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

- Abstinence
- Functionality in Family, Work, and Community
- Reduced Criminal Behavior
Effectiveness of Treatment

- Drug Use: 40-60%
- Crime: 40-60%
- Employment: 40%
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

- **Drug Dependence**: 40 to 60%
- **Type I Diabetes**: 30 to 50%
- **Hypertension**: 50 to 70%
- **Asthma**: 50 to 70%

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

A Chronic Care Approach to Drug Treatment

- Screening and Brief Intervention
- Initial Services
- Sustain & Manage
- Assessment
- Therapeutic Interventions
- “Prescription” for Services
- Behavioral Counseling and Medications
- Recovery/Chronic Care Management

Clinical Practices
Drugs 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.
Conclusion: Treatment Successful!

Treatment Research Institute
(Incorrect) conclusion: Treatment NOT successful!

Outcome In Addiction

Pre During Post

Pre: 10
During: 8
Post: 6
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

<table>
<thead>
<tr>
<th>Not Effective</th>
<th>Effective</th>
<th>Promising</th>
<th>Research Needed</th>
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<tbody>
<tr>
<td>Boot Camp</td>
<td>Residential Substance Abuse Treatment</td>
<td>Drug Courts</td>
<td>Serious Violent Offender Reentry Initiative (SVORI)</td>
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<td>Intensive Supervision</td>
<td>Cognitive-Behavioral Treatment</td>
<td>Break the Cycle</td>
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<tr>
<td>Generic Case Management</td>
<td>Contingency Management</td>
<td>Diversion to Treatment</td>
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<td>Medications</td>
<td>Moral Reasoning</td>
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<td>Motivational Interviewing</td>
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*Research Needed* refers to the need for further research in the area.
8. Treatment planning should involve treatment and criminal justice personnel.

- Public Health Approach
  - disease
  - treatment

- Public Safety Approach
  - illegal behavior
  - punish

High Attrition

High Recidivism
Integrated Public Health-Public Safety Strategy

Blends functions of criminal justice and treatment systems to optimize outcomes

Community-based treatment

Opportunity to avoid incarceration or criminal record

Close supervision

Consequences for noncompliance are certain and immediate
9. Continuity of care is essential.
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
- Conduct Disorders
- Depression
- Post-Traumatic Stress Disorder
12. Medications are an important element of treatment.

- Methadone
- Naltrexone
- Buprenorphine

- 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 Treatment Alternatives for Safe Communities (T.A.S.C.) of Illinois for their contribution to this presentation.
Please don’t hesitate to contact us

www.drugabuse.gov

You may order publications through the National Clearinghouse for Alcohol and Drug Information at:
1-800-729-6686