



Treatment **Options** for Substance Misuse

Dr Terry Hudson



Treatment – Who and Why?

- Alcohol, Smoking Cessation and Drug Treatment fields are very different
 - Influenced by sociological factors
 - Moral beliefs
 - Social norms
- Most people use alcohol and many smoke but do not use illicit substances
 - Drug use is deemed unacceptable by society and requires punishment or treatment
 - Alcohol excess is deemed acceptable
 - Part of having a good time
 - Part of growing up
 - Alcohol is more widely available



Who **needs** treatment?

- Around 80% of substance misuse ends spontaneously with no intervention
- Those who continue to misuse substances *may* require treatment
- Treatment is influenced by
 - Wanting to stop
 - Knowing how to stop helps short term
 - Knowing that it is possible to stop helps
 - Support for changed behaviour



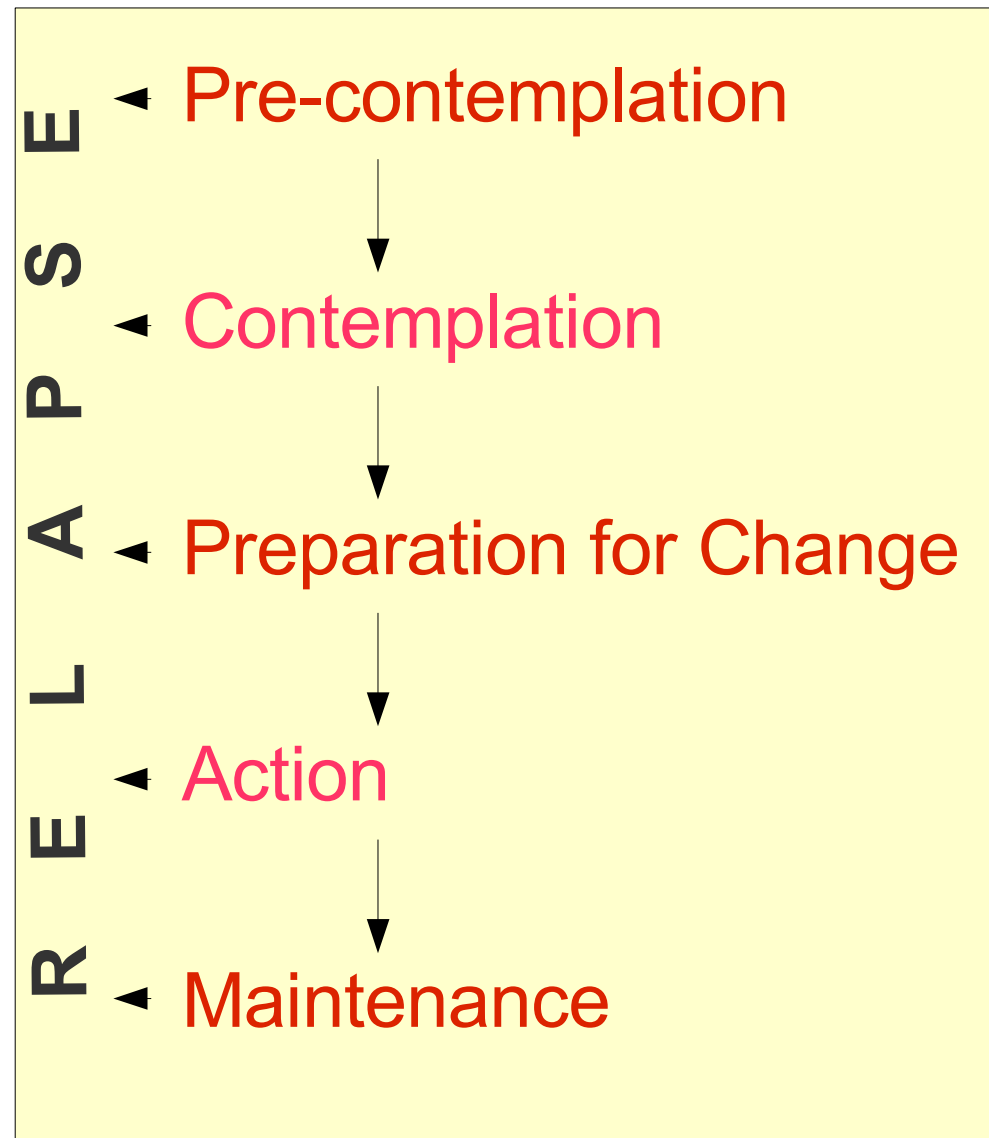
When **to** Treat

- When a decision to stop substance misuse has been made by the individual
 - Denial is met by reality or an intervention
- When the individual has a motivation to stop
 - Significant life event
 - ie death, family breakdown, ill-health, imprisonment
 - Positive gains from abstinence
 - ie health, family, financial, criminal benefits



Cognitive **Stages** in Addiction Treatment

Prochaska, DiClemente & Norcross, 1992



I don't have a drink problem

Drinking is becoming a problem

I'm reducing my drinking

I'm attending AA

I have stopped drinking



Treatment Goals

- Best decided with the patient
 - Reduced consumption?
 - Total abstinence?
- Harm Reduction is advised in all therapies
 - Eg: needle exchanges, substitute prescribing, vaccinations against blood borne viruses, vitamin prescribing



Alcohol Treatment

- Drug Treatments
 - Do not work alone
- AA/Self Help/Spontaneous Recovery
- CBT
- Relapse Prevention



Drug **Treatment** Options for Alcohol Dependence

- Drug Treatments are best used as an adjunct to another therapy, not as an alternative
- Detoxification
 - Tranquillisers to reduce withdrawal symptoms
- Antabuse
 - Gives unpleasant side effects when alcohol is used
- Acamprosate
 - An opioid antagonist which reduces cravings for alcohol



Drug Abuse Treatments

- **Substitute opiate prescribing (maintenance)**

AND

- **Help with practical life problems**

AND

- **Behavioural relapse prevention**

AND

- **Treatment for co-morbid physical and psychological health problems**

AND

- **Support from the social network**

THEN

- **Detoxification**

THEN

- **Relapse Prevention**





Further Information

- Further information on the treatment of substance misuse is available on the website
– drugdependence.co.uk