Integrating Family Systems Into Substance Use Disorder Treatment

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Introduction of problem of substance use
Specific treatment
Why families are not incorporated
Family theory
What is currently being used
Cost effectiveness
Conclusion
Substance Use Disorders

- DSM-5
- Nationwide issue
- Cultural aspects
- Cost of substance use

Specific Treatments

✦ Substance use impact on family
✦ ASAM Dimensions
✦ Abstinence versus harm reduction
✦ Trauma

Family Theory

✦ Homeostasis
✦ Systems Theory
✦ Systemic Motivational Theory
✦ Benefits of involving family in substance use treatment

Bertrand et al., 2013; Copello, 2010; Denning, 2010; Downs et al., 2015; Fals-Stewart et al., 2009; Kelly, 2016; McGoldrick, Giordano, & Garcia-Preto, 2005; Nicholas, 2013; O’Farrell & Fals-Stewart, 2006; Platter & Kelley, 2012; Ruff et al., 2010; Steinglass, 2009
Why are families not being used in substance use disorder treatment?

American Psychological Association, 2015; Corey, Corey, & Callahan, 2011; Hussaarts et al., 2011; Whittinghill, 2002; Wisdom, Cavaleri, Gogel, & Nacht, 2011
Interventions Using Family

- Systemic Motivational Therapy
- Motivational Interviewing with family
- Behavioral Couples Therapy
- CRAFT
- Relapse Prevention

Alcoholism & Drug Abuse Weekly, 2015; ASAM, 2011; Clarke & Myers, 2012; Copello, 2010; Denning, 2010; Downs et al., 2015; Erford, 2015; Fals-Stewart et al., 2009; NIH, n.d.; Steinglass, 2009
Treatment Costs

- Individual therapy versus family therapy
- More cost effective
- Requires fewer sessions
- Potential more effective long term recovery
- More research needs to be done

Morgan et al., 2013; Morgan & Crane, 2010; NIDA, 2015; NIH, 2015; SAMHSA, 2014
Conclusion

- The influence of families can be powerful
- Treatment should be culturally competent
- Families can be deeply affected by substance use
- Treatment should be holistic which can allow the family to heal and support the substance user throughout the process
References


References


References


