

Family Approaches to the Treatment of Substance Use Disorders

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Overview

- Approach to facilitate treatment engagement
 - Community Reinforcement and Family Training (CRAFT)
- Couples Approaches
 - Behavioral Couples Therapy for Alcohol and Substance Use
 - Alcohol Behavioral Couples Therapy
- Approaches with Children / Adolescents
 - Brief Strategic Family Therapy

Commonalities - Family Treatment Approaches

- Behavioral
 - Based on the Operant Conditioning Principles of Reinforcement
 - Defined by the effect on behavior – Increase a desired behavior or decrease an undesired behavior
 - Positive Reinforcement – the addition of something pleasant in response to a behavior
 - Negative Reinforcement – the withdrawal of something aversive

Commonalities - Family Treatment Approaches

- Operant Conditioning Principles of Reinforcement
 - Reinforcement - Increase a desired behavior
 - Positive Reinforcement – the addition of something pleasant in response to a behavior
 - E.g., Getting to play video games for one hour for picking up room when requested
 - Negative Reinforcement – the withdrawal of something aversive
 - E.g., Car buzzer that stops when you buckle your seat belt
 - Punishment (NOT retribution) – Decrease an undesired behavior
 - Positive Punishment – the addition of something aversive in response to a behavior
 - E.g., having to do an extra chore for talking back to parent
 - Negative Punishment – the withdrawal of something positive
 - E.g., Losing video game privileges for NOT picking up room when requested
 - Extinction – Behavior will decrease and eventually cease if not reinforced

Treatment Engagement

Community Reinforcement and Family Training – CRAFT (Meyers & Wolfe, 2003; Smith & Meyers, 2004)

- Behavioral approach to help Concerned Significant Others (CSOs) engage a treatment-refusing substance abuser into treatment.
- CSOs have the most substantive information about family member's substance use patterns.
- CSOs can play a significant role in helping family member into treatment
 - Most substance abusers report that family pressure or influence is the reason they sought treatment.

CRAFT

- Delivered individually or in groups of CSOs
- 12 to 14 1-hour sessions delivered 2X weekly for 4 weeks, 1X week for remaining 6 weeks.
 - Will move as fast or slow as CSO requires
- Clinical style of Motivational Interviewing – NO confrontation
 - Negative approaches are ineffective at decreasing alcohol/drug use (Miller et al, 1998)
- Help the CSO become more independent and feel more empowered in relationship with substance-abusing family member.



CRAFT

Overall approach:

- Emphasizes learning new skills to interact with substance-abusing family member
 - Using positive reinforcement
 - Allowing loved one face natural consequences of his/her behavior

CRAFT

Session Topics:

- Handling dangerous situations with substance-abusing family member
- Remembering family member's positive attributes
 - Things evident before substance use started
- Communication
 - Nonjudgmental feedback and reflective listening
 - Discontinuing communication that is not effective at positively influencing substance abuse (e.g., nagging)
- Positive Reinforcement
 - Support abstinence
 - Increase positive interactions
 - Scheduling activities family member enjoys that do not involve substances
 - Participating only when no substances used that day

CRAFT

Session Topics (cont.):

- Practicing nonreinforcement of substance abuse
 - Ignoring or avoiding the family member when abusing substances (extinction)
- Suggesting and initiating treatment during opportune times
- CSOs developing interests and social support independent of the family member

CRAFT

Indications:

- Efficacious for alcohol and drug treatment engagement entry
 - 7 of 10 of individuals enter treatment – 70% efficacy
- Appropriate for adolescents (13-17), young adults (18-25), adults (26-55), older adults (55+)
- Males and females
- Effective with Hispanic, Anglo, African American/Black, urban, suburban, rural and tribal families
- Widely adapted – Veterans, Aboriginal Australians, Dutch, Finnish, German, Japanese, Korean & Spanish
- No adverse effects or unintended consequences

Couples Approaches

- Alcohol Behavioral Couples Therapy - ABCT (McCrary & Epstein, 2009)
- Behavioral Couples Therapy for Alcoholism & Drug Abuse (O'Farrell & Fals-Stewart, 2006)
 - Excessive drinking / drug use is considered a habit that can be unlearned.
 - Grounded in the assumption that excessive drinking / drug use is maintained, in part, by interactions between the user and partner.
 - Changed most effectively by changing interactions between partners.
 - Repairs relationship between partners that has been damaged by substance use.
 - Present and future focused.

ABCT - BCT

- Treatment program consists of 2-3 hour initial assessment for treatment planning.
- Delivered in 12 – 20 weekly sessions
- Optimal implementation occurs in outpatient clinic setting by individuals with experience treating alcohol / drug use disorders
- Intimate Partner Violence (IPV) is frequent in substance using couples
 - Intervention specifically addresses IPV



ABCT - BCT

Major elements to decrease substance use:

1. Motivational Enhancement

- General therapeutic stance – NO confrontation, treat client with respect and as a person of value.
- Goal is to increase motivation for treatment.

2. Functional Analysis

- Identifies high risk situations / triggers
- Identifies consequences of substance use
- Allows for alteration of the antecedents to substance to change it and consequences.

3. Relapse Prevention

- Developing strategies to both avoid relapses and cope with those that may occur.

ABCT - BCT

Elements to improve relationship functioning:

1. Improving communication

- Intervention if present and future focused
- Skills are taught through structured interventions
 - Designed to teach couples to identify positive and negative aspects of communication and then practice positive communication.
- Discussions of disagreement are to only take place in session for the first several weeks.

2. Development of positive interactions and activities

- Teach couples to notice positive behaviors from their partner.
- Increased shared positive activities

ABCT - BCT

Indications:

- Substance abuse treatment, including co-occurring disorders
- Empirical evidence supports improvement in substance use, relationship satisfaction and relapse
- Adults (26-55) and older adults (55+)
- Male, female or both partners using substances
- American Indian, Native Alaskan, Black, African American, Hispanic or Latino, White
- Urban, suburban settings
- No adverse effects, concerns or unintended consequences

Child / Adolescent Approaches

Brief Strategic Family Therapy – BSFT (Szapocznik, Hervis & Schwartz, 2003)

- Short-term, family-based intervention that targets children and adolescents.
- Considers symptomatology to be rooted in maladaptive family interactions
- 12-16 family sessions
 - As few as 8 and as many as 24.
 - Significant focus on treatment engagement (similar to CRAFT).



Brief Strategic Family Therapy

Based on three principles:

1. A Family Systems Approach.
 - Family members are interdependent – what affects one family affects other family members.
 - Families are strongest & most enduring enduring force in development of children & adolescents.
2. Patterns of interaction in the family influence behavior of each family member.
 - Sequential behaviors among family members that become habitual and repeat over time.
3. Target & provide practical ways to change patterns of interaction.

Brief Strategic Family Therapy

- Families play a large role in adolescent behavior problems.
 - Parental substance use or antisocial behavior.
 - Parental under- or over-involvement with the adolescent.
 - Poor quality parent-adolescent communication.
 - Lack of clear rule and consequences for adolescent behavior.
 - Inadequate monitoring of adolescent activities with peers.
 - Poor adolescent bonding to family.
 - Poor family cohesiveness.

Brief Strategic Family Therapy

- Treatment Strategies

1. Practical

- Use of behavioral strategies that work quickly and effectively
 - E.g., Behavioral Contracting – addresses poor communication, lack of limits and consequences, etc.

2. Problem-focused

- Limiting scope of treatment to those that directly affect adolescent's substance use.
 - E.g., absence of clear family rules for appropriate and inappropriate adolescent behavior vs. marital or financial problems.

3. Planned

- Clinician determines what problematic interactions in the family are contributing to the problem.
 - Makes a clear and well-organized plan to correct them.

Brief Strategic Family Therapy

Strengths:

- Targets self-sustaining changes in family environment (context for the child)
- Number of sessions needed depends on severity of problems.
- Extensively evaluated (25 years of scientific support).
- Manualized with training programs for clinicians.
- Flexible approach adaptable to a broad range of family situations & service settings & in a variety of treatment modalities
 - Clinics, substance abuse treatment centers, outpatient settings, day treatment, etc.

CRAFT Resources

- Books (available on Amazon.com):

Getting Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening by Robert J. Meyers & Brenda Wolfe

Motivating Substance Abusers to Enter Treatment: Working with Family Members by Jane Ellen Smith and Robert J. Meyers

- Websites:

<https://www.robertjmeyersphd.com/index.html>

<http://thelifelink.org/behavioral-health-services/the-community-reinforcement-and-family-training-craft-model/>

<http://www.smartrecovery.org/resources/family.htm>

ABCT Resources

- Treatment Providers

UNM Sandoval Regional Medical Center – 505-994-7000

UNM Department of Psychology Alcohol Clinic – 505-277-5164

- Website

<http://casaa.unm.edu/bmccrady.html>

BSFT Resources

- Treatment Providers
YDI – 505-212-7405
- Website
<http://www.bsft.org/>

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