

# Evidence-Based Behavioral Interventions for Nicotine Use Disorder and Other SUDs

Laurie Redelman, LCSW

Encompass Program

Riley Dual Diagnosis Clinic



**SCHOOL OF MEDICINE**

# Disclosure Statement

I have no conflicts to disclose.



# Agenda

- Deciding on appropriate level of care
- Options for mild, moderate/severe
- Co-occurring disorders
- Well-established evidence based treatments
  - Description of Encompass as an example



# How do we determine appropriate level of care?

- Thorough evaluation
  - Dabbling or a Mild substance use disorder → recommend brief intervention
  - Moderate or Severe substance use disorder → evidence-based tx. program recommended



Some tools and resources, like Quit Lines, have demonstrated very positive effects and might be an especially good fit for those who are motivated to stop nicotine or ready to learn more about their options for quitting vaping or smoking. (Also a great resource that can be implemented alongside other treatments.)



# Example of a brief intervention: TEEN INTERVENE

- Manualized/evidence-based individual treatment for adolescents with mild substance use disorders
- 4 to 6 sessions

## Includes:

- Cognitive Behavioral Therapy
  - Motivational Interviewing
  - Stages of Change
- Effective in reducing alcohol, marijuana, & tobacco use among 12-19 year-olds



# 80-90% of Adolescents with SUDS have a Co-Occurring Psychiatric Disorder

**Most Common: ADHD, ODD, CD**

Depressive Disorders

Anxiety Disorders

Trauma-Related Disorders

Psychotic Disorders (less common)

Eating Disorders




# Non-Random Association







SCHOOL OF MEDICINE

**Table 1.****Adolescent Substance Use Disorder Treatment Recommendations**

Well-Established Standalone Interventions	Family Based Therapy, Cognitive Behavioral Therapy, Multicomponent Psychosocial Therapy
Probably Efficacious Standalone Interventions	Motivational Interviewing/Motivational Enhancement Therapy, Third-Wave Cognitive Behavioral Therapies
Possibly Efficacious Standalone Interventions	12-Step Programs
Possible Adjunctive Interventions	Pharmacotherapy, Exercise, Yoga, Mindfulness, Recovery-Specific Educational Settings, Goal Setting, Progress Monitoring
Modifications to Improve Existing Approaches	Digital Strategies, Culturally-Based Programs

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7241222/>



# Well Established Stand-Alone Interventions

- Family-Based Therapies
- Cognitive Behavioral Therapy
- Multi-Component Psychosocial Therapy



# Family-Based Therapies



# Family-Based Therapies/MDFT and MSFT

- Include PMT (Parent Management Training)
- skill building
- stress management
- focus on relationships







# COGNITIVE **BEHAVIORAL** THERAPY



SCHOOL OF MEDICINE

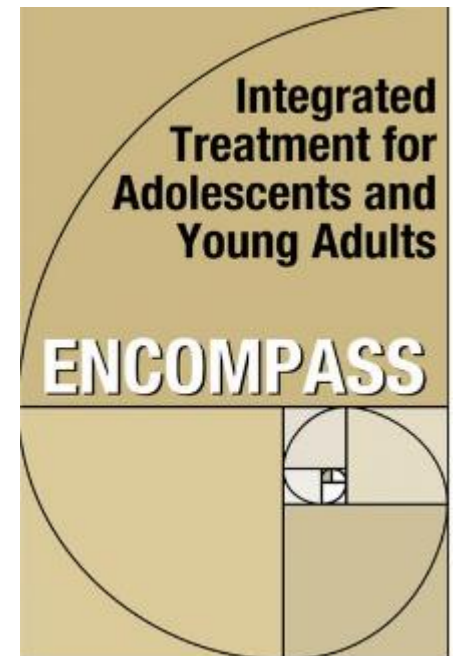
# Cognitive Behavioral Therapy

➡ Focuses on helping patients to understand the connection between their thoughts, feelings and behaviors

➡ Goal of CBT is to assist patients in learning to manage their thinking, resulting in moderated behavior and improved mood

➡ Reduction in substance use often follows

# MULTICOMPONENT PSYCHOSOCIAL THERAPIES





# Multicomponent Psychosocial Therapies

Combine the best supported interventions of:

- MI/MET
- Cognitive Behavioral Therapy
- family-based therapies
- incentive based treatments (contingency management)
- medication management

Multi-component approach helpful in addressing co-morbid psychiatric disorders as well as SUDs.



## **ENCOMPASS: Multicomponent Psychosocial Therapy**

- Thorough initial evaluation—KSADS—MD usually involved in eval.
- Heavy emphasis on MI/CBT
- Contingency Management—PRIZES!
- Family Sessions
- Parent strategy sessions with parent therapist
- Medication appointments as needed
- Skill-building modules re: variety of topics



- In patients with multiple SUDs, nicotine use is sometimes overlooked by clinicians.
- Majority of Encompass patients use nicotine in addition to other substances though we have had several patients brought in for vaping w/ no other substance use.

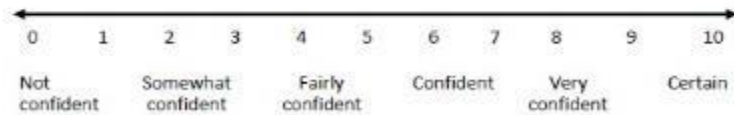


## Personal Rulers

**Importance Ruler:** How important is it that you change your substance use?



**Confidence Ruler:** How confident are you that you can change your substance use?



**Readiness Ruler:** How ready are you to change your substance use?

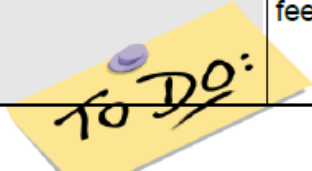


Adapted with permission from Miller, W.R., ed. *COMBINE Monograph Series, volume 2: Combined Behavioral Intervention Manual: A Clinical Research Guide for Therapists Treating People with Alcohol Abuse and Dependence*. DHHS Publication No. (NSH) 04-5288. Bethesda, MD: NIAAA, 2004.



## Setting Goals Worksheet

I would like to change these things in my life...	Goal #1	Goal #2	Goal #3	Goal #4
The reasons I want to make these changes are...	Reduce Juul from 1 pod per day to 1 pod per week	reduce cannabis to 1 cart every 3 to 4 weeks	Be able to babysit my little cousins again	All A's and B's mostly A's
Specific things I can do <u>right now</u> to help me meet my goals...	--to save \$\$ --my health I knew 2 friends who had to go to the hospital b/c of vaping	\$\$ family viewpoints (grandma, cousin and mom against my use	I love my little cousins and I miss them	I want to go to law school
What might interfere...	leave my vape in the car or in my room	put my dab pen away (inaccessible) especially at night or when I'm bored.	I can talk to my cousin (little cousins' mom) and find exactly what she expects	get on a schedule---regular time to study
Who can help me and how...	friends who vape	my friends who get high	Cousin might say i have to test negative to babysit her kids	I don't always feel like studying
The first signs I am reaching my goals (be specific):	Person : Courtney How: hang out  Person: she doesn't vape How: my cousin she doesn't vape	Person : Courtney How: Courtney  Person: my family How: they would support me	Person : me myself How: --convince her I have reduced my use  Person: use How:	Person: my cousin How: she can help motivate me  Person: How: Courtney and Brittany they can study with me
more \$\$ feeling more energized	more \$\$ feeling more energized	I'd be hanging out with Courtney and my friend Brittany from 8th grades	I'd be babysitting again!	I wouldn't have a bunch of make-up work to do--- I'd be keeping up with my work.

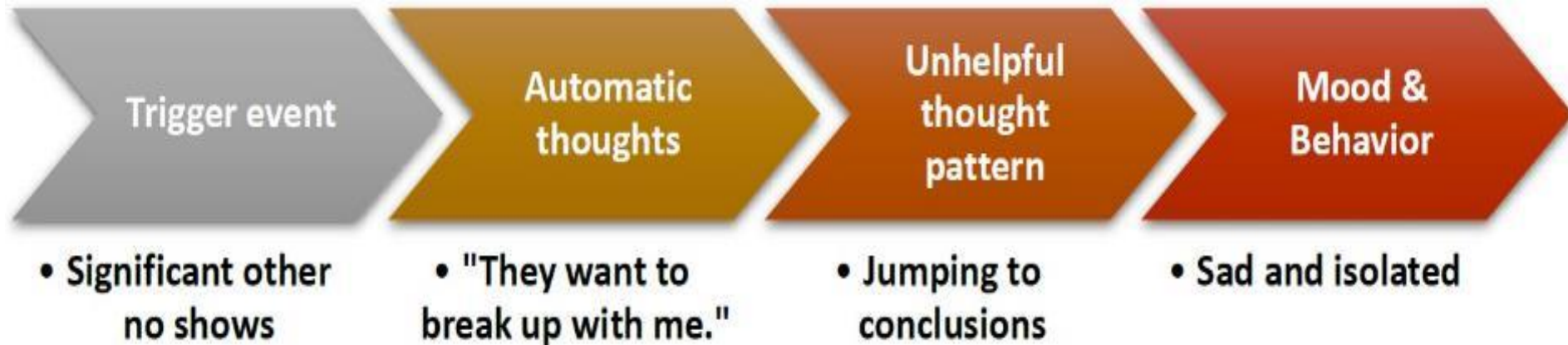


FUNCTIONAL ANALYSIS FOR SUBSTANCE-USING BEHAVIOR

EXTERNAL TRIGGERS	INTERNAL TRIGGERS	SUBSTANCE-USING BEHAVIOR	POSITIVE CONSEQUENCES	NEGATIVE CONSEQUENCES
<p>1. <b>Who</b> are you usually with when you use drugs or alcohol?  <b>Chad (best friend)</b>  <b>Skye, Damonte,</b>  <b>Brad, Amber,</b></p> <p>2. <b>Where</b> do you usually use substances?  <b>--in my room</b>  <b>--My garage</b>  <b>--on my roof</b>  <b>--Skye's basement</b>  <b>--the woods</b>  <b>--school bathroom</b></p> <p>3. <b>When</b> do you usually use drugs or alcohol (times of day, days of the week)?  <b>---before school</b>  <b>---during lunch period</b>  <b>---right after school</b>  <b>---late at night</b>  <b>weekends: anytime</b></p> <p>4. What <b>things</b> are usually around when you use substances (music, paraphernalia)?  <b>one-hitter</b>  <b>Black &amp; Milds</b>  <b>dab pen--cart</b>  <b>Baggie</b>  <b>2 liter Mt. Dew</b>  <b>Little Debbie nutty bars</b>  <b>Lil Wayne</b>  <b>Jack Harlow</b></p>	<p>1. What are you usually <b>thinking</b> about right before you use substances?    <b>---how much I hate school</b>  <b>---how much make-up work I have</b>  <b>---how much I hate my step-father</b>  <b>---what my high will feel like</b></p> <p>2. What are you usually <b>feeling physically</b> right before you use drugs or alcohol?    <b>stomach hurts</b>  <b>back hurts</b>  <b>muscles tight</b>  <b>no physical symptoms</b></p> <p>3. What are you usually <b>feeling emotionally</b> right before you use substances?    <b>mad/pissed off</b>  <b>sad</b>  <b>tired</b>  <b>stressed</b>  <b>excited</b>  <b>happy</b></p>	<p>1. <b>What</b> substances do you usually use?  <b>dab pen</b>  <b>vape pen</b>  <b>edibles</b>  <b>weed</b>  <b>oxycotin</b>  <b>Xanax</b>  <b>White Claw</b>  <b>vodka</b>  <b>beer</b>  <b>Juul</b>  <b>Suorin</b>  <b>NJOY</b></p> <p>2. <b>How much</b> do you usually use?    <b>2 hits</b>  <b>1 gram</b>  <b>5 shots</b>  <b>200 hits (vape pen)</b>  <b>5 beers</b>  <b>2 bars (Xanax)</b>  <b>2 blunts</b></p> <p>3. Over <b>how long</b> a period of time do you usually use substances (hours, days, weeks, etc.)?  <b>1 time a day--high lasts 1 1/2 hours</b>  <b>uses every few hours--all day</b>  <b>All day on Saturday and Sunday</b>  <b>2 hours on weeknights</b>  <b>every day--most of the day unless it's a work day.</b></p>	<p>1. What do you like about using substances with <b>Chad</b> _____?  <b>(who)</b>  <b>We laugh and laugh.</b>  <b>We talk about all sorts of stuff.</b></p> <p>2. What do you like about using substances <b>my roof--peaceful--quiet</b> _____?  <b>(where)</b>  <b>the woods--nature--</b>  <b>Skye's basement--I feel safe</b></p> <p>3. What do you like about using substances <b>after school/at night</b> _____?  <b>(when)</b>  <b>gets rid of my school stress</b>  <b>helps me sleep</b></p> <p>5. What are some of the <b>pleasant thoughts</b> you have while you are using drugs or alcohol?  <b>I don't have that many thoughts</b>  <b>my thoughts slow down.</b></p> <p>6. What are some of the <b>pleasant physical feelings</b> you have while you are using substances?  <b>I feel like I'm floating</b>  <b>my back doesn't hurt</b></p> <p>7. What are some of the <b>pleasant emotional feelings</b> you have while you are using drugs or alcohol?  <b>Just chilled out--</b>  <b>Calm--</b>  <b>Not stressed</b>  <b>Happy</b>  <b>Relaxed</b></p>	<p>What are the negative results of your substance use in each of the areas below?</p> <p><b>a. Family members</b> Mom doesn't trust me--Dad mad  Older bro. said I was stupid</p> <p><b>b. Friends</b> Aunt won't let me babysit  Cousin won't let me be around me--</p> <p><b>c. Physical feelings</b> Girlfriend/boyfriend doesn't like it. My friend's 31 #31 mom won't let us hang out. My friend said I use too much of their Juul</p> <p><b>d. Emotional feelings</b> occasional psychosis  angry/down (when runs out of substances), paranoia  embarrassed/guilty (occasionally)--freaking out on ACID</p> <p><b>e. Legal situations</b> probation, looked up, felonies  arrests, tased;</p> <p><b>f. School situations</b> suspended/expelled, poor grades/failing grades,  bad reputation with teachers/labeled by adults</p> <p><b>g. Job situations</b> missed work, lost job, won't apply at places that drug test</p> <p><b>h. Financial situations</b> only spends money on substances, always needing money  (ask how much they are spending).</p> <p><b>i. Unprotected sex (e.g. unwanted pregnancy, HIV/STDs)</b>  Unprotected sex is common--[Can ask if they would likely have used a condom if sober.]</p> <p><b>j. Victim or perpetrator of violence (e.g. date rape, sexual assault, unwanted sex, theft)</b> patients assaulted in fights  sex while drunk/high/passed out/not consensual</p> <p><b>k. Other situations</b></p>



# CBT DIAGRAM ILLUSTRATING RELATIONSHIP BETWEEN EVENTS→THOUGHTS→MOOD/BEHAVIOR.







SCHOOL OF MEDICINE



**Apr-20**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																						
<table border="1"> <thead> <tr> <th>1</th> <th>#</th> <th>2</th> <th>#</th> <th>3</th> <th>#</th> <th>4</th> <th>#</th> </tr> </thead> <tbody> <tr> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> </tr> <tr> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> </tr> <tr> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> </tr> <tr> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> </tr> </tbody> </table>							1	#	2	#	3	#	4	#	Alc		Alc		Alc		Alc		MJ		MJ		MJ		MJ		other _____		other _____		other _____		other _____		cigs		cigs		cigs		cigs																															
1	#	2	#	3	#	4	#																																																																					
Alc		Alc		Alc		Alc																																																																						
MJ		MJ		MJ		MJ																																																																						
other _____		other _____		other _____		other _____																																																																						
cigs		cigs		cigs		cigs																																																																						
<table border="1"> <thead> <tr> <th>5</th> <th>#</th> <th>6</th> <th>#</th> <th>7</th> <th>#</th> <th>8</th> <th>#</th> <th>9</th> <th>#</th> <th>10</th> <th>#</th> <th>11</th> <th>#</th> </tr> </thead> <tbody> <tr> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> </tr> <tr> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> </tr> <tr> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> </tr> <tr> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> </tr> </tbody> </table>							5	#	6	#	7	#	8	#	9	#	10	#	11	#	Alc		Alc		Alc		Alc		Alc		Alc		Alc		MJ		MJ		MJ		MJ		MJ		MJ		MJ		other _____		other _____		other _____		other _____		other _____		other _____		other _____		cigs		cigs		cigs		cigs		cigs		cigs		cigs	
5	#	6	#	7	#	8	#	9	#	10	#	11	#																																																															
Alc		Alc		Alc		Alc		Alc		Alc		Alc																																																																
MJ		MJ		MJ		MJ		MJ		MJ		MJ																																																																
other _____		other _____		other _____		other _____		other _____		other _____		other _____																																																																
cigs		cigs		cigs		cigs		cigs		cigs		cigs																																																																
<table border="1"> <thead> <tr> <th>12</th> <th>#</th> <th>13</th> <th>#</th> <th>14</th> <th>#</th> <th>15</th> <th>#</th> <th>16</th> <th>#</th> <th>17</th> <th>#</th> <th>18</th> <th>#</th> </tr> </thead> <tbody> <tr> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> </tr> <tr> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> </tr> <tr> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> </tr> <tr> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> </tr> </tbody> </table>							12	#	13	#	14	#	15	#	16	#	17	#	18	#	Alc		Alc		Alc		Alc		Alc		Alc		Alc		MJ		MJ		MJ		MJ		MJ		MJ		MJ		other _____		other _____		other _____		other _____		other _____		other _____		other _____		cigs		cigs		cigs		cigs		cigs		cigs		cigs	
12	#	13	#	14	#	15	#	16	#	17	#	18	#																																																															
Alc		Alc		Alc		Alc		Alc		Alc		Alc																																																																
MJ		MJ		MJ		MJ		MJ		MJ		MJ																																																																
other _____		other _____		other _____		other _____		other _____		other _____		other _____																																																																
cigs		cigs		cigs		cigs		cigs		cigs		cigs																																																																
<table border="1"> <thead> <tr> <th>19</th> <th>#</th> <th>20</th> <th>#</th> <th>21</th> <th>#</th> <th>22</th> <th>#</th> <th>23</th> <th>#</th> <th>24</th> <th>#</th> <th>25</th> <th>#</th> </tr> </thead> <tbody> <tr> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> </tr> <tr> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> </tr> <tr> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> </tr> <tr> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> </tr> </tbody> </table>							19	#	20	#	21	#	22	#	23	#	24	#	25	#	Alc		Alc		Alc		Alc		Alc		Alc		Alc		MJ		MJ		MJ		MJ		MJ		MJ		MJ		other _____		other _____		other _____		other _____		other _____		other _____		other _____		cigs		cigs		cigs		cigs		cigs		cigs		cigs	
19	#	20	#	21	#	22	#	23	#	24	#	25	#																																																															
Alc		Alc		Alc		Alc		Alc		Alc		Alc																																																																
MJ		MJ		MJ		MJ		MJ		MJ		MJ																																																																
other _____		other _____		other _____		other _____		other _____		other _____		other _____																																																																
cigs		cigs		cigs		cigs		cigs		cigs		cigs																																																																
<table border="1"> <thead> <tr> <th>26</th> <th>#</th> <th>27</th> <th>#</th> <th>28</th> <th>#</th> <th>29</th> <th>#</th> <th>30</th> <th>#</th> </tr> </thead> <tbody> <tr> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> <td>Alc</td> <td></td> </tr> <tr> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> <td>MJ</td> <td></td> </tr> <tr> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> <td>other _____</td> <td></td> </tr> <tr> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> <td>cigs</td> <td></td> </tr> </tbody> </table>							26	#	27	#	28	#	29	#	30	#	Alc		Alc		Alc		Alc		Alc		MJ		MJ		MJ		MJ		MJ		other _____		other _____		other _____		other _____		other _____		cigs		cigs		cigs		cigs		cigs																					
26	#	27	#	28	#	29	#	30	#																																																																			
Alc		Alc		Alc		Alc		Alc																																																																				
MJ		MJ		MJ		MJ		MJ																																																																				
other _____		other _____		other _____		other _____		other _____																																																																				
cigs		cigs		cigs		cigs		cigs																																																																				

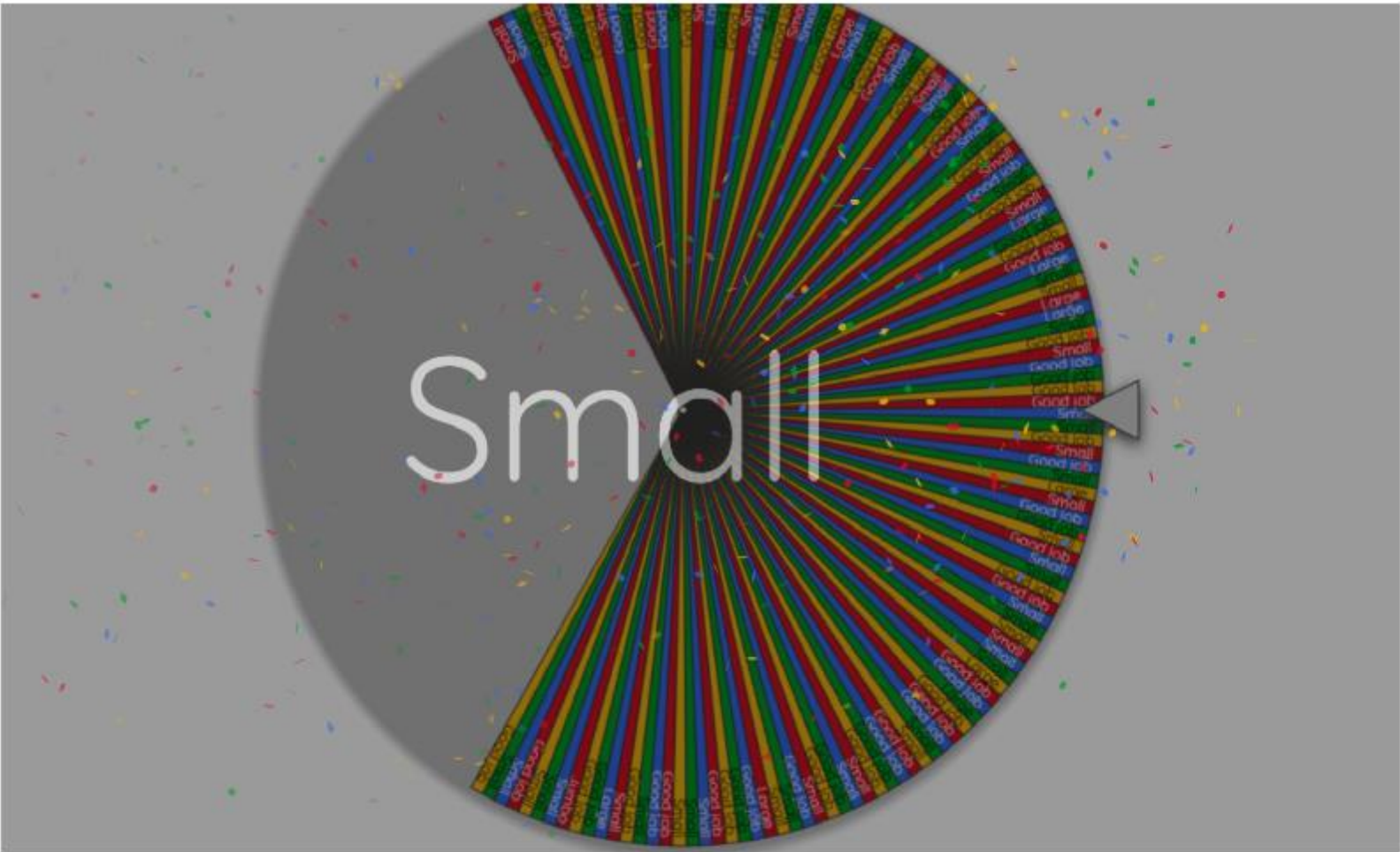
Task View

# Contingency Management

- Strong data supporting decrease in substance use in adolescents and adults
- Can be used by parents alone or in coordination with a therapist
- Variety of methods. Before pandemic we used a prize bucket with 500 laminated tickets. Now we use a virtual prize wheel. Sometimes a point system is used.
- Encompass incentivizes negative urine drug screens and participation in prosocial activities (**structured, sober, social**). (Patients receive a \$10 bonus prize for first negative screen---prize draws for negative screens are cumulative.)



# Prize wheel example for telehealth.....



- ❑ 12 to 16 sessions
- ❑ includes 2-3 family sessions
- ❑ follow-up sessions if needed
- ❑ 50% to 60% success rate



# Questions or Comments?



SCHOOL OF MEDICINE