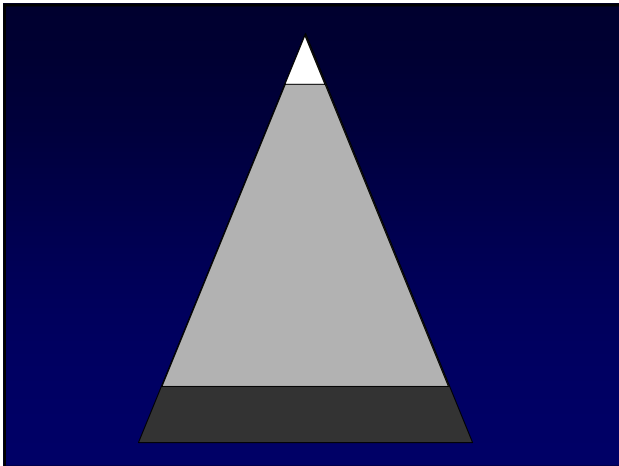
From Understanding Addiction to Clinical Practice

What do we do with a broken system?

John Fitzgerald, PhD, LPC, CAS

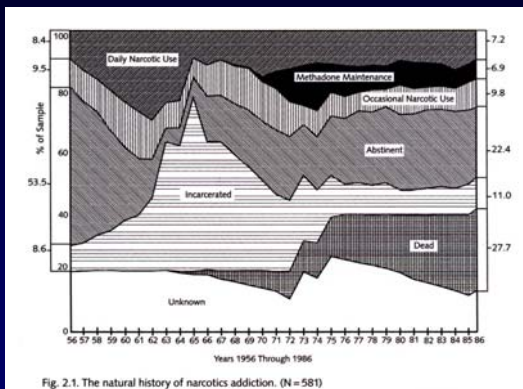
Overview of Addiction Management

- Clinical case of addiction management
- Systems change discussion
- Addiction management in practice
 - Addiction and treatment careers
 - Management, Recovery, Treatment
 - Outcomes



IOM Reports: Crossing the Quality Chasm

- Institute of Medicine (Ed.). (2000). *To err is human: Building a safer health system*. Washington, D.C.: National Academy Press.
- Institute of Medicine. (2001). *Crossing the quality chasm: A new health system for the 21st century*. Washington, D.C.: National Academy Press.
- Institute of Medicine. (2006). *Improving the quality of health care for mental and substance-use conditions: Quality of chasm series*. Washington, D.C.: National Academy Press.

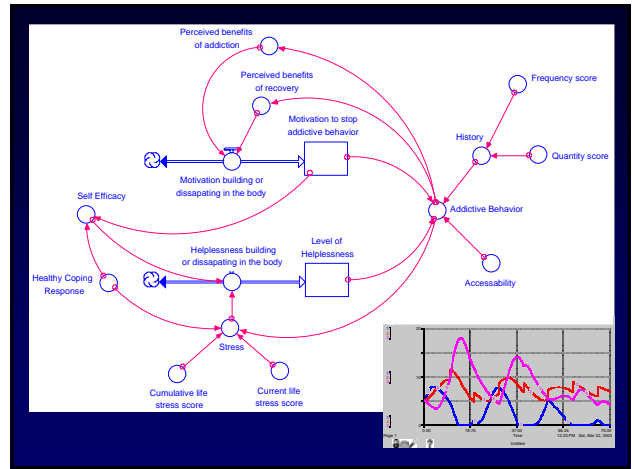
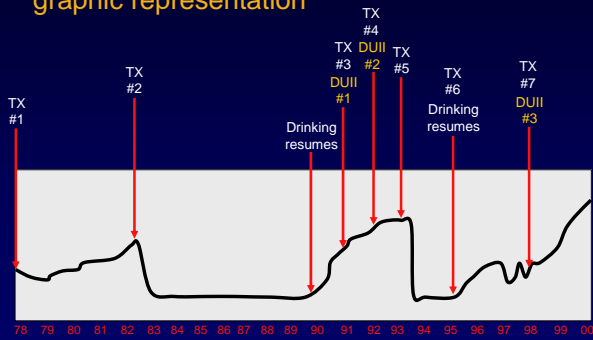


Example of an addiction treatment career

1978 First entered res. treatment for alcoholism 28 days	1982 Second res. tx after spouse threatened leaving 60 days	1990 After over 7 years of sobriety drinking resumes	1991 First DUII and outpatient tx 12 weeks
1991 Drinking during and after tx	1992 Second DUII and more outpatient tx 26 weeks	1993 Third res. tx after not being able to stop 90 days	1995 After 2.5 years of sobriety drinking resumes
1995 Fourth res. tx with aftercare at working ranch 90 days + 3 mo.	1997 Over a year of sobriety except for two slips	1998 Third DUII with 30 days jail and more outpatient tx 16 weeks	2000 Drinking again and <i>belief that tx will not help in the long-term is very strong</i>

Anglin, M.D., et al (2001). Drug treatment careers: Conceptual overview and clinical, research, and policy applications. In F.M. Tims, C.G. Leukefeld, & J.J. Platt, *Relapse & Recovery*. Yale University Press.

Example of an addiction treatment career graphic representation



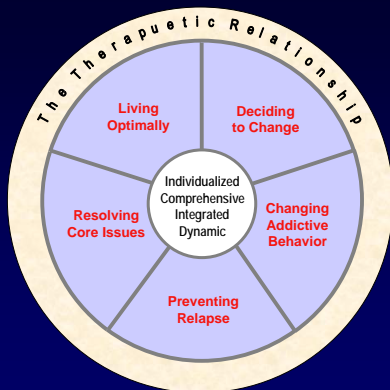
Addiction Management is defined by the various methods, tools, resources and approaches that are used throughout a lifetime to manage addictive behavior. Treatment can be an important component of addiction management.

Recovery is a commonly used term often defined as a way of life that minimizes or eliminates relapse of addictive behavior, often associated with self-help groups.

Treatment is a time-limited experience that can contain out of control behavior, increase motivation for change, provide recovery/addiction management tools, resolve or stabilize core issues, and address developmental deficits/constrictions.

What is Addiction Management?

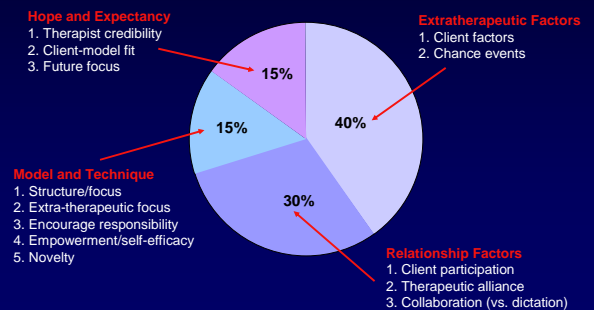
	<u>Addiction Treatment</u>	<u>Addiction Management</u>
Model:	Rehabilitation	Continuance of care
Treatment:	12-step orientation plus group therapy	Multiple pathways and modalities utilized
Change:	Treatment driven	Utilize natural change processes
Success:	Abstinence	Developmental maturity and quality of life
Medication:	Rarely used	Used appropriately
Addiction:	Progressive	Changes over the lifespan, but not necessarily progressive
Aftercare:	12-step/self-help groups	Multiple pathways and tools utilized



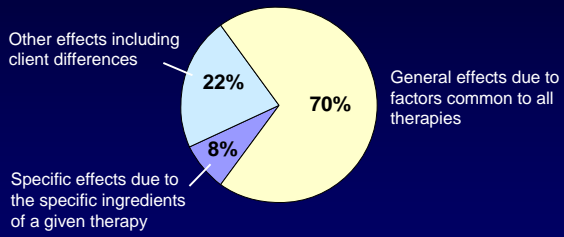
Making Sense of 40 Years of Outcome Data

Report by: Scott Miller, PhD - 1997

www.talkingcure.com



What Influences Outcome?



Wampold, BE (2001). *The Great Psychotherapy Debate: Models, Methods, and Findings*. Mahway, NJ: Lawrence Erlbaum Associates.

What really matters...

Effect	None	Small	Medium	Large
Absolute efficacy of psychotherapy				X
Specific ingredients of a given psychotherapy	X	X		
Placebo (hope and expectancy) effects		X	X	
Therapeutic alliance		X	X	
Variation in therapists			X	X
Variation in clients		X	X	
Therapist allegiance to their therapy			X	X

