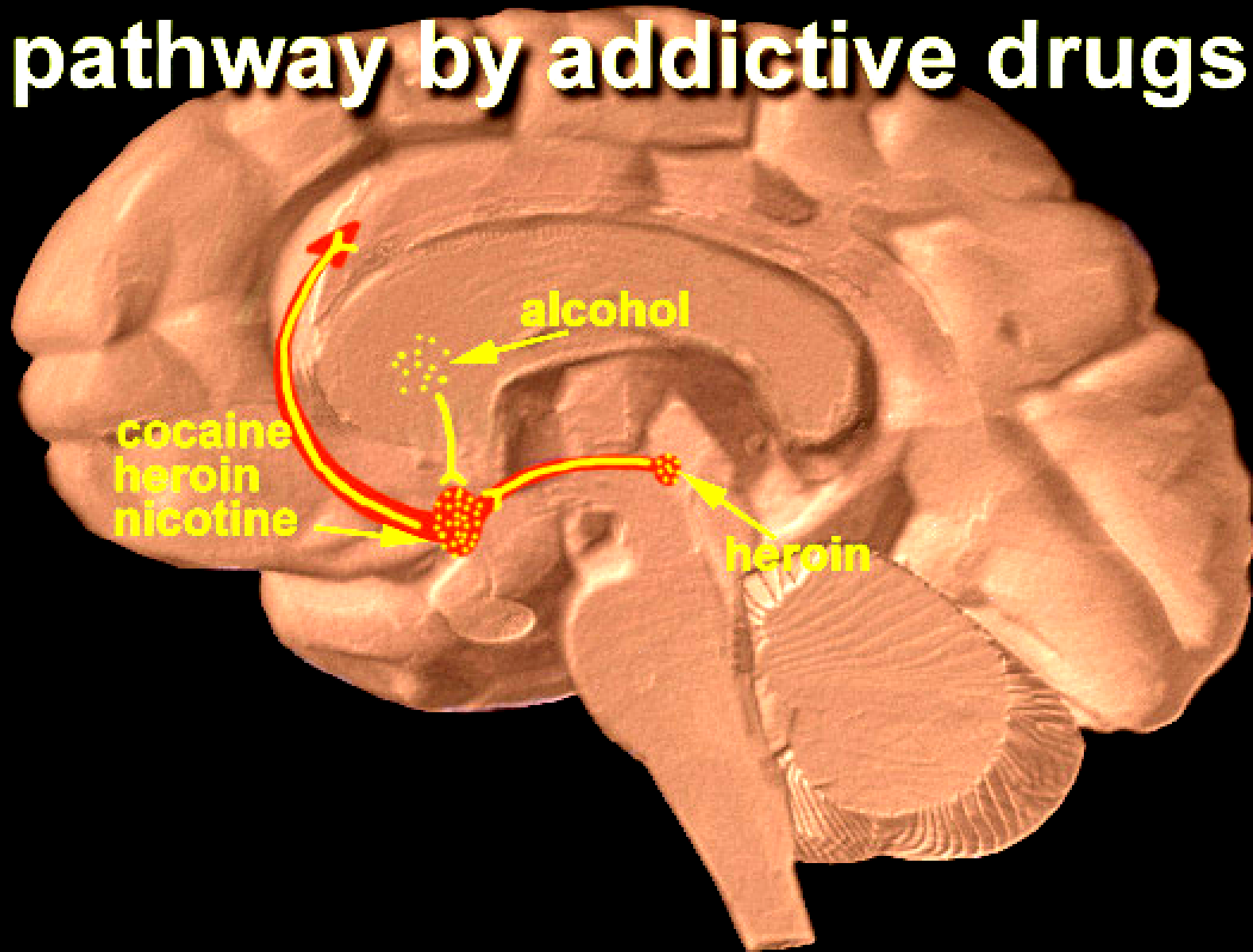


# **Alcohol intervention programs in other countries**



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# Activation of the reward pathway by addictive drugs



# A Major Task for Drug Treatment is Changing Brains Back!



# The Most Effective Treatment Strategies Will Attend to All Aspects of Addiction:

- Biology ■
- Behavior
- Social Context

# History Taking

- **Interview should be in privacy**
- **Confidentiality**
- **Interview technique: Empathy**
- **What drug is being used?**
- **Age of first use**
- **Period of maximum use**
- **What are the positive effects of drug use?**
- **Family, social and developmental history**
- **Asset: strength**

# Psychoeducation



# Alcohol

- Accounts for 40-60% of all motor vehicle accident death.
- Prolong use can damage almost every organ systems esp. nervous system and liver
- Prolong use can result severe mental problem: depression, suicidal, dementia, anxiety, insomnia, etc.
- Can cause Fetal Alcohol Syndrome

# Alcohol Withdrawal

- Tremulousness
- Anxiety
- Insomnia
- Seizures
- Delirium tremens (15% mortality)



# **NIDA's 13 Principles of Effective Treatment**

- 1. No single treatment is appropriate for all individuals.**
- 2. Treatment needs to be readily available.**
- 3. Attend to multiple needs of the individual, not just drug use.** ■
- 4. On-going assessment and modification of treatment plan.**
- 5. Adequate time period for remaining in treatment.**
- 6. Counseling and other behavioral therapies are critical.**

## 7. **Detoxification is only a first step.**

- Manages physical withdrawal
- Precursor to effective treatment

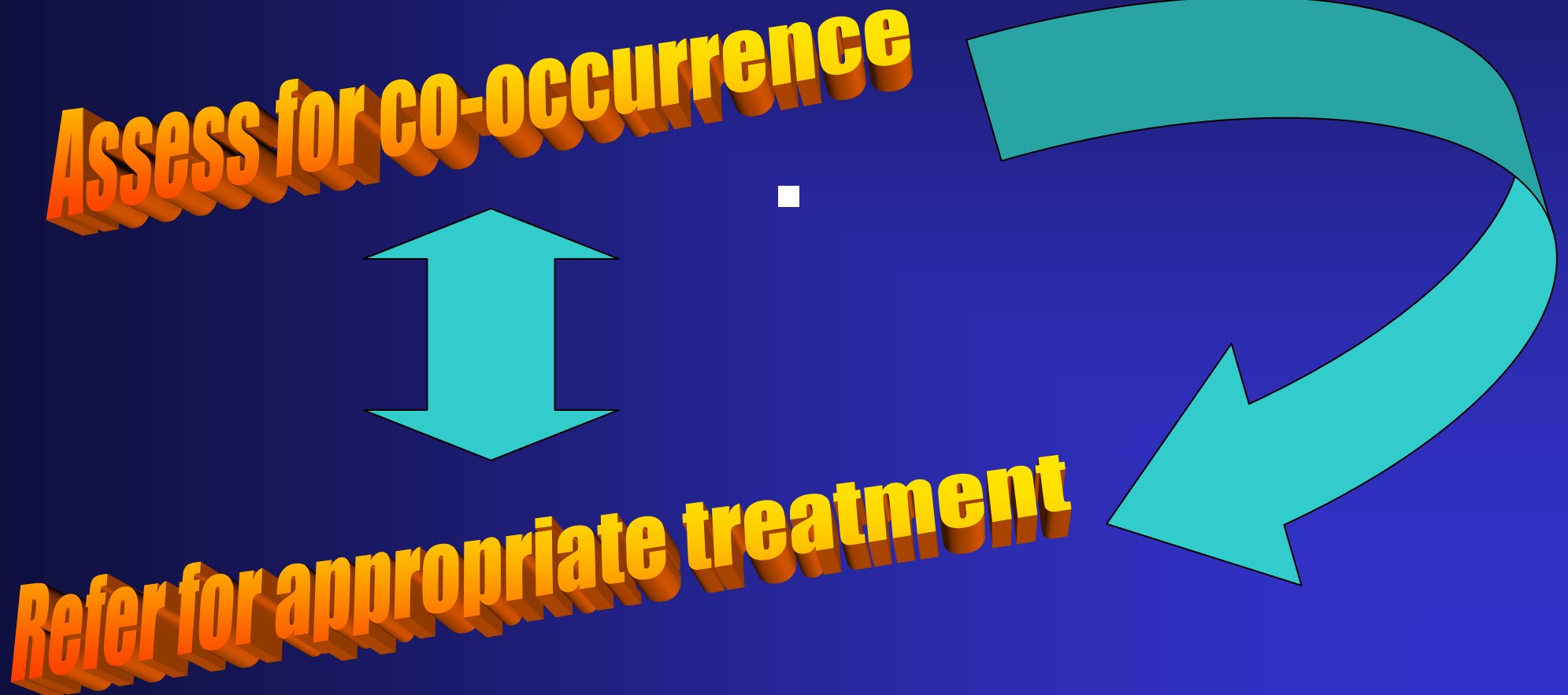


**First Step**



**Formal Treatment**

# 8. Treat co-existing mental disorders in an integrated way.



# NIDA's 13 Principles of Effective Treatment

9. Medications are an important element of treatment.
10. Treatment does not need to be voluntary to be effective.
- 
11. Monitor possible drug use during course of treatment.
12. Assessment and risk reduction counseling for HIV/AIDS and other infectious diseases.
13. Recovery is a long-term process and frequently requires multiple treatment episodes

# Detoxification

- **Alcohol:**
  - Substitute long-acting agent such as chlordiazepoxide (Librium)
  - Consider treatment with oxazepam (Serax) or lorazepam (Ativan) in patients with severe liver dysfunction
  - Taper dose over a few days
  - Use the detox period to introduce treatment regimen

# Medications for Alcohol Addiction

- **Disulfiram (Antabuse)**
  - May require monitoring to be effective
  - Most effective when combined with behavioral regimens
- **Naltrexone (Opiate antagonist )**
- **Anticonvulsants**
- **Antidepressants**





# **Protective factors in adolescent addiction**

- **strong bonds with the family**
- **experience of parental monitoring, with clear rules of conduct and parents involvement**
- **success in school performance**
- **strong bonds with pro-social institution eg. family, school, religious organization**
- **adoption of conventional norms about drug use**



# Risk factors in adolescent addiction

- ineffective parenting
- a caregiver who abuses drugs
- poor classroom behavior or <sup>■</sup> social skills
- academic failure
- association with drug-abusing peers

# Preventing Drug Abuse among Children and Adolescents

- **PRINCIPLE 1** Enhance protective factors and reverse or reduce risk factors
- **PRINCIPLE 2** Address all forms of drug abuse
- **PRINCIPLE 3** Address the type of drug abuse problem in the local community

# Preventing Drug Abuse among Children and Adolescents

- **PRINCIPLE 4** Tailored to address risks specific to population characteristics eg. age, gender, and ethnicity
- **PRINCIPLE 5** Enhance family bonding and relationships and include parenting skills;■

# Preventing Drug Abuse among Children and Adolescents

- **PRINCIPLE 6** Intervention starts as early as preschool to address risk factors for drug abuse, such as aggressive behavior, poor social skills, and academic difficulties
- **PRINCIPLE 7** For elementary school children should target improving academic and social-emotional learning to address risk factors for drug abuse, such as early aggression, academic failure, and school dropout

# Preventing Drug Abuse among Children and Adolescents

• **PRINCIPLE 8** For middle or junior high and high school students should increase academic and social competence with the following skills:

- study habits and academic support
  -
- communication
- peer relationships
- self-efficacy and assertiveness
- drug resistance skills
- strengthening of personal commitments against drug abuse

# Preventing Drug Abuse among Children and Adolescents

- **PRINCIPLE 9** Aimed at key transition points, such as the transition to middle school
- **PRINCIPLE 10** Combination of two or more effective programs, such as family-based and school-based programs, can be more effective than a single program alone

# Preventing Drug Abuse among Children and Adolescents

- **PRINCIPLE 11** Should be long-term with repeated interventions (i.e., booster programs) to reinforce the original prevention goals
  -
- **PRINCIPLE 12** Include teacher training on good classroom management practices, such as rewarding appropriate student behavior

# Preventing Drug Abuse among Children and Adolescents

- **PRINCIPLE 15** - Prevention programs are most effective when they employ interactive techniques, such as peer discussion groups and parent role-playing, that allow for active involvement



# Psychotherapy Treatment of Addictions

- Counseling
- Motivation enhancement therapy
  -
- Coping skills/relapse prevention training
- Twelve step facilitation (AA and/or NA)
- Family interventions
- Community reinforcement approach

# Twelve step facilitation

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.

# Twelve step facilitation

5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character. ■
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.

# Twelve step facilitation

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics and to practice these principles in all our affairs.

# Enhancing Motivation

- Expression of empathy
- Noting of discrepancies between current and desired behaviors ■
- Avoid argumentation
- Support the patient's perception that she or he always has the ability to change

# Coping skills/relapse prevention training

- Problem analysis
  - Triggers (events)
  - Thoughts (I thought...)
  - Feeling (I felt...)
  - Behaviors (so I...)
  - Consequences (both + and -)
  - Alternatives (what else we can do)

# Self-Help and Addiction Treatment

- Complements and extends treatment efforts
- Most commonly used models include 12-Step fellowships (e.g. AA and NA)
- Most treatment programs encourage self-help participation during/after treatment

# Course and Prognosis

- Outcomes vary but a chronic, relapsing illness model is most appropriate
- Environmentally limited addiction is well-documented (e.g. college experiences)
- Prognosis worse in the presence of:
  - Comorbid psychiatric illnesses
  - Early onset of dependence
  - Long duration of dependence



# Effectiveness of Treatment

- Treatment reduces drug use.
- Treatment reduces crime.
- Treatment is less expensive than not treating or incarceration
- Drug treatment is as successful as treatment of diabetes, asthma, and hypertension

# Summary

- Addictions are common.
- The natural history of these chronic, relapsing illnesses is well described. ■
- Certain aspects of etiology have been established, and many promising avenues are being researched.
- Treatment works! Both pharmacological and non-pharmacological treatments are helpful.

*thanks*

