

WELCOME to the
Substance Use ECHO

Session will start in less than 15 minutes



For educational and quality improvement purposes, we will be recording this video-session

By participating in this clinic you are consenting to be recorded – we appreciate and value your participation

If you have questions or concerns, please email

ECHO@hitchcock.org




Attendance

- Spoke participants
- Hub participants

Please type your name, organization into chat

Please turn video on



Don't forget to submit your cases/questions for upcoming ECHO sessions!

Respect Private Health Information

To protect patient privacy, please only display or say information that doesn't identify a patient or that cannot be linked to a patient.

- **Names:** Please do not refer to a patient's first/middle/last name or use any initials, etc.
- **Locations:** Please do not identify a patient's county, city or town. Instead please use only the patient's state if you must.
- **Dates:** Please do not use any dates (like birthdates, etc) that are linked to a patient. Instead please use only the patient's age(unless > 89)
- **Employment:** Please do not identify a patient's employer, work location or occupation.
- **Other Common Identifiers:** Patient's family members, friends, co-workers, phone numbers, e-mails, etc.



Topic

Psychosocial Interventions for Substance Use Disorders

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Conflict of Interest Disclosure Statement

No Conflicts of Interest



My Mission Today

- Define psychosocial needs and interventions
- How substance use “meets” needs then turns
- Outline 5 psychosocial interventions integral to recovery
 1. Mindfulness
 2. MET
 3. CBT
 4. Replacement Activities
 5. Supportive Relationships
- Takeaway: an integrated approach to is necessary address a complex disease



Psychosocial Needs and Interventions

- **Psycho** pertains to the mind, emotions, and spirit.
 - Cognitive clarity
 - Understanding and regulating emotions
 - Self-awareness and self-efficacy
- **Social** pertains to relationships.
 - Fostering positive and supportive relationships
- **Interventions** pertains to movement from self-defeating behaviors toward positive change.
 - Activities
 - Techniques
 - Strategies



Substance Use: A Psychosocial Trickster

- **Psychological Promises**

- Relief, peace, escape, clarity
- joy, reward, energy, excitement

- **The Eventual Delivery**

- Obsession, chaos
- Shame, depression, anxiety, hopelessness
- Tunnel-vision-thinking despite pain and consequences

- **Social Promises**

- Confidence, popularity, fun, hot-wired connection

- **The Eventual Delivery**

- Isolation, burned bridges, loss, divorce
- Hiding, dishonesty
- Loneliness



Recovery: Collaboratively Putting the Pieces Together

- Patient's vision and goals are essential
- Various stages in the recovery process
- Unique needs and priorities at each stage
- Strong recovery addresses the whole person
 - Biological
 - **Psychological**
 - **Social**
 - Spiritual



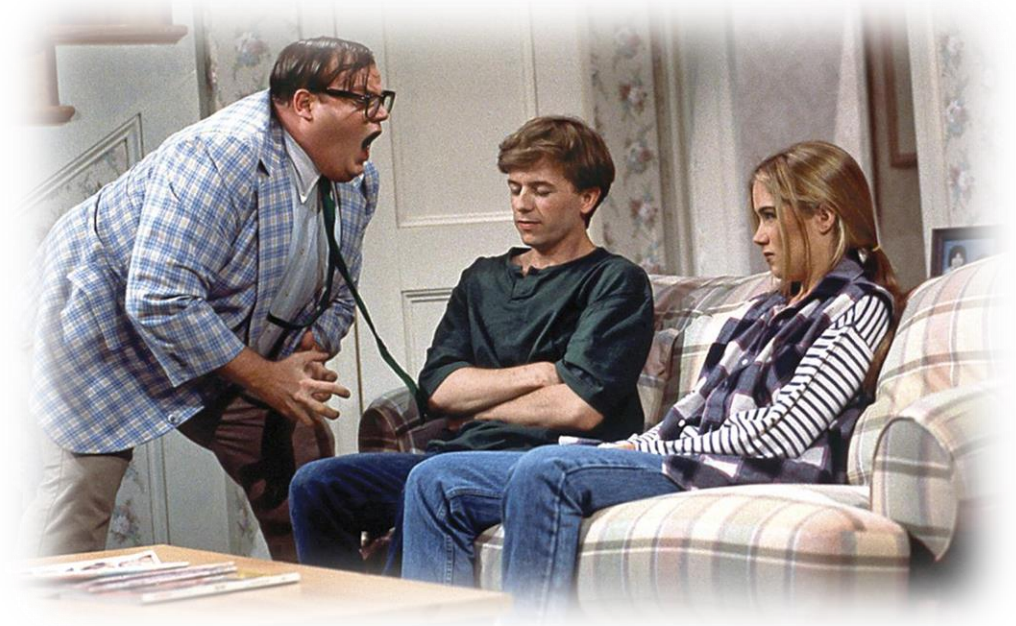
Mindfulness

- Kind awareness (Self-Compassion)
- Observing thoughts, feelings, and situation nonjudgmentally
- Space to think and discern
- Curiosity
- Meeting tender needs wisely
- Am I Hungry, Angry, Lonely, Tired? (“HALT”)
- Common Humanity
- “And”



Motivational Enhancement (MET)

- Non confrontational and nonjudgmental in spirit
- Empathy
- Develop Discrepancy
- Avoid Argumentation
- Roll with Resistance
- Support self-efficacy



Cognitive Behavioral Therapy (CBT)

- Examine Automatic Negative Thoughts (ANTs)
- Fact check
- Thoughts impact feelings which impact behaviors.
- Move a muscle, change a thought (exercise and body movement change how we think and feel).
- Change a thought, change a feeling.



Replacement Activities

- Address boredom and restlessness
 - Engagement for a hungry brain
 - Soothing
 - Distracting
 - Invigorating
 - Enjoyment – rewires pleasure pathways
 - Structure
 - Creative outlets



Supportive Relationships

Wide net of varied relationships who:

- Role model
- Reward
- Renew
- Encourage
- Distract
- Lift up
- Guide
- Teach
- Set expectations



Supervision

- Signing up and showing up
- Enlisting systems of accountability
- Commitments
- Appointments
- Probation, parole, child Protection
- Sponsor
- Monitor UA and breathalyzer tests



We are all important pieces of the puzzle

- A multi-faceted and Interdisciplinary approach to treating substance use disorders is a MUST.
- Many of these important pieces are represented by people participating today.
- The better we are able to collaborate and effectively work together, the better we able to ultimately serve our patients and clients in their recovery.



Sign up for Case Presentations

3/10/2020	Pharmacotherapy for AUD	Case 1: Case 2:
3/24/2020	Pharmacotherapy of OUD	Case 1: Elizabeth Maislen, APRN Case 2:
4/7/2020	Use & misuse of cannabis	Case 1: Case 2:



Reminders:

- Next session March 10th – Pharmacotherapy for AUD (Mary Brunette)
- Please type your name, organization, and email into chat
- Slides will be posted to the D-H ECHO Connect site

