

# Drug Programme

This programme from SilverCloud<sup>®</sup> by Amwell<sup>®</sup> is designed for individuals engaging in risky or harmful substance use who are at a precontemplation or contemplation stage of change. It is not designed for those with heavy or long-term problematic use.

The programme aims to be a brief intervention, helping users identify a potential substance use problem and motivating an individual to take action.

The *Drug* programme was developed in partnership with Inclusion, part of Midlands Partnership NHS Foundation Trust.

## Therapeutic concepts

The *Drug* programme applies principles from Motivational Enhancement Therapy (MET), summarised in what is called the FRAMES model:<sup>1</sup>

- F** **Feedback:** Give feedback on the risks and negative consequences of substance use.
- R** **Responsibility:** Emphasize that the individual is responsible for making their own decision about their substance use.
- A** **Advice:** Give straightforward advice on modifying substance use.
- M** **Menu of options:** Give menus of options to choose from, fostering the client's involvement in decision-making.
- E** **Empathy:** Be empathic, respectful, and non-judgemental.
- S** **Self-efficacy:** Express optimism that the individual can modify their substance use if they choose.



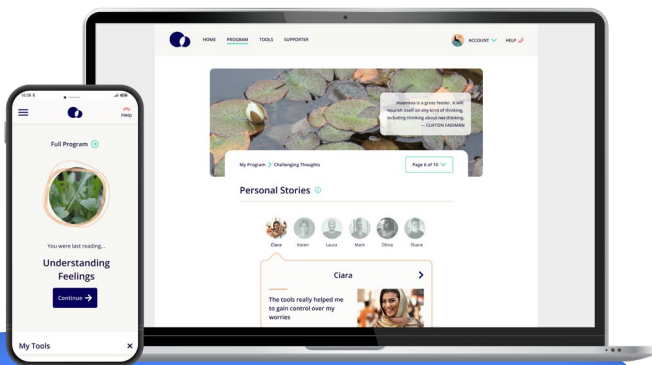
The programme also includes components of Cognitive Behavioural Therapy (CBT) and applies the Prochaska and DiClemente model of change to guide the target of the intervention to its intended population.<sup>2,3</sup>

The programme assumes that if individuals are progressing through the content, they may be moving toward contemplating or taking action. The programme accordingly supports individuals as they decide what the best course of action is for them.

## How it works

The programme has been designed to be a brief intervention to help users identify a real or potential substance use problem and motivate an individual to take appropriate action.

In keeping with the guiding principles of CBT, which endorse a structured outline and a goal-oriented focus, each module contains information, interactive tools and activities, homework suggestions and personal stories relating to substance use.<sup>4</sup>



The programme is available 24/7, allowing users to access content at a time that suits them. It can be accessed using a phone, tablet or computer and it can be tailored to suit the needs of the individual.

## Summary of programme modules:

- **Drug Use & You** Provides education around substances and helps the user to explore their relationship with drugs. The user is also introduced to a drug diary tool to help monitor habits and capture feelings associated with drug use.
- **Considering Change** Helps the user learn what kind of drug user they are and reflect on whether they want to make changes. It also includes an activity to highlight the pros and cons of drug use.
- **Your Decision Making and the Law** Encourages the user to explore drug use and its effect on the law and decision making. The user is also prompted to identify their values in order to motivate them when facing a challenging dilemma.
- **Reducing Harm** Helps the user to understand and identify the harm that risky drug use can have and highlights potential harm reduction strategies.
- **Triggers & High-Risk Situations** The user identifies obstacles they may encounter when making changes to their relationship with substances, exploring methods of overcoming these. The user is also encouraged to create a plan to implement change.
- **Moving Forward** Prepares the user for coming to the end of the programme and focuses on helping them stay well in the future, highlighting the importance of social support and SMART goals.

### References:

1. Miller, W. R., & Sanchez, V. C. (1994). Motivating young adults for treatment and lifestyle change.
2. Beck, J. S., & Beck, A. T. (2011). Cognitive behavior therapy. New York: Basics and beyond. Guilford Publication.
3. Prochaska, J. O., & DiClemente, C. C. (1986). Toward a comprehensive model of change. Treating addictive behaviors: Processes of change, 3-27.
4. Maerov, P. J. (2006). Demystifying CBT: Effective, easy-to-use treatment for depression and anxiety. Current Psychiatry, 5(8), 26

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