Phases of Drug Addiction Treatment

Read pages 151 –178 of the text.

1. What is treatment?

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2. Name at least four different treatment settings.

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3. Discuss matching treatment options to treatment needs, including drugs of choice; i.e. what drugs might need detoxification.

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4. What is treatment planning?

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5. Indicate how a plan might differ based on the drug of choice.

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A. Prevention: Goal to prevent abuse before it happens

- Scare tactics – are not effective
- Drug information – minimally effective
- Skill building – very effective
- Promotion of social support systems – very effective
- Environmental change program – moderately effective
- Public health models – user testimony – moderately effective

B. Treatment: Seeking to intervene in the process addiction

Components of Substance Abuse Treatment

- Medical and biological treatments
- Detoxification
- Diet and Nutrition
- Medication for Symptom Reduction
- Medication for Relapse Reduction
- Drug Screening
- Psychosocial Treatments
  - Psychotherapy
  - Relapse Prevention Planning
  - Development of recovery support community
    - 12 step programs
    - Celebrate Recovery
    - Self-help support groups

Stages of the Therapeutic Change Process

1. **Intervention** – a method of confronting an individual about substance abuse problems

2. **Assessment Phase** – learn the pattern of use

- Diagnostic Interview
- Assessment of Behavioral Characteristics
3. DSM IV diagnosis: Feedback phase

- **Differential diagnosis** – determining the correct level of addiction as well as determining any other conditions such as physical or mental conditions that may be complicating the addiction picture

- **Dual Diagnosis** – many individuals diagnosed with substance abuse problems are also diagnosed with psychological disorders

4. Treatment:

- **What setting is appropriate based on diagnosis**
  - Detoxification - Stabilization
  - Rehabilitation - Residential
  - Dual Diagnosis Inpatient
  - Partial Program
  - Intensive Outpatient
  - DUI Programs