

A MANUALISED
PROGRAMME TO
ADDRESS ALCOHOL AND
SUBSTANCE MISUSE:
THE BROADLAND
EXPERIENCE

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AIMS

- Explore an example of a manualised substance misuse group, run in an inpatient forensic setting
- To do that:
 - Review the context – setting and pathway
 - Discuss the principles which guided the development of the group
 - Explore the content of the group – both Stage 1 & 2
 - Outline any final considerations

CONTEXT

- Broadland Clinic
- Medium Secure Unit
- Specialising in Assessment and Treatment of Patients with a Learning Disability and/or Autistic Spectrum Condition
- 25 bedded unit;
split across 4 wards
- 2 admission wards;
2 rehabilitation wards



CONTEXT - PATHWAY

- Substance Misuse is often a contributing factor in offending behaviour; and therefore is often present on risk assessment
- Static Risk Factor – History of Substance Misuse
- Dynamic Risk Factor – Alcohol and Drug Misuse identified as criminogenic needs
- Essential to consider as part of the inpatient pathway

10-POINT TREATMENT PROGRAMME

- (1) a multi-axial diagnostic assessment
- (2) a collaboratively developed psychological formulation
- (3) risk assessments and management plans
- (4) a behaviour support plan
- (5) pharmacotherapy
- (6) individual and group psychotherapy, guided by the psychological formulation
- (7) offence-specific therapies
- (8) education, skills acquisition and occupational / vocational rehabilitation
- (9) community participation through a system of graded leave periods
- (10) preparation for transition

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10-POINT TREATMENT PROGRAMME

- (1) a multi-axial diagnostic assessment
 - the degree of learning disability
 - cause of learning disability
 - pervasive developmental disorders
 - other developmental disabilities
 - mental illnesses
 - **substance misuse or dependence**
 - personality disorders
 - physical disorders
 - psychosocial disadvantage and trauma
 - types of behavioural problems

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TYPICAL PATHWAY FOR SECURE HOSPITAL PATIENT (TAYLOR AND MORRIS)

Safety, containment and formulation

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graph TD; A[Safety, containment and formulation] --> B[Motivation and Communication]; B --> C[Skill development and emotional regulation]; C --> D[Offence/Personality Exploration]; D --> E[Relapse Prevention and consolidation];
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Motivation and Communication

Motivation Group

Communication Group

Skill development and emotional regulation

DBT

Cognitive skills

Offence/Personality Exploration

SOTP/VOTP

Schema Therapy/TC milieu

Relapse Prevention and consolidation

THE BROADLAND CLINIC SUBSTANCE MISUSE GROUP

■ Two stages:

- Stage 1 – psycho-education, peer support and motivational interviewing
- Stage 2 – exploring risks, considering coping strategies, formulating a Relapse Prevention Plan

■ Three iterations

- Initially developed in 2014 – multidisciplinary approach
- Further development in 2017 – inclusion of Expert By Experience
- Most recent version 2020 – reduced Stage 1 from 8 sessions to 6 sessions

GUIDING PRINCIPLES

Development principles:

- Inclusive
- Non-judgemental
- Interactive
- Engaging
- Peer Support

Trust values:

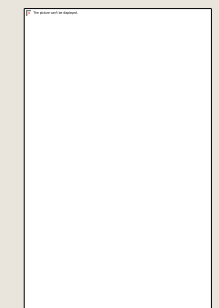
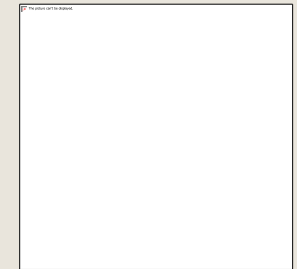
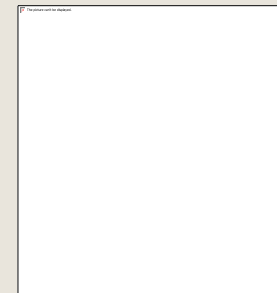
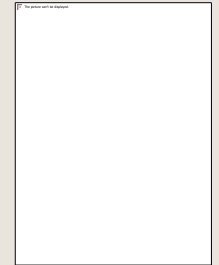
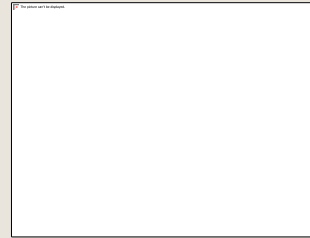
- Welcoming
- Positive
- Respectful
- Professional
- Kind

STAGE 1 – AIMS

- **To learn about drugs and alcohol.**
- **To learn what is legal and illegal**
- **To think about our use of drugs and alcohol**
- **To think about how we can look after ourselves in the future**

STAGE 1 – SESSION 1

- Outline Aims
- Discuss Group Rules
- Beer Goggles/Drug Case
- Legal or Illegal
- Addiction:
 - What is it?
 - What can you become addicted to?
 - Why would someone become addicted?
 - Who can become addicted? (Celebrity examples)
- Pros and Cons exercise
 - Good things about drugs and alcohol
 - Bad things about drugs and alcohol



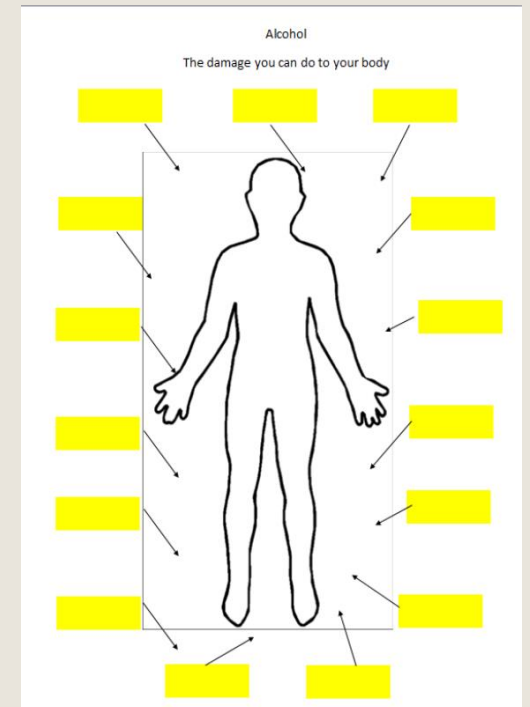
STAGE 1 – SESSION 3

- Group Rules
- Catch up on Session 2
- What are drugs and alcohol made from?
- Pros and Cons



STAGE 1 – SESSION 4

- Group Rules
- To think about the effects of alcohol and drugs on the body
- Alcohol – the damage you can do to your body
- Drugs – the damage you can do to your body
- What might be the signs someone else is using drugs and/or alcohol?
- Pros and Cons



STAGE 1 – SESSION 5

- Group Rules
- Cravings
- Temptations and Thoughts About Using
- Pros and Cons
 - Short term
 - Long term
- Available support



STAGE 1 – SESSION 6

- Group Rules
- What have we discussed?
- What have we learnt?
- Quiz

Question 1	Is alcohol a...?	a) stimulant b) depressant c) hallucinogen
Question 2	Can alcohol cause liver damage?	a) True b) False
Question 3	What are the recommended weekly units of alcohol?	a) 7 units b) 14 units c) 21 units
Question 4	Drinking alcohol... what two things could go wrong?	a) Give you poor judgement b) Make you happy c) Give you confidence d) Do something risky

STAGE 2 – SESSION 1

- Setting goals – creating a goal statement and plan
- Review of cravings
- Review of temptations and thoughts about using
- On the spot coping strategies
 - Breathing exercises
 - Muscle relaxation
 - Image relaxation

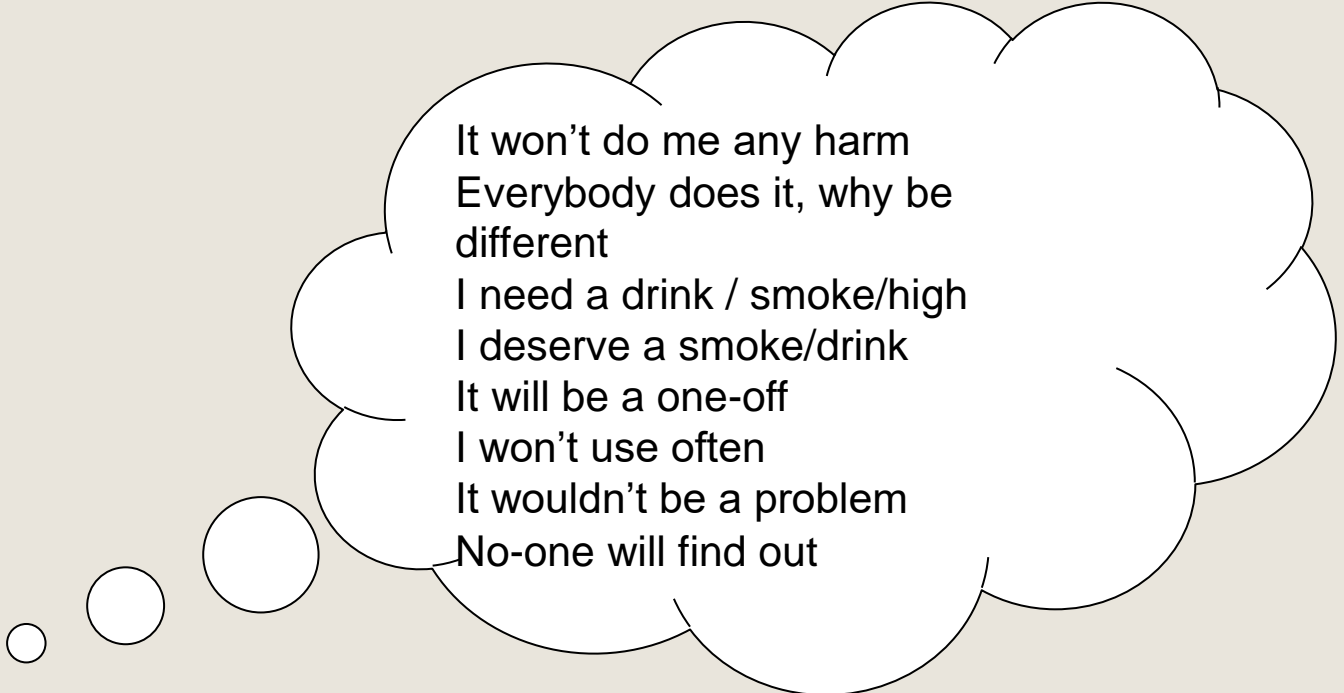
My Goal Plan			
My <i>problem substances</i> are:			
My <i>goal for changing my substance use</i> is:			
The <i>pros and cons of changing</i> are:	<table border="1"><tr><td><i>Pros</i></td><td><i>Cons</i></td></tr></table>	<i>Pros</i>	<i>Cons</i>
<i>Pros</i>	<i>Cons</i>		
What can get in the way:			
People who can help me:			
What is your long term goal:			
What steps can I take toward my goal?			

STAGE 2 – SESSION 2

- Coping with temptations
- People
 - People who might cause temptation
 - Skills you might need to cope, e.g.
 - Assertiveness
 - Confidence
 - Non-verbal communication
 - Verbal communication
- Places
 - High risk places
- Things
 - High risk things

STAGE 2 – SESSION 3

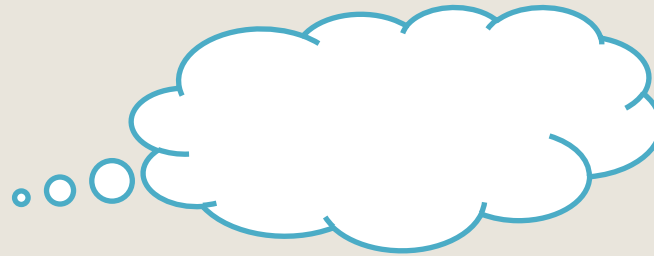
- High risk thoughts and feelings
- Writing down high risk thoughts
- Writing down high risk feelings



It won't do me any harm
Everybody does it, why be
different
I need a drink / smoke/high
I deserve a smoke/drink
It will be a one-off
I won't use often
It wouldn't be a problem
No-one will find out

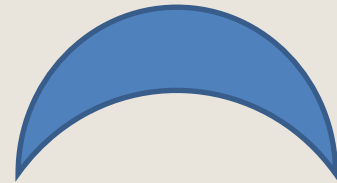
STAGE 2 – SESSION 4

- Coping with thoughts
- High risk thoughts:
 - Justification
 - Minimising
 - Blaming others
 - Denial
 - Helplessness
 - Thinking the Worst
- How do we cope with these thoughts?
 - Stop and Think
 - Question myself
 - Remind myself
 - Distract myself
 - Change my thoughts



STAGE 2 – SESSION 5

- Coping with high risk feelings
- What makes feelings high risk?
- Spotting high risk feelings
- Coping with strong feelings:
 - Distraction
 - Healthy Habits
 - Improve the moment






STAGE 2 – SESSION 6

- **Planning for recovery**
 - What are your goals?
 - Make a plan
 - Think about what ‘line’ you do not want to cross
 - Think about what your temptations will be
 - Think about how you will cope with temptations
 - Give yourself positive feedback for coping with a temptation
- **Relapse Prevention Plan**
 - My goals for substance misuse
 - The things I want to do / my life goals
 - Things that will help me to cope (healthy habits)
 - My cravings and tempting times
 - How I can manage
 - Consequences of using drugs or alcohol again for me

STAGE 2 – SESSION 7

- Relapse Prevention Plan
- Review
- Certificates

<p>Name:</p> <p>Support person 1: Support person 2:</p> <p>Crisis line AA: NA Other</p>	<p>My reasons I have quit:</p> 
<p>Times when I might be tempted/ have a craving</p>  <ul style="list-style-type: none">• People:• Places:• Things:• Thoughts:• Emotions:	<p>How I can cope:</p> 

IN REVIEW

■ Pros

- Excellent patient engagement
- Highly interactive sessions
- Good peer support
- Strong group learning

■ Cons

- Chaotic at times
- Losing individual's attention
- Scheduling challenges
- Progression through to Stage 2

CONCLUSION

- Reviewed the rationale and pathway positioning of a substance misuse group
- Discussed the principles underpinning group design
- Explored the example of a two stage approach
- Discussed some pros and cons