

TECHNOLOGY TRANSFER IN DRUG ABUSE TREATMENT: WHAT DOES THE PROFESSIONAL LITERATURE TELL US?

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PREVIEW

Science-Based Treatments

Treatments that Grew Without Research

Dissemination Principles in Practice

Recent Research Developments

Roles of Substance Abuse Professionals

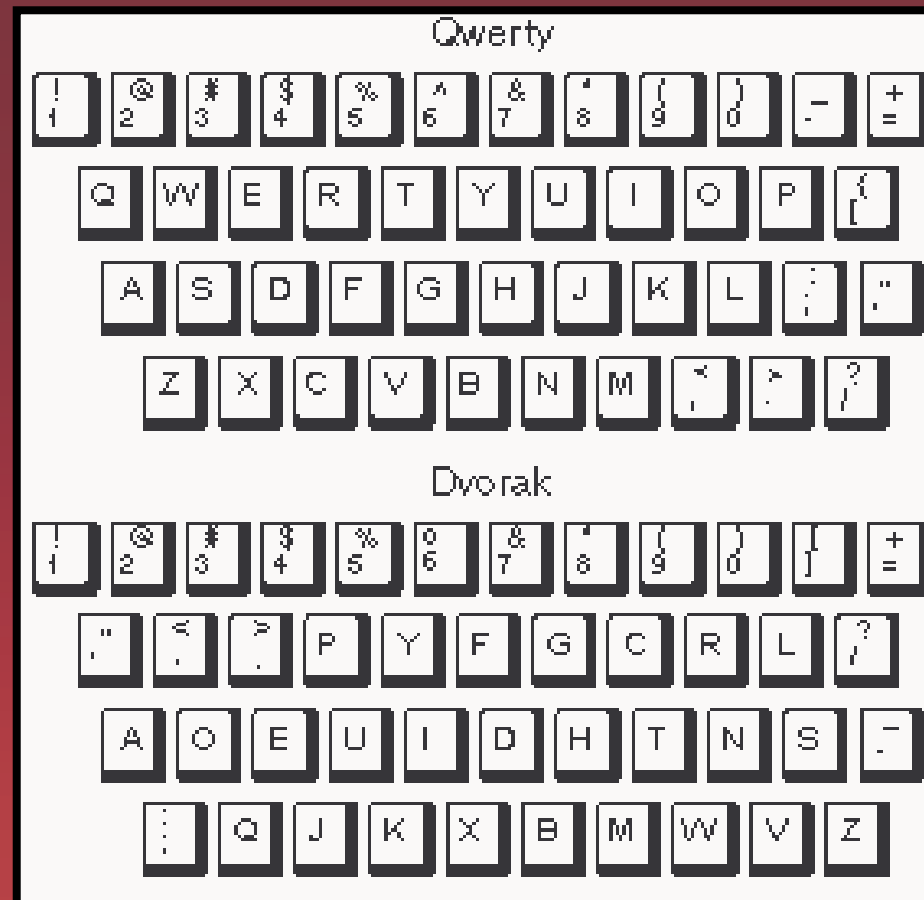
“What would I do if I had only six months left to live? I’d type faster.”

Isaac Asimov

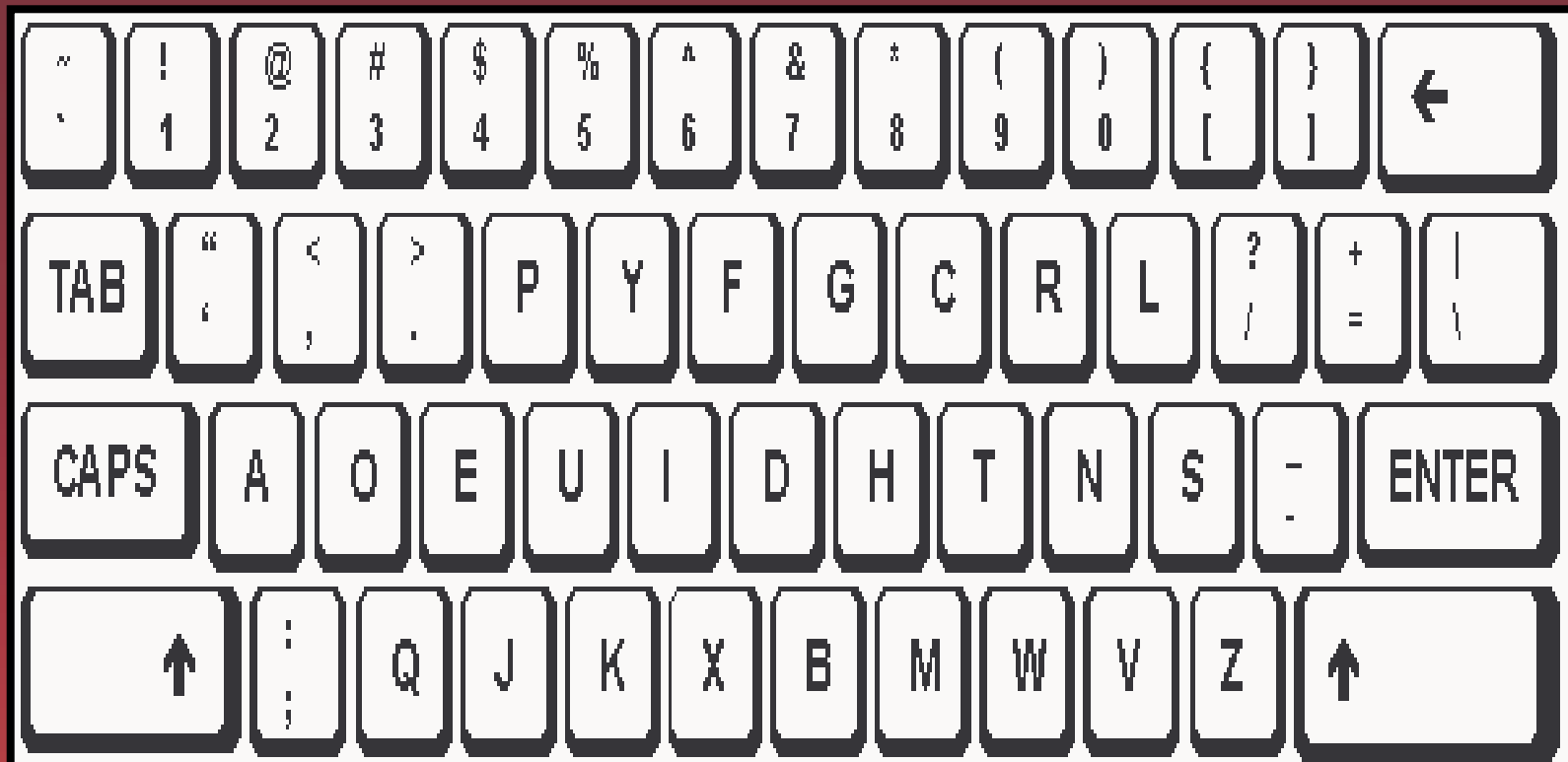
Illustration of Diffusion Barriers: The Typing Keyboard



QWERTY



DVORAK LAYOUT



WHY NOT DVORAK?

- Is QWERTY fast enough?
- Schools won't teach Dvorak
- Manufacturers won't make Dvorak
- Incompatibility with QWERTY

Effective Treatments Developed Through Research

- Relapse Prevention
- Supportive-Expressive Psychotherapy
- Individualized Drug Counseling,
- Motivational Enhancement Therapy,
- Behavioral Therapy for Adolescents
- Multidimensional Family Therapy for Adolescents
- Multisystemic Therapy
- Combined Behavioral and Nicotine Replacement Therapy for Nicotine Dependence Addiction
- Community Reinforcement Approach Plus Vouchers
- Voucher-based Reinforcement Therapy for Patients in Methadone Maintenance Treatment
- Day Treatment with Abstinence Contingencies and Vouchers
- Matrix Model of Drug Abuse Treatment

¹ Adapted from National Institute on Drug Abuse, 1999. Principles of Drug Addiction Treatment: A Research Based Guide. Available at: <http://www.nida.nih.gov/PODAT/PODAT4.html>

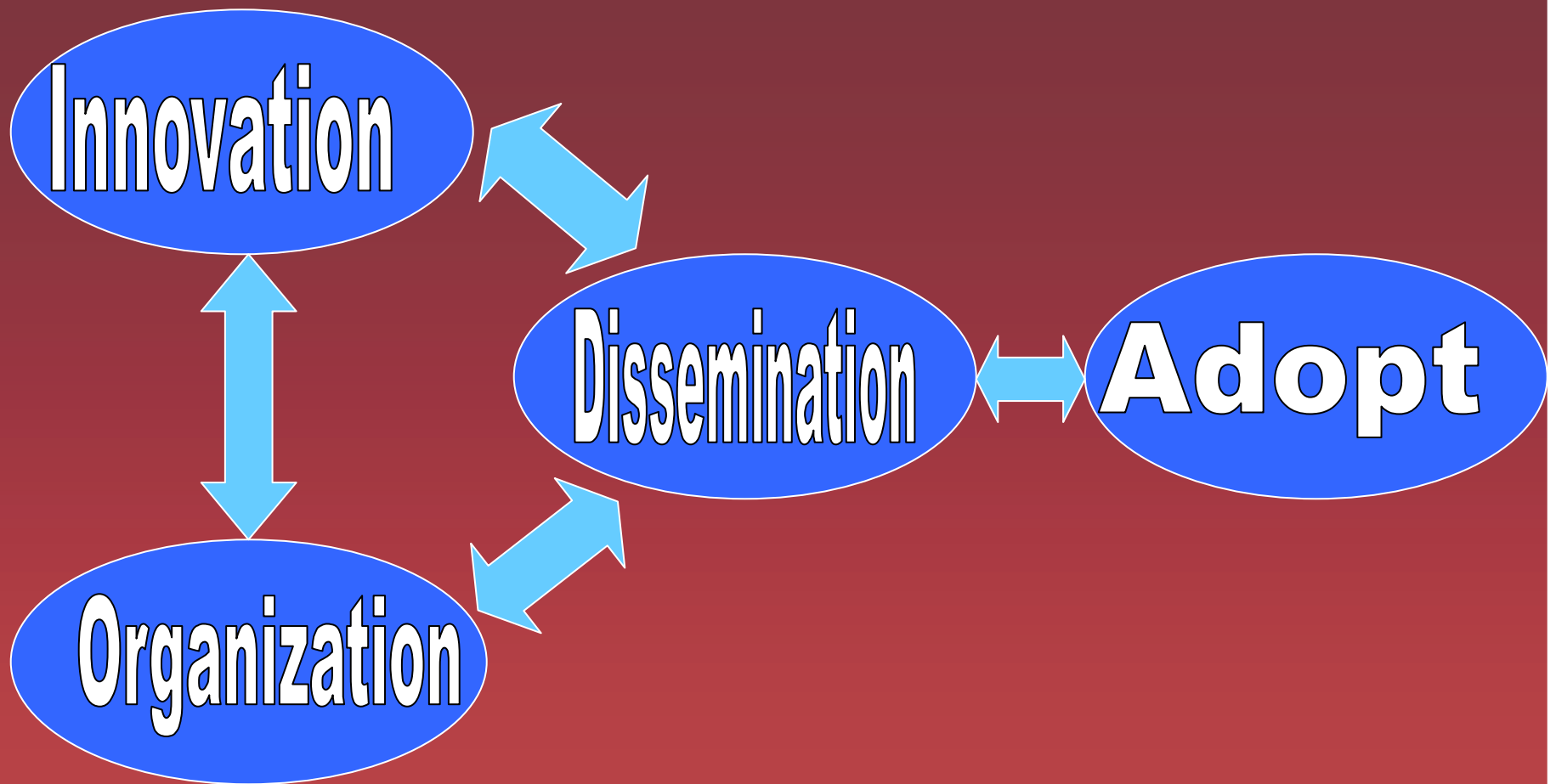
RESEARCH-DEVELOPED INTERVENTIONS

- **Behavioral Treatments**
 - Relapse Prevention
 - Motivational Interviewing
 - Contingency Management
- **Pharmacotherapy:**
 - Methadone
 - Naltrexone
 - Buprenorphine

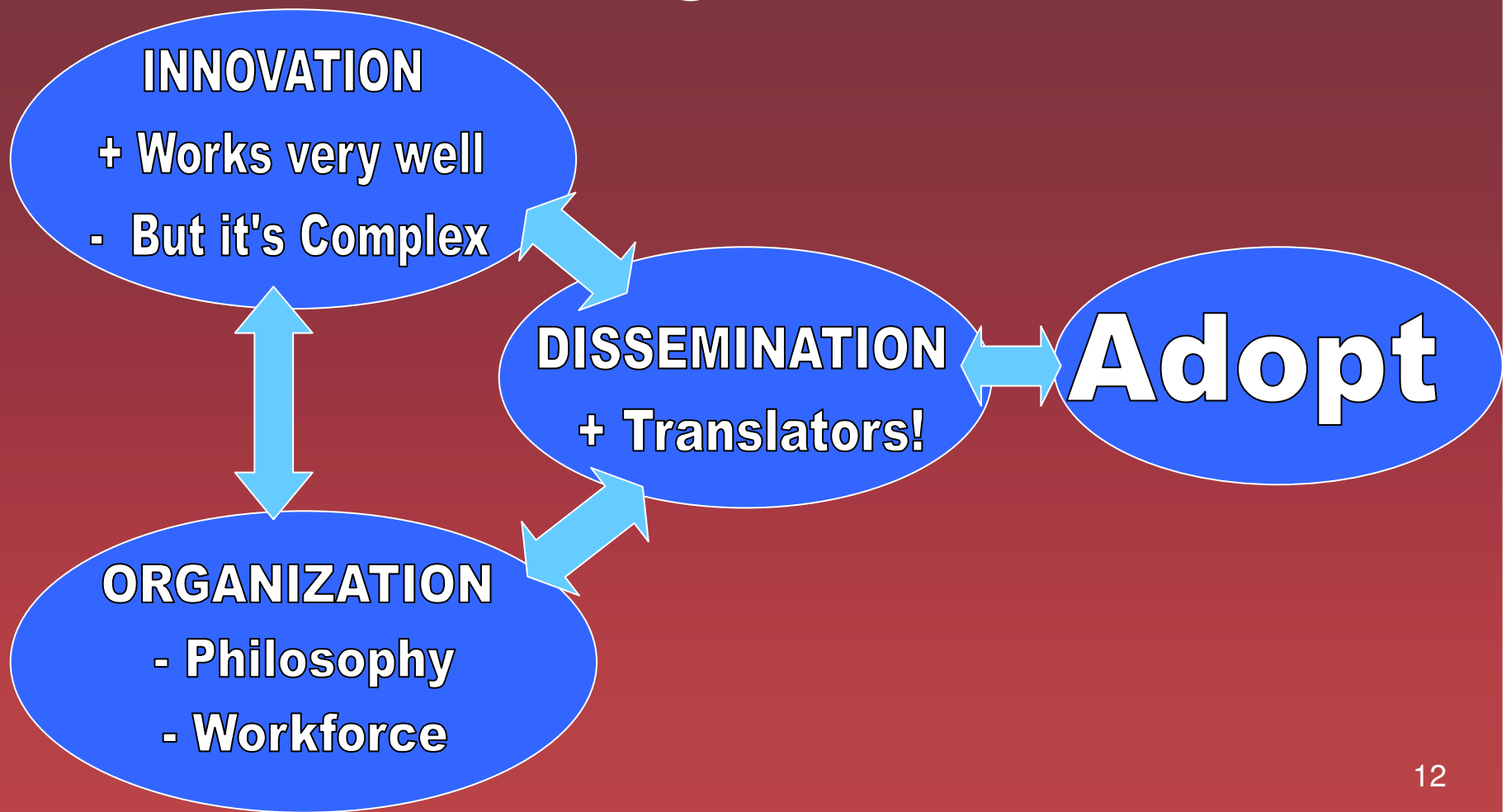
TREATMENT-DEVELOPED INTERVENTIONS

- Self-Help Programs
- Therapeutic Communities
- Drug Courts

WHAT INFLUENCES ADOPTION?



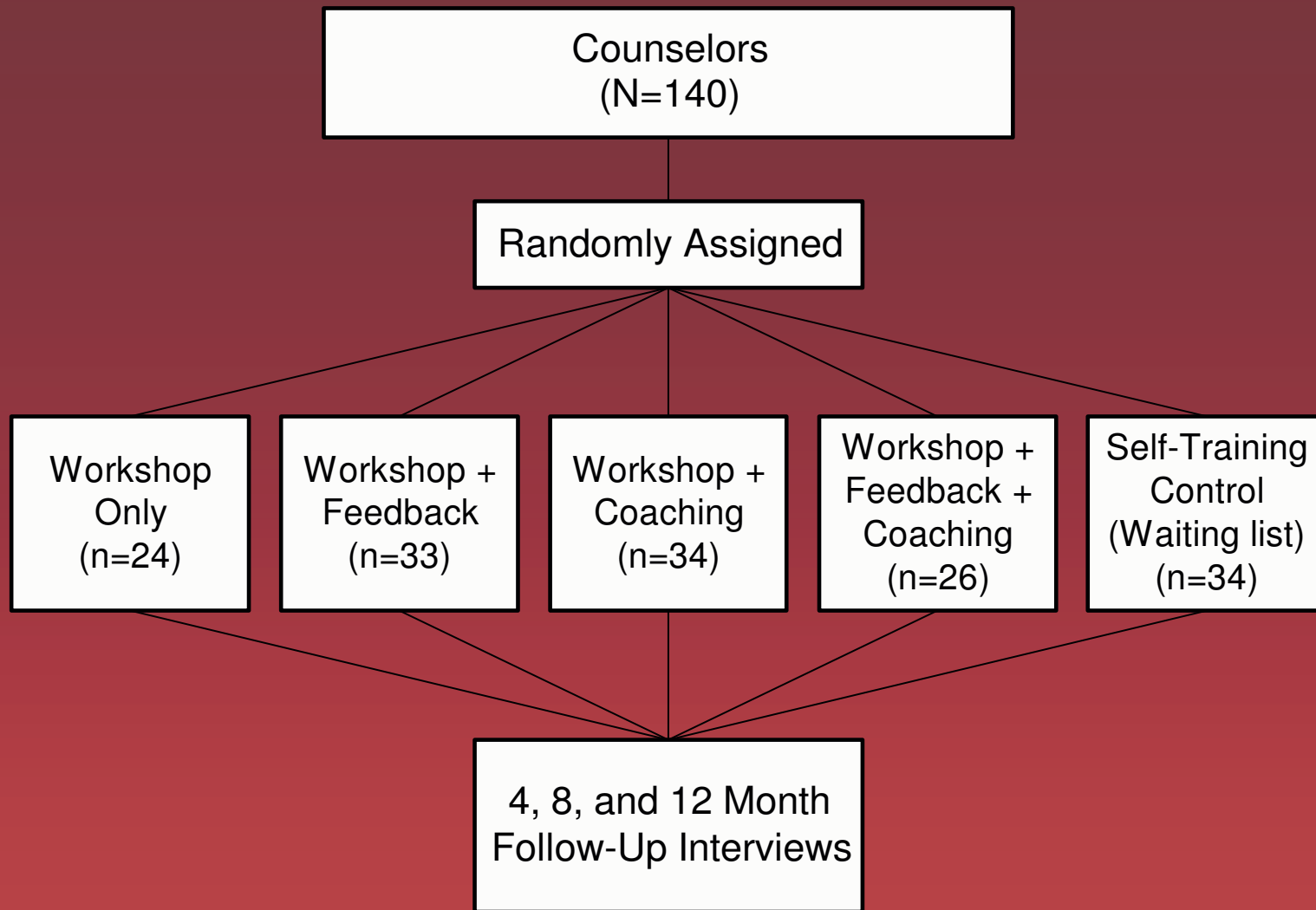
EXAMPLE: CONTINGENCY MANAGEMENT



RECENT DISSEMINATION TRIAL: Motivational Interviewing

- Bill Miller, J Consult Clin Psychol, 2004
- EMMEE Study
 - (Evaluating Methods for Motivational Enhancement Education)

Miller's Motivational Interviewing Study Design



LESSONS FROM THE EMMEE STUDY

- 2-day workshop had immediate effects.
- Workshop-alone did not last long.
- Gains in proficiency occurred by reducing MI-inconsistent actions.

WHY SUBSTANCE ABUSE?

1. **Unique training: Research, Practice.**
2. **An underlying honesty in the field.**
3. **Respect for persons**

IN SUMMARY

- **Change is slow**
 - **And sometimes never happens (Keyboard)**
- **Many innovations can be useful**
- **These things work to promote change**
 - **INNOVATIONS: powerful, simple, low-cost**
 - **ORGANIZATIONS: staff, climate, resources**
 - **DISSEMINATIONS: active, interactive, people**

We are living now what people will view as “the history of addiction treatment” in a few years.