



50 jaar CAD
Studiedag Nieuwe Perspectieven in de
Verlaafdenzorg:
De Community Reinforcement Approach

10 oktober 2008
 Alden Biesen (Bilzen), België

Hendrik G. Rozen, Ph.D.

BoumanGGZ,
 ErasmusMC
 Rotterdam
 Nederland

 **Werkgebied en locaties**



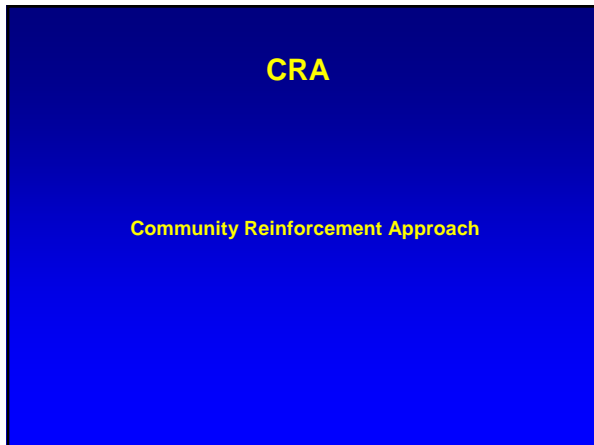
Zuidelijk Zuid-Holland

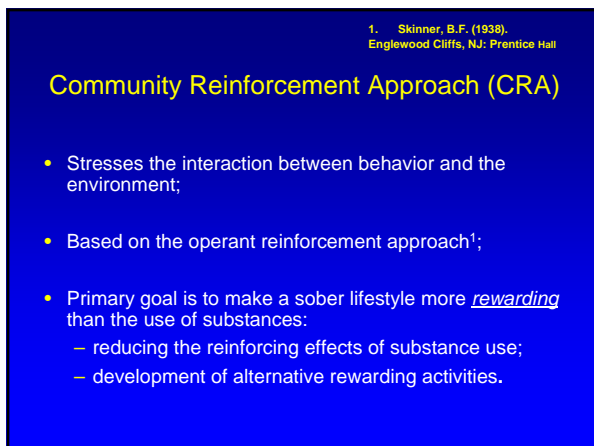
Locaties
 Ruim 50 locaties verdeeld over Rotterdam, Schiedam, Vlaardingen, Dordrecht, Leerdam, Gorinchem en Spijkenisse.

CRA Soup

CRA	Community Reinforcement Approach
CRAFT	Community Reinforcement and Family Training
A-CRA	Adolescent Community Reinforcement Approach







Reinforcer

- What is a reinforcer?
- How do I find one?
- Does everyone have reinforcers?
- How can I use them to help?

Positive Reinforcement (Rewards)

- You can catch more flies with honey than with vinegar!
- A reward is only a reward if the person for whom it is intended desires it!



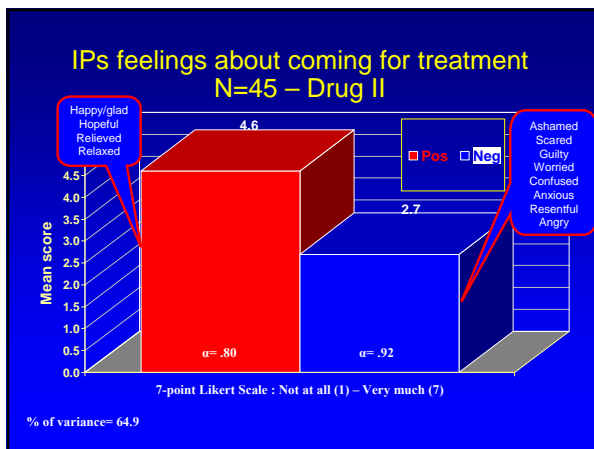




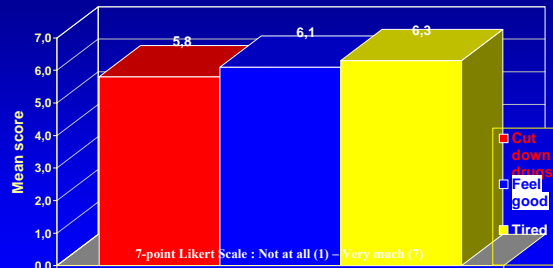




"If punishment worked, there would be few, if any, alcoholics or drug addicts..."

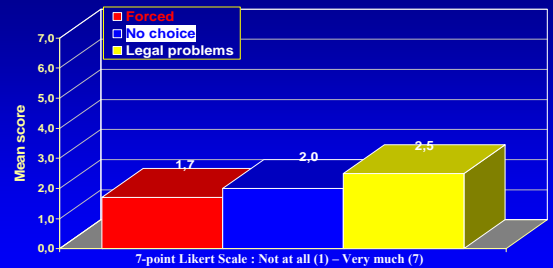


IPs most important reason for entering treatment N=45 – Drug II



"I want to cut down my use of drugs"
 "I want to feel good about myself"
 "I am tired of living the way I have been"

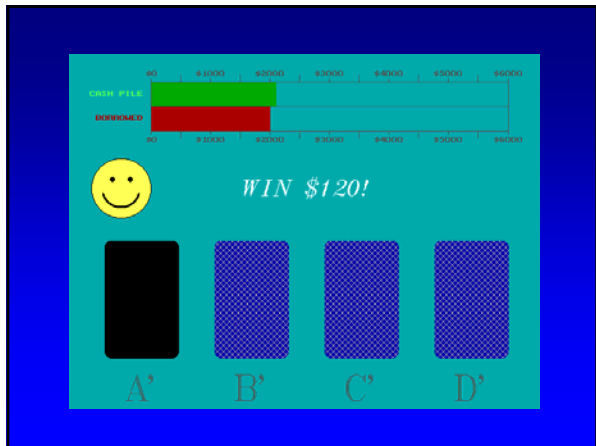
IPs least important reason for entering treatment N=45 – Drug II



"I was forced to come"
 "I had no choice"
 "I have legal problems"

Iowa Gambling Task (IGT)

1. Subjects Choose from 4 "decks" of cards
2. Total of 100 choices from decks
3. Two decks large short-term gain, long-term loss
4. Two decks smaller short-term gain, long-term gain
5. Patients with ventromedial prefrontal cortical lesions show altered pattern of response



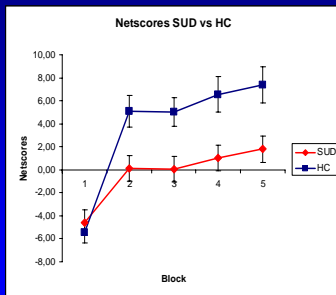
	Bad Decks		Good Decks	
	A	B	C	D
Gain/Deck:	\$100	\$100	\$50	\$50
Loss/10 cards:	\$1250	\$1250	\$250	\$250
Net/10 cards:	-\$250	-\$250	\$250	\$250

IGT: 58 Respondenten

Leeftijd:	37.14 jaar	} Matched
Man:	46.6 %	
Opleidingsniveau:	72.4% LBO/MBO	
MMSE (SUD/HC):	>25 (30)	
AUDIT (HC):	< 8 (40)	

29 SUDs:	
Alcohol :	51.7%
Cannabis:	20.7%
Cocaine:	17.2%
Amphetamine:	6.9%
Benzodiazepine:	3.4%

Iowa Gambling Task N=58



$p=0.005$

Conclusion IGT

- Two underlying types of dysfunction that are in favor of immediate outcomes in addiction:
 - a hyperactivity in the amygdala, which exaggerates the rewarding impact of available incentives;
 - hypoactivity in the prefrontal cortex or reflective system, which forecasts the long-term consequences of a given action.

Vanderko-Garcia, A. & Bechara A. (in press). Somatic marker theory of addiction. Neuropharmacology.

CRAFT

Community Reinforcement and Family Training

CRAFT

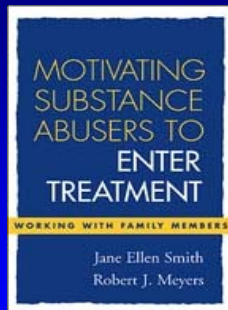
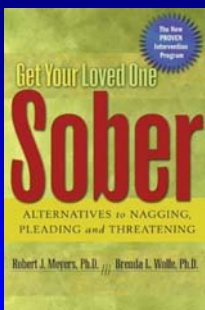
- CRAFT is based on the Community Reinforcement Approach (CRA);
- Substance abusers often report that family promoted treatment seeking;
- CSOs can influence substance abusers' behavior due to extensive contact;
- Environmental contingencies are key to encourage or discourage substance use;
- Concerned Significant Others (CSOs) also need help (victims of violence, verbal assaults, financial problems, marital conflict, etc).

Is Someone You Love In Trouble With Alcohol?

Do you live with a relative or partner who has an alcohol problem but won't get help? Would you like help in dealing with this problem? You may be eligible for a free, confidential program through a federally-funded study at the University of New Mexico. For information call



768-0260



CRAFT (cont'd)



CRAFT STUDIES

Sisson & Azrin, 1986	Miller, Meyers, et al 1999	Kirby, et al., 1999	Meyers, Miller, et al, 1999	Meyers, Miller, et al, 2002	Waldron, et al., 2007
14 CSOs	130 CSOs	32 CSOs 75% Anglo; 23% AA	62 CSOs 80% Hispanic	90 CSOs 88% female; 49% Hispanic	42 CSOs 45% Hispanic 48% Anglo
Alcohol	Alcohol	56% Cocaine 22% Opiate	37% Cocaine 35% Marijuana 16% Stimulants 8% Opiates	Marijuana Cocaine Stimulants	Marijuana Alcohol
Randomized (CRAFT / 12-step)	Randomized (CRAFT / JI / Al-Anon)	Randomized (CRAFT / 12-step)	Non-randomized	Randomized (CRAFT / Al-Anon)	Non-randomized
86% vs 0% CSOs better	64% vs 23% vs 13% CSOs better	74% vs 17% CSOs better	74% CSOs better	67% vs 29% CSOs better	71% CSOs better

Conclusions

Initially unmotivated/resistant problem drinkers/drug users can be engaged in treatment through CRAFT-trained CSOs

A-CRA


Adolescent Community Reinforcement Approach

CYT
Cannabis Youth Treatment
Experiment

Adolescent Community Reinforcement Approach (A-CRA)

Godley, S. H., Meyers*, R. J., Smith*, J. E., Godley, M. D., Titus, J. M., Karvinen, T., Dent, G., Passetti, L., & Kelberg, P. (2001).
Chestnut Health Systems
Bloomington, IL USA, and
*University of New Mexico
Albuquerque, NM USA

Treatment Series Volume 4



A-CRA's General Goals

- Goals: Sessions with Clients
 - Abstinence
 - Participation in pro-social activities
 - Positive relationships with family
 - Positive relationships with peers
- Goals: Sessions with Caregivers
 - Motivate their participation
 - Promote the client's abstinence
 - Provide information about effective caregiving

A-CRA Session Structure

- 10 Individual sessions with the adolescent
- 4 sessions with the caregiver
 - 2 individual sessions with the caregiver
 - 2 sessions with the caregiver and the adolescent
- In the office or home and community

“The brain runs on fun”

- Convergence of evidence that reward systems and the process of decision making are disrupted in patients with SUDs
- Tx: focus on patients' reward system
 - Treatment outcome literature
 - Patient self-reports
 - Neuro-biological data
- Tx: expanding alternative non-substance related behavior
- Social clubs?

- Désie van Toor
- Brittany Evans
- Hans Wiersema
- Linda Rombout
- Ranne de Waart
- Pauline Hussaarts





h.roozen@boumanggz.nl
