Exploring Barriers & Solutions in Facilitating Detox

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Background

- Everyone is an expert
- Abstinence Based Programmes
- Harm Reduction Approaches
- Remissions, Relapses and Interventions
Traditional Approaches

- 12-Step Programmes
- Insight Based Programmes
- Therapeutic Communities
- Village Communities - Patriarch/Naples
Evidence Based Approaches

- Brief Interventions
- Motivational Interviewing (MI)
- Cognitive Behavioural Therapy (CBT/CBCS)
- 12-Step Facilitation (TSF)
- Social Behavioural Networking Therapy (SBNT)
- Community Reinforcement Approach (CRA)
Medical Detoxification

- Outpatient
- Inpatient
- Ultra-Rapid Detox
- Rapid Detoxification in the Community
## Residential Outcomes

<table>
<thead>
<tr>
<th>Name</th>
<th>ROSIE</th>
<th>DORIS</th>
<th>NTORS</th>
<th>DATOS</th>
<th>ATOS</th>
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ROSIE Key Results

Key Results: Abstinence Modality 1-Year

- 82 participants in abstinence modality
- 68% (n=56) completed 1-year interview
- 64% in some form of treatment at 1-year
- 11% female : 89% male
- 41% abstinent from all drugs at 1-year
- 20% injecting a drug at 1-year (10% reduction)
NTORS Key Results

4-5 Year Outcomes

- 38% of residential clients abstinent from illicit drugs at 4-5 years.
- Daily Opiate use fell from 51% at intake to 18% at 4-5 years.
- Regular use of cocaine powder and amphetamines was significantly reduced over course of study.
- Regular use of crack cocaine reduced from 20% at intake to 6% at 1-year but increased to 13% at 4-5 years.

Key Results: Long Term Residential (<3 months) 1-year

- Reduction in use of most drugs from 17.2% baseline to 7.1% at 1-year
- Predatory illegal activity reduced by 20% approx
- Sexual behaviour risk reduced by 15% approx
- Increases in full-time employment observed

http://www.datos.org/Abstracts/Hubbard-97-PAB-Abstract.html
ATOS

Key Results: All Modalities 1-Year

- 49% of residential rehab cohort in some form of treatment at 1-year
- 63% of participants had not used heroin within 30-days pre-interview
- Substantial declines in heroin and other drug use were observed
- There were reductions in non-fatal heroin overdose and in needle risk taking
- Physical and mental health improved subsequent to risk taking
- Criminal activity decreased.
Keltoi Key Results

1-3 Year Outcomes

- 51% of clients were fully abstinent at time of interview.
- 60% of clients were abstinent from all substances excluding alcohol in same timeframe.
- Considerable reduction in risk and social harm behaviour for those who were abstinent.
- Only 6% of non-abstinent group reported injecting behaviour.
- Abstinent clients reported higher levels of physical and psychological well-being.
- 77% of the clients completed the programme in its entirety.
- The follow-up rate was 85%
Residential Rehab Services

- Northern Area Addiction Services

- “Fail to prepare, prepare to fail.”
  Roy Keane.
Detoxification

- Pre-Care Planning
- Detoxification
- Residential Rehabilitation
- Aftercare
Pre-Care

- Stable Social Background
- Counselling Relationship
- Stabilisation of Drug Misuse
- Detailed Pathway Plan
- Poly-Substance Misuse & Alcohol
Christo Inventory

- Biological Stability
- Psychological Stability
- Social Stability
Detoxification

- Initial Assessment
- Contracting
- Clarity of Prescribing
- Preparation
- Humane Person Centred Approach
Residential

- Commando Training
- CBCS
- Relapse Prevention
- 12-Step Facilitation
- SBNT
- CRA
- Reward Pathways
After-Care

- Professional Relationship
- 12-Step Facilitation
- Family and friends support (SBNT)
- Training and Work/Employment (CRA)
- Spiritual Dimension: Non-sectarian / non-denominational
- Logotherapy and meaning - Viktor Frankl
Community Detoxification Pilot

- Can this be done within the community?
- How do you create the necessary supports and social networks?
- Christo Inventory
- Necessary pre-requisites for high levels of support and commando training.
Detoxification

- Pre-Care Planning
- Detoxification
- Residential Rehabilitation
- Aftercare
Cherry Picking

Growing Ripe Cherries…

- Biomedical Model
- Bio-psychosocial Model
- Bio-psychosocial Anthropological Model
- Bio-psychosocial Spiritual Model
- Evidence Based Approaches