

# Substance Use Disorder Series

## MODULE 4

### Non-pharmacologic Treatment for Substance Use Disorders



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# Advisory Board

- Casey Fitzpatrick, PharmD, BCPS
- Brittany Riley, PharmD, MS, BCPS
- Charles “CK” Babcock, PharmD, CDE, BCACP
- Kimberly Broedel-Zaugg, RPh, MBA, PhD



# Disclosures

- Authors of this presentation have nothing to disclose concerning possible financial or personal relationships with commercial entities that may have a direct or indirect interest in the subject matter of this presentation



# Learning Objectives

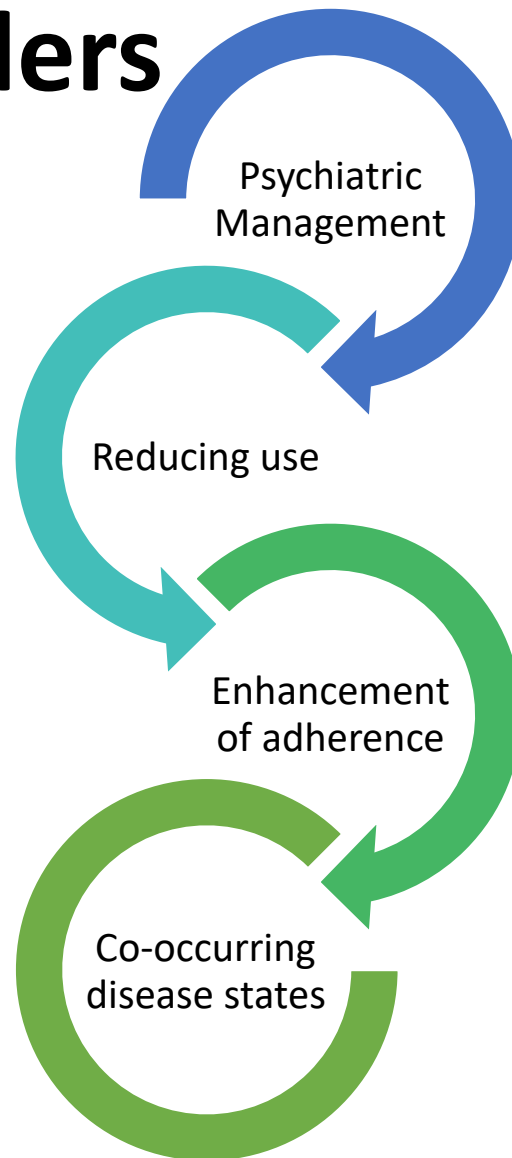
- Compare and contrast non-pharmacologic treatment options for various substance use disorders (SUDs)
- Discuss resources for patients with SUD



# Compare and contrast non-pharmacologic treatment options for various substance use disorders (SUDs)



# Treatment Plans for Substance Use Disorders



# Psychiatric Management Objectives

Motivating the patient to change

Establishing and maintaining a therapeutic alliance

Assessing safety and clinical status

Managing withdrawal and intoxication status



# Psychiatric Management

## Objectives continued

Preventing relapse

Educating the  
patient

Reducing  
morbidity

Developing and  
facilitating  
adherence to  
treatment plan





# Psychosocial Treatment Options

Cognitive  
Behavioral  
Therapy

Motivational  
Enhancement  
Therapy

Behavioral  
Therapies

12-Step  
Facilitation



# Psychosocial Treatment Options continued

Psychodynamic  
(Interpersonal)  
Therapy

Brief  
Intervention

Group, Marital,  
Family Therapy

Case  
Management

Contingency  
Management /  
Incentives



# Cognitive Behavioral Therapy

- Based on the premise that maladaptation in cognitive processes lead to behavioral and emotional distress
- Higher efficacy of CBT has been shown with multiple sessions when compared to single sessions or brief interventions



# Motivational Enhancement Therapy (MET)

- Brief, systematic, psychotherapeutic intervention based around the principles of motivational interviewing
- Sellman et al. showed that an organized, multisession delivery of MET was effective for patients with mild to moderate alcohol dependence



# Behavioral Therapies

- Wide variety of options that range from contingency management plans to skills training programs such as mindfulness and meditation



# 12-Step Facilitation

- Narcotics Anonymous/Alcoholics Anonymous
- Self-help model
  - American Psychiatric Association recommends referral for assistance in development of plan for treatment of SUDs
- Programs are typically abstinence based, but there are some studies of 12-Step Programs in combination with Medication Assisted Therapy



# Brief Intervention for Treatment

- Time-limited, patient-centered counseling strategy
- Essential elements:
  - Assessment and direct feedback
  - Negotiation and goal setting
  - Behavioral modification techniques
  - Building on autonomy
  - Follow-up and reinforcement



# Contingency Management

- Also known as “motivational incentives”
- Technique employing the systematic delivery of positive reinforcement for desired behaviors
  - Vouchers or prizes earned for demonstrated abstinence of drug use (e.g. negative urine drug screening)
- Primarily use in stimulant use disorder
- Typically combined as an add-on with other treatments





# Treatment Setting

- The least restrictive treatment setting while maintaining efficacy is the preferred choice

Hospitals

Residential  
Treatment

Outpatient  
Programs



# Discuss resources for patients with SUD



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# How to Find Resources for Non-Pharmacologic Treatment

- Substance Abuse and Mental Health Services Administration (SAMHSA)
  - <https://findtreatment.samhsa.gov/>



# QUESTIONS?



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