

the SAOL Project presents



# Reduce the Use 2

A cognitive behavioural type manual  
for professionals working with poly drug users  
who want to reduce or stop their  
drug or alcohol use

~~Reduce the Use~~

# Reduce the Use 2

The poly drug use edition



Joan



# What is it?

- The updated version of **Reduce the Use 2©** follows similar lines to the original, but now outlines in detail a ten module-based programme designed to help the drug user to gain tools and techniques to recognise, avoid and cope with drug and alcohol addiction.
- It is largely based on cognitive behaviour type interventions, in that it remains structured, goal oriented and focused on immediate problem solving.
- It includes a guideline structure for a Pre-Programme Assessment Meeting.
- We have also gone into greater detail to explain to the reader the rationale behind the programme and to explain further the concepts involved.
- The Handouts, Worksheets, Exercises and Facilitator Directions have been amended to reflect a broad range of drugs, including alcohol.

# Structure of the manual

- The Manual comes in two main parts.
  - The first part gives a background to the production of this manual and a comprehensive overview of the programme and of the skills and materials needed to implement it
- The second part covers the (now) ten updated modules and includes facilitator guidelines, handouts and worksheets and takes you step by step through the implementation of all aspects of the programme.
- The Manual is meant for retention by yourself or your agency/project as a Master Copy.
- **Please do not write into the worksheets in the manual. All material should be photocopied and used as appropriate.**

# Read the instructions!

- Read it – there is useful information and tips that will make using the manual much easier.

# Worksheets and Handouts

- ***Handouts*** – these will aid the learning and should be photocopied for the client's retention
- ***Worksheets*** – these are provided for the client to write into and should be photo-copied as needed for each client

# Literacy

- In your initial interview with the client, you will have established the extent of their literacy skills and those that need additional help with writing should be assigned this support.
- While the **Reduce the Use 2** is designed for those who have competency in reading and writing, it has been our experience that some participants present with literacy difficulties and may need extra support to feel comfortable to take part in the workshops. We have found the following strategies to be useful:
  - Offering the use of a 'scribe' to assist the learner in the modules
  - Using more discussion based formats during modules as opposed to written work
  - Introducing a set of symbols, short-hand or emoticons for drug diaries
  - Using a tape recording as a means of recording drug diaries or feelings and experiences
  - Using a 'buddy' system with another participant in the modules to help with writing, spelling, etc

# Remember: medical advice needed for some addictions

- For those wishing to use the **Reduce the Use 2** with clients, it should be noted that some drugs may require medical supervision to detoxify from. Alcohol and tablets are particular cases in point.
- In this event, **no attempt** should be made by the facilitator to encourage an individual to simply stop taking these drugs without medical supervision or a programme of slow withdrawal.
- The abrupt cessation of any drug can have severe consequences, particularly if the person has been a chronic, long term user and it is always advised to seek medical advice and support in the event a client wishes to stop their drug use altogether.
- SAOL's policy is to encourage all clients engaged in the **Reduce the Use 2** programme to inform their doctor and to be guided by them throughout the process.

# Use of groups

- The greatest resource a Facilitator has available are the group members. Your members will bring A group works best at problem solving if:
  - The problem can be defined in different ways
  - Information is needed from different sources
  - It is a very specialised problem
  - The problem has implications for many people
  - There are likely to be many possible solutions
  - It is a complex problem with many different aspects
- The advantages to taking a group approach to this programme is that each member will bring a different experience, knowledge, point of view, values and, as a result, a larger number of ideas for problem solving can be generated. The exchange of ideas can act as a stimulus to the imagination, encouraging individuals to explore ideas they would not have otherwise considered. Individual beliefs can be challenged by the group, forcing the individual to acknowledge them and rethink their beliefs. The Group can also encourage individuals to accept that change is needed.
- It is therefore crucial that the facilitator is skilled in working with groups and understands the dynamic of their group and how to get the most out of them by encouraging discussion throughout the duration of the programme. The programme is designed to encourage collaboration rather than be delivered in a wholly 'instructive' manner.

# Pre-requisites for facilitators

Facilitators should be able to:

- effectively manage group discussions
- have a good understanding of group dynamics
- communicate new concepts
- respond to questions posed by group members
- think on their feet and facilitate unplanned group discussions
- have the ability to develop good, supportive relationships with group members
- handle conflict
- have experience and a good understanding of addiction work
- handle congruence
- display empathy
- be patient
- show unconditional positive regard
- display an awareness of cultural sensitivities
- maintain a high level of group leader focus

# Sessions/Modules

- A session: about 2 hours in length with a break in the middle
- A module: one of the ten sections of the programme that can be divided into as many sessions as are required for your group.

# Poly drug use

- SAOL's experience has been that it is more unusual for us to be working with someone who uses cocaine *only*.
- In our experience most of our clients present with poly drug use problems, using many combinations of drugs such as methadone, heroin, alcohol, cannabis, tablets, methadone, cocaine and other psychoactive substances.
- Whatever a client's preferred 'combination' we ended up spending a lot of time 'tweaking and editing' the programme as we went along!
- SAOL's experience is that we encourage the client to initially look at whatever drug is causing the most harm and to concentrate on reducing that first.
- We have found that the majority of our clients were successfully able to reduce their dependency on a variety of substances over time as a direct result of their participation on the programme.

# Duration

- The **Reduce the Use 2©** is designed to be delivered over 10 modules with an additional pre-assessment meeting beforehand. However this is merely a guideline and each project should decide what suits them and their clients best.
- If you decide to alter the programme to suit your own needs, please remember the following:
  - there should be a clear finish to the programme as it was not designed as an ongoing piece of work.
  - you should make sure you cover all aspects of the modules
  - each 'session' you deliver should be accompanied by a reflection on the clients Drug Diaries Worksheet **W1.3**
  - each 'session' you deliver should incorporate a client's Safe Plan Worksheet **W1.4**
- We find there are no hard and fast rules about programme duration. This manual is simply a guide to a tried and tested brief intervention model and therefore must be reasonably time restricted. The most important thing is to run the modules on a consistent basis, get through all of the material and make sure that your group understands every step.

Ger



# What is it like to deliver?

- Structured
- Easy to follow for both facilitator and participant
- Logical in its progression

# Feedback from users

- Increased awareness (Cognitive dissonance)
- No agenda – you have choices and you are in control of final decisions
- Group learning – with and from each other
- Literacy isn't a barrier
- Surprisingly positive

# How to work with a mix of poly drug users in one group

- A drug is a drug – this programme is about the process of choosing to change and, once there is an acceptable amount of stability and motivation, it doesn't really matter what drugs you take.
- Develop motivation before you start the group; meet people where they are; and keep the experience positive.

# Benefits of such a mix

- Shared experiences
- Someone may have dealt with heroin earlier in their drug use story (and are now dealing with another substance) but their earlier experiences assist the learning of those reducing their use of heroin today.
- Process is the key – this is a surprising learning for many users who put the substance as central.

# Working one to one

- While the group experience is primary, similar benefits can be gained by working in a one to one setting with the programme.
- Offers a structure to the aspects of a care plan dealing with drug use
- Worker needs to know the programme well
- Need to cover all aspects of the programme and remember to cover drug diaries and safe plan in every session.
- Remember to finish all sessions on a positive note.

# Duration - practicality

- Can be flexible in response to the group/individual – go at the pace of the slowest person
- However, structure your group wisely
- Longest we have run it is 14 weeks – but as long as the group has a sense of the duration and that they know that it has an end, this is flexible.

# Finishing sessions on a hopeful note

- There's always something positive happening – even if the participants can't see it - so name it and build on it.
- It is easier to change when there is a positive atmosphere – negativity, judgement, hopelessness, stuckness – are all anathema to change and can and should be counter-acted.
- Find humour.
- You've been a great audience!

The background features a light blue gradient with a faint, stylized watermark of two birds in flight. One bird is positioned in the lower-left quadrant, and the other is in the upper-right quadrant, both facing right. The watermark is rendered in a slightly darker shade of blue than the background.

**Gary**

# Bio-Psycho-Social

- Bio – responding to the issues of the ‘body’ – drug diaries, food intake, exercise...
- Psycho – feelings/emotions, cravings, triggers, motivations
- Social – group setting, engagement with community/environment, practical solutions sought for day to day problems

# Gradualism

- Whether for harm reduction or for total abstinence, RTU2, as a motivational tool is useful for all stages along the continuum of addiction.

# Poly-Responses

## Motivational Interviewing

- Enhancing motivation
- Exploring ambivalence

## CBT

- Understanding cravings and triggers
- Planned responses

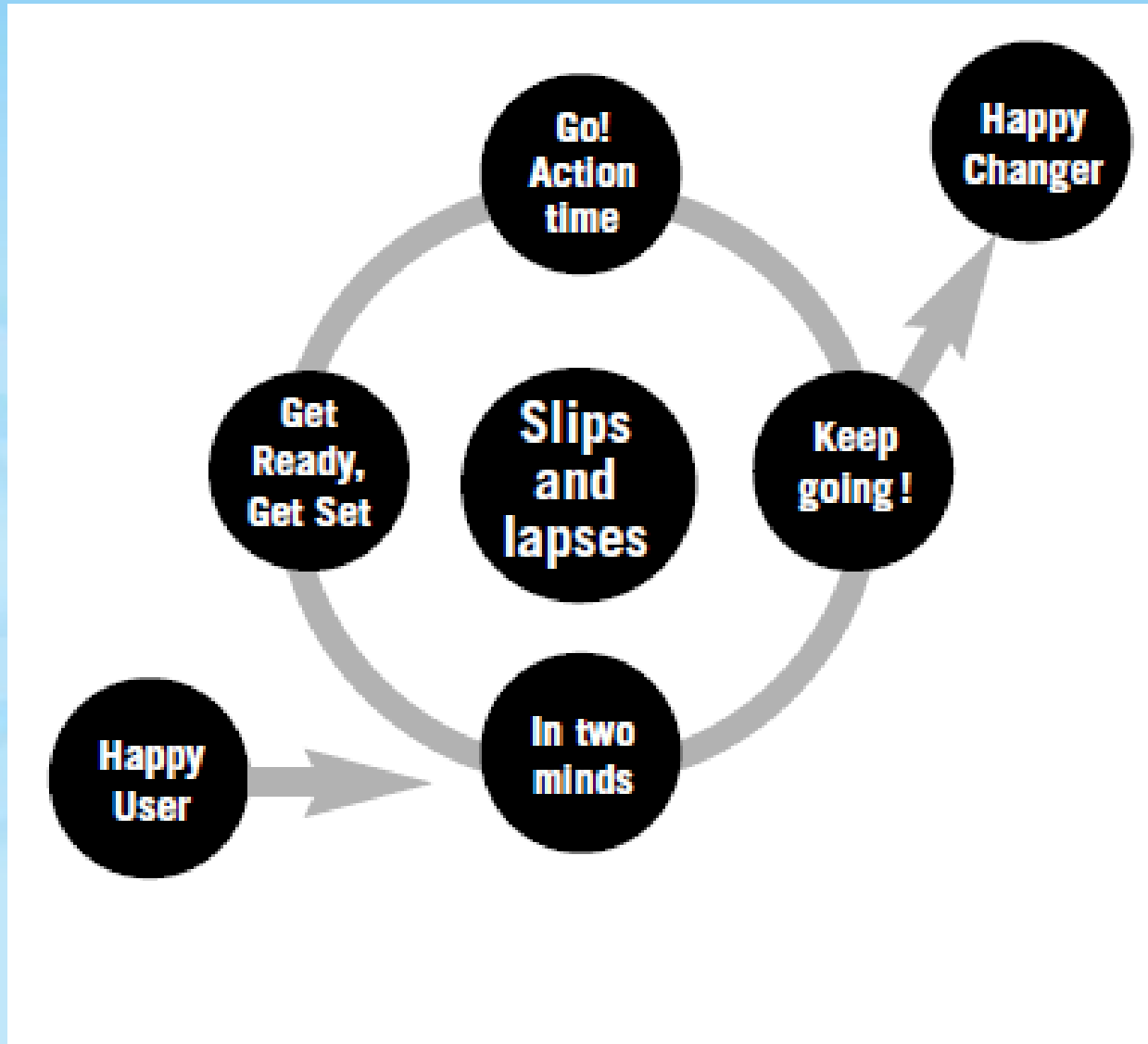
## CRA

- Rewards and Positivity
- Key purpose and named goals

# Pathway through a field



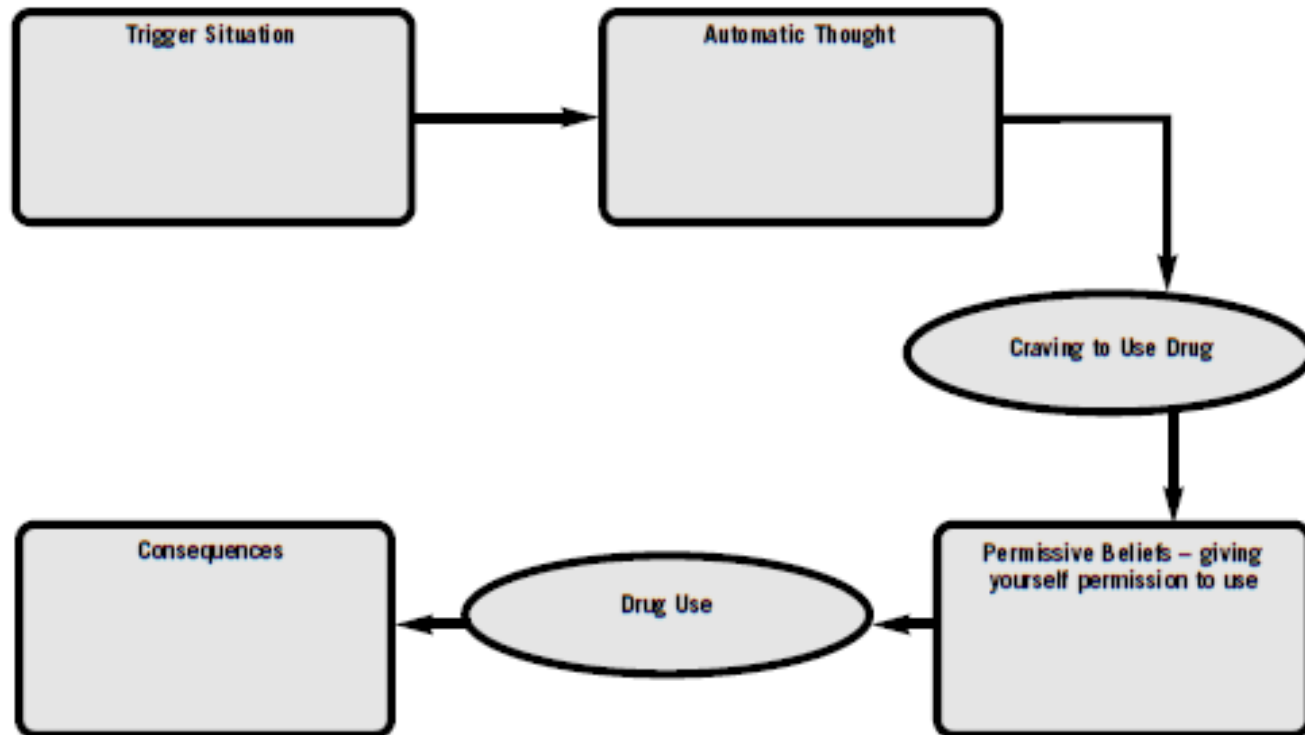
# Worksheets – Motivational Interviewing Style



# Worksheets: CBT style

92

## Worksheet W11 – Decision Making Diagram



# Worksheets: CRA Style

## Worksheet W 8 1

### Identifying my own support system

1. List **three people** you can turn to when you need some help and support.

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2. Write down the contact details for each of these people.

Name	Address	Contact No.
1.		
2,		
3,		

3. List three Organisations / Agencies that you can turn to when you need some help or support.

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4. Write down the contact details for each of these organisations and also the hours when you can contact them.

Agency	Contact	Address	Tel. Number	Hours
1.				
2,				
3,				

## Who is RTU2 suitable for?

- Anyone who wants to change their drug use – a little, a lot – even if they are not too sure what they want to do at the start.
- Not everyone who presents with addiction or relapse is asking for change – but even if they discover this during the work, they can decide to be safer in their use
- So the worker has to be on the ball to note the possibilities of change with a person. Sometimes you have to reduce the use a few times before you get to where you'd like to be!

# Outcomes

- We have not been able to run an external evaluation over a number of projects to evaluate the programme - That is the next goal

Internally in SAOL to date in 2011:

- All women who have partaken in the programme have significantly reduced the use of their 'drug of choice'.
- 6 out of 30 have stopped their heroin use.
- 9 out of 30 have significantly reduced their tablet use
- 5 out of 30 chose to stop using stimulants (including crack cocaine)
- 3 out of 30 chose to significantly reduce their drinking
- 16 have reduced, with their doctors, reduced their levels of methadone

# Visits to SAOL Website/ Downloads of RTU

Year	Visits to Website	Total Downloads
2007	Total unclear Greater than 1001	366
2008	3674 unique visitors	1231
2009	3002 unique visitors	756
2010	6568 unique visitors	941
2011	5,120 unique visitors To date	430
<b>Total</b>	19365	3624

# 我減少我使用

- Since the launch of Reduce the Use, there have been over 3, 600 downloads of the programme from our website
- Aside from those in Ireland downloading it – the other leading countries gaining from this programme are: USA, Spain, Britain, China, Netherlands and Japan

- There are three resources in all and they can be downloaded at [www.saolproject.ie](http://www.saolproject.ie)



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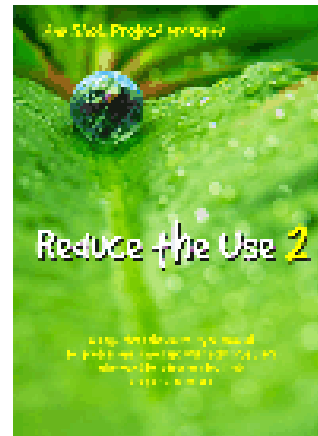
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## REDUCE THE USE 2 MANUAL

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Like a lot of other social issues, it appears that drug dependency will always be with us in the North Inner City. Emerging bloody, battle scarred but undefeated from the consecutive heroin epidemics that have wracked Dublin, it now appears that the North Inner City is in the grip of yet another drug crisis - a cocktail of drugs, known professionally as poly drug use. Cocaine was once considered a luxury drug for the elite, now is known to be a dangerous drug that is affecting individuals, families and local communities; it has been joined by head shop drugs, prescribed drugs, drugs sourced on the internet, home grown cannabis and cheap alcohol. And don't forget that

# 10<sup>th</sup> November – Launch of Training

- Training in using RTU2
- Access to a copy of the manual
- Chance to try out some of the modules and ask lots of difficult questions
- Network
- SAOL will also, by arrangement, come to your Project give you training in the programme and will also be available to answer any questions you have when you are using it – all for free!