

Substance Use Disorder ECHO

RUTGERS



State of New Jersey



MEDICATION-ASSISTED TREATMENT
CENTERS OF EXCELLENCE



RUTGERS
New Jersey Medical School

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Our Goal

- Combat the substance use crisis through education on best practices in a safe space for peer-to-peer learning
- Engage healthcare providers in the primary care setting to increase skills to safely and compassionately manage, treat, and support their clients with a substance use disorder
- Recognize the importance of reducing stigma to advance equity and improve access to care for patients with substance use disorders



Speaker Spotlight

Ellen is a valuable member of the Children's Aid and Family Services executive team as Senior VP of Prevention and Community Services.

Her role is to assist in the development of the agency's strategic vision and oversee the diverse team of the Center for Alcohol and Drug Resources and the menu of services that operationalize that vision.

She is also an adjunct professor at Ramapo College of New Jersey where she provides undergraduate students with an introduction to the field of prevention, addiction and recovery support services.



Ellen Elias

SR. VP, PREVENTION AND
COMMUNITY SERVICES

Children's Aid and Family
Services

March 3, 2023

Supporting Families of Patients with OUD

Presented by:

Ellen Elias, MA, CPS

The Center for Alcohol and Drug Resources

A Program of Children's Aid and Family Services



Financial Disclosures

- The following sessions leader(s) have no relevant Financial relationships with ineligible companies to disclose:
 - Ellen Elias, MA, CPS

Learning Objectives

- Participants will have increased understanding of the differences between Al-Anon, Johnson Intervention and Community Reinforcement and Family Training (CRAFT) for helping family members
- Participants will gain an understanding of the 3 core goals of CRAFT and the skills taught in the model
- Participants will learn about available local, state and federal resources where assistance and support for families with a loved one with a SUD can be accessed

TRUE OR FALSE?

When families provide help to and stay connected with their loved ones who are using substances, they are enabling them to continue their using behavior...

TRUE OR FALSE?

It is important to let family members know that there is little they can do to help until the person hits “rock bottom”.

The Role of Stigma

Influences the willingness to discuss own use

Influences willingness to discuss family members' use

Shame

Blame

Families...

- Feel desperate and call/request help from providers
- Talk about their loved ones who refuse to seek treatment/are unmotivated
- Want providers to assist and speak to their loved one about their use (*importance of universal screening*)

Request referrals to treatment programs

Al-Anon/Nar-Anon

- Is the most widely used source of support for loved ones
- Members are encouraged to detach and accept that they cannot control a person's use
- Advocates loving detachment
- Focus is on strengthening their own mental health
- Changing the behavior of the user is explicitly disavowed

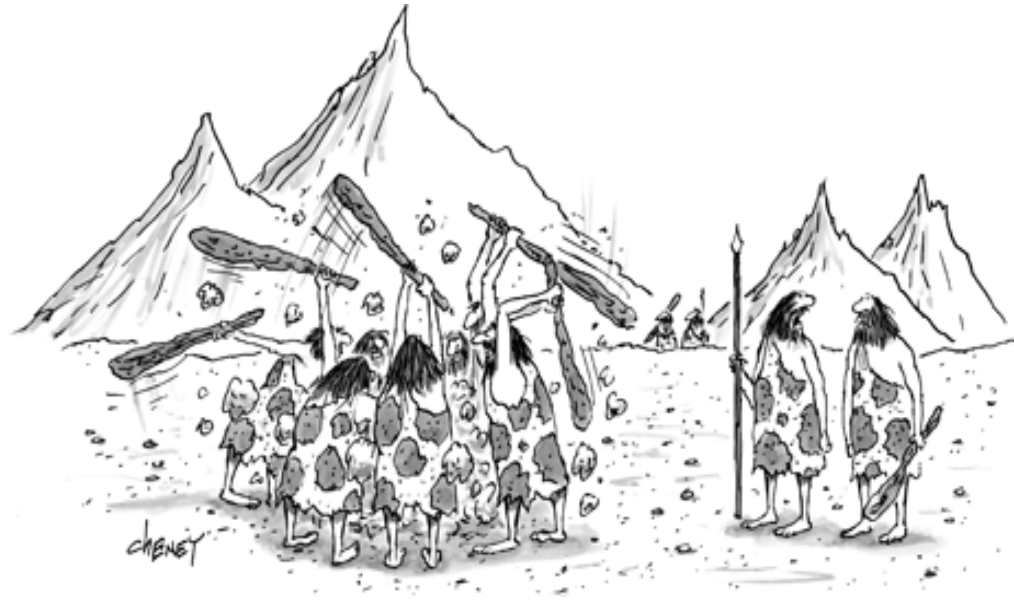


Al-Anon

AL-ANON.ORG



NAR-ANON.ORG



"It's some new thing called an intervention."

Johnson Intervention

- Confronting intervention approach
- Family members are prepared to confront the problem user with what they have experienced and observed
- The user is encouraged to enter treatment and sanctions may be applied for failing to do so
- Only a minority of those who initially seek consultation go through with the family confrontation

CRAFT: Community Reinforcement and Family Training

(Robert Meyers, Ph.D)

Family members have a influence on their loved one's use and decision to enter treatment



Positive, supportive, non-confrontational techniques
– Motivational model



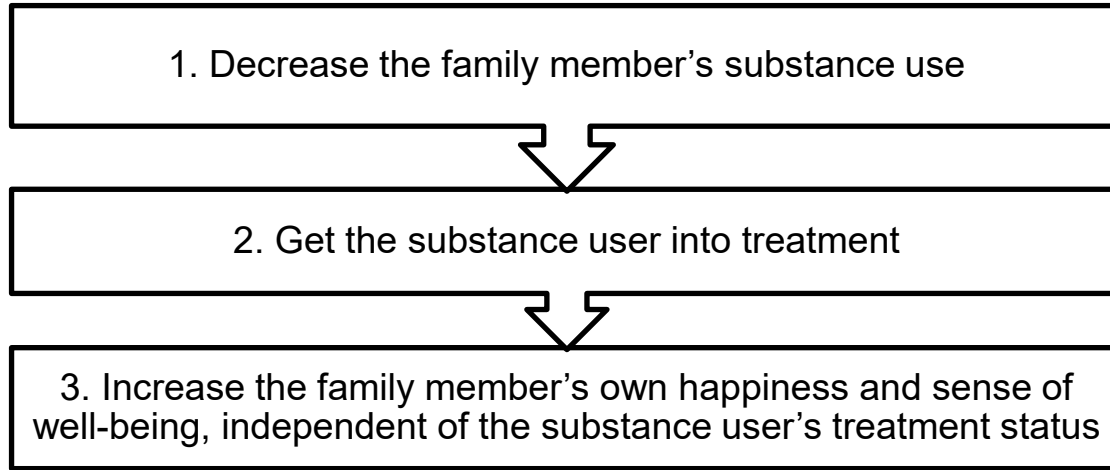
Reinforce non-using behaviors, non-reinforcement of using behaviors



*****Improve self-care, involvement in pleasurable activities, problem solving, and goal setting



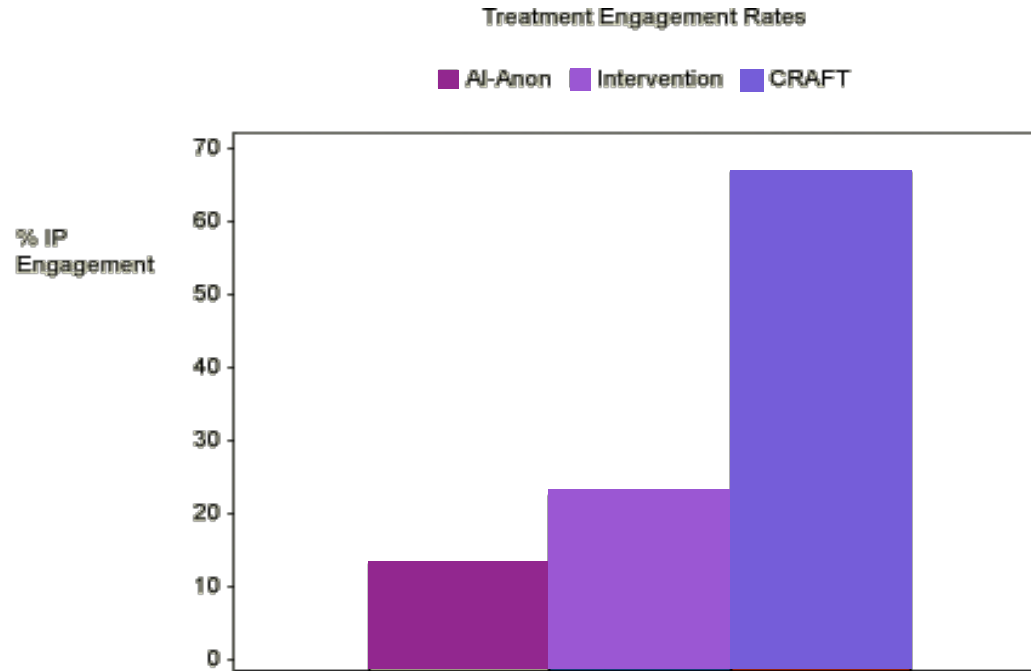
The CRAFT approach has three major goals:



Given the substance user's reluctance to enter treatment, these goals are addressed by working with the family member as the client.

(Evidence-based, validated behavioral principles to reduce a loved one's substance use and encourage them to seek treatment)

More than 2/3 of family members who use CRAFT successfully engage their substance using loved ones in treatment, less than 1/3 with intervention, even less success with Al-Anon



CRAFT's message to families:

- Your love has power
- You are not alone
- You catch more flies with honey than vinegar
- You have as many tries as you want
- You can live a happier life whether or not your loved one becomes abstinent

CRAFT ESSENTIALS



Employ effective
positive communication



Identify and use
positive rewards



Develop a roadmap for
understanding their loved one's
substance use and pattern



Recognize
substance use



Take domestic
violence precautions



Allow for “natural
consequences” of use



Practice self-care
without detachment



Get a loved one into
treatment

NJ Regional Family Support Centers (FSC)

Free individualized and group peer-to-peer family support services for families

Funded by DMHAS

Northern Region (Bergen, Essex, Hudson, Morris, Passaic, Sussex and Warren Counties)

CarePlus New Jersey Family Support Center Program

Phone: 201-265-8200

www.careplusnj.org

Central Region (Hunterdon, Mercer, Middlesex, Monmouth, Somerset, and Union Counties)

Prevention Resources Family Support Center Program (Hunterdon, Mercer, Somerset)

Phone: 908-782-3909

www.njprevent.com

Southern Region (Atlantic, Burlington, Camden, Cape May, Cumberland, Gloucester, Ocean, Salem Counties)

Center for Family Services - Family Support Center Program

Phone: 877-922-2377

www.centerffs.org

Other Resources for Families

SHATTERPROOF

Shatterproof:

<https://www.shatterproof.org/learn/addiction-resources/family-and-friends>

 **Partnership
to End Addiction**

Partnership to End Addiction

<https://drugfree.org/parenting-toward-recovery/>

<https://drugfree.org/get-support/>

**Being In Recovery': What
Does It Actually Mean?**

Once a Family Member is in Recovery

<https://drugfree.org/article/being-in-recovery-what-does-it-actually-mean>

ReachNJ.GOV

New Jersey's Addiction Helpline

Department of Human Services: Help a Loved One

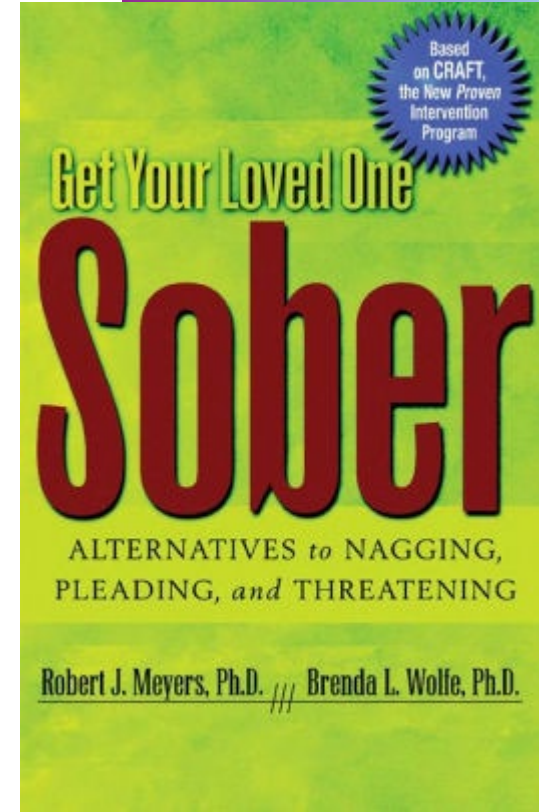
<https://nj.gov/humanservices/reachnj/families>

References

Miller, W. R., Meyers, R. J., & Tonigan, J. S. (1999). **Engaging the unmotivated in treatment for alcohol problems: A comparison of three strategies for intervention through family members.** *Journal of Consulting and Clinical Psychology*, 67(5), 688–697. <https://doi.org/10.1037/0022-006x.67.5.688>

Meyers, R. J., & Wolfe, B. L. (2004). **Get your loved one sober: Alternatives to nagging, pleading, and threatening.** Hazelden.

Utah Support Advocates for Recovery Awareness (USARA) (2017), CRAFT Workbook.



24/7 ADDICTION SUPPORT HOTLINE

#StopTheODs

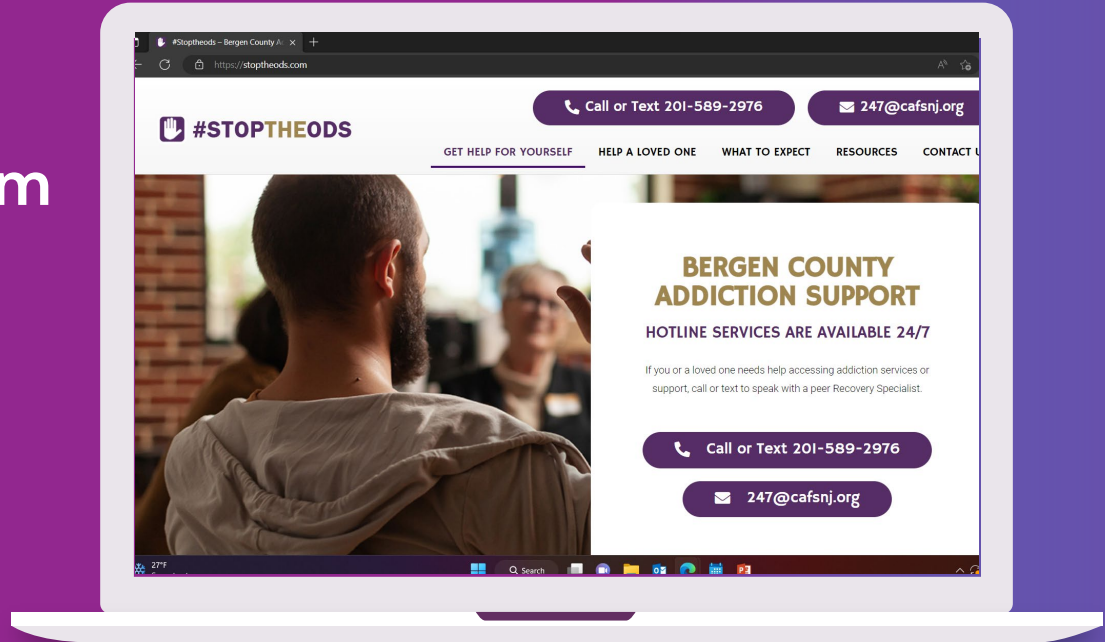
StopTheODs.com

call/text

201-589-2976

or email

247@cafsnj.org



Thanks!

Any questions?

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