

# NDTMS ADULT COMMUNITY INTERVENTIONS AID CDS-Q

## Psychosocial interventions — structured

### Motivational interventions

Motivational interventions aim to help service users resolve ambivalence for change, and increase intrinsic motivation for change and self-efficacy through a semi-directive style and may involve normative feedback on problems and progress. They may be focused on substance specific changes and/or on building recovery capital. Motivational interventions can be delivered in groups or one-to-one and may involve the use of mapping tools. Motivational interventions require competences over and above those required for key working, and delivery within a clinical governance framework that includes appropriate supervision.

Motivational interviewing and motivational enhancement therapy are both forms of motivational interventions.

### Contingency management

Contingency management (CM) provides a system of reinforcement or incentives designed to motivate behaviour change and/or facilitate recovery. CM aims to make target behaviours (such as drug use) less attractive and alternative behaviours (such as abstinence) more attractive. CM requires competences over and above those required for key working, and delivery within a clinical governance framework that includes appropriate supervision.

### Family and social network interventions

Family and social network interventions engage one or more of the client's social network members who agree to support the client's treatment and recovery. The interventions use psychosocial techniques that aim to increase family and social network support for change, and decrease family and social support for continuing drug and/or alcohol use. These interventions may involve the use of mapping tools. They require competences over and above those required for key working, and delivery within a clinical governance framework that includes appropriate supervision.

Examples: social behaviour and network therapy (SBNT), community reinforcement approach (CRA), behavioural couples therapy (BCT) and formal family therapy.

### Cognitive and behavioural based relapse prevention interventions (substance misuse specific)

Cognitive and behavioural based relapse prevention interventions develop the service user's abilities to recognise, avoid or cope with thoughts, feelings and situations that are triggers to substance use. They include a focus on coping with stress, boredom and relationship issues and the prevention of relapse through specific skills, for example, drug refusal, craving management. They can be delivered in groups or one-to-one and may involve the use of mapping tools. They require competences over and above those required for key working, and delivery within a clinical governance framework that includes appropriate supervision.

Examples: CBT based relapse prevention (which may include mindfulness and 'third wave' CBT), behavioural self-control (alcohol).

### Evidence-based psychological interventions for coexisting mental health disorders

NICE guidelines for mental health problems generally recommend a stepped care approach. Low intensity psychological intervention for co-existing mental health problems, include guided self-help or brief interventions for less severe common mental health problems.

High intensity psychological therapies (such as cognitive behavioural therapy) are recommended for moderate and severe problems. Typically formulation - based and delivered by clinicians with specialist training who are registered with a relevant professional/regulatory body. They can be delivered in groups or one-to-one.

Both low and high intensity interventions require additional competences for the worker and delivery within a clinical governance framework that includes appropriate supervision.

### Psychodynamic therapy

A type of psychotherapy that draws on psychoanalytic theory to help people understand the developmental origins of emotional distress and behaviours such as substance misuse, by exploring unconscious motives, needs, and defences.

Psychodynamic therapy requires additional competences for the worker and delivery within a clinical governance framework that includes appropriate supervision. Therapists should be registered with an appropriate professional/regulatory body.

### 12-step work

A 12-step intervention for recovery from addiction, compulsion or other behavioural problems. Interventions are delivered within a clinical governance framework that includes appropriate supervision.

The aim of 12-step work is to facilitate service users to complete some or all of the 12 steps.

### Counselling – BACP Accredited

A systematic process that gives individuals an opportunity to explore, discover and clarify ways of living more resourcefully, with a greater sense of well-being. This requires additional competences for the worker and delivery within a clinical governance framework that includes appropriate supervision.

## Pharmacological interventions — structured

### Methadone (oral solution)\* – Opioid assessment and stabilisation

Client is prescribed oral methadone to stabilise the use of illicit drug(s), following and alongside continuing appropriate assessment.

It also includes re-induction onto opioid substitution treatment prior to prison release, in the limited circumstances where this is appropriate.

### Methadone (oral solution)\* – Opioid withdrawal

Client is prescribed oral methadone to facilitate medically assisted withdrawal and to manage withdrawal symptoms. This would usually be for up to 12 weeks in the community or 28 days as an inpatient.

### Methadone (oral solution)\* – Opioid maintenance

Client is prescribed oral methadone under a stable dose regimen to medically manage physiological dependence and minimise illicit drug use.

Maintenance prescribing may be provided to support the individual in achieving or sustaining medication assisted recovery.

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Pharmacological interventions — structured (continued)
<b>Buprenorphine (tablet/wafer)# – Opioid assessment and stabilisation</b>
Client is prescribed buprenorphine tablet/wafer (for instance, mono-buprenorphine) to stabilise the use of illicit drug(s), following and alongside continuing appropriate assessment. It also includes re-induction onto opioid substitution treatment prior to prison release, in the limited circumstances where this is appropriate. Subutex should be recorded as buprenorphine.
<b>Buprenorphine (tablet/wafer) # – Opioid withdrawal</b>
Client is prescribed buprenorphine tablet/wafer (for instance, mono-buprenorphine) to facilitate medically assisted withdrawal and to manage withdrawal symptoms. This would usually be for up to 12 weeks in the community or 28 days as an inpatient. Subutex should be recorded as buprenorphine.
<b>Buprenorphine (tablet/wafer) # – Opioid maintenance</b>
Client is prescribed buprenorphine tablet/wafer (for instance, mono-buprenorphine) under a stable dose regimen to medically manage physiological dependence and minimise illicit drug use. Maintenance prescribing may be provided to support the individual in achieving or sustaining medication assisted recovery. Subutex should be recorded as buprenorphine.
<b>Buprenorphine (tablet/wafer) with naloxone# – Opioid assessment and stabilisation</b>
Client is prescribed buprenorphine tablet with naloxone (for instance, Suboxone) to stabilise the use of illicit drug(s), following and alongside continuing appropriate assessment. It also includes re-induction onto opioid substitution treatment prior to prison release, in the limited circumstances where this is appropriate.
<b>Buprenorphine (tablet/wafer) with naloxone# – Opioid withdrawal</b>
Client is prescribed buprenorphine tablet with naloxone (for instance, Suboxone) to facilitate medically assisted withdrawal and to manage withdrawal symptoms. This would usually be for up to 12 weeks in the community or 28 days as an inpatient.
<b>Buprenorphine (tablet/wafer) with naloxone# – Opioid maintenance</b>
Client is prescribed buprenorphine tablet with naloxone (for instance, Suboxone) under a stable dose regimen to medically manage physiological dependence and minimise illicit drug use. Maintenance prescribing may be provided to support the individual in achieving or sustaining medication assisted recovery.
<b>Buprenorphine depot injection (rods or fluid) – Opioid withdrawal</b>
Client is prescribed buprenorphine depot injection to facilitate medically assisted withdrawal and to manage withdrawal symptoms. This would usually be for up to 12 weeks in the community or 28 days as an inpatient.
<b>Buprenorphine depot injection (rods or fluid) – Opioid maintenance</b>
Client is prescribed buprenorphine depot injection under a stable dose regimen to medically manage physiological dependence and minimise illicit drug use. Maintenance prescribing may be provided to support the individual in achieving or sustaining medication assisted recovery.
<b>Diamorphine injection – Opioid assessment and stabilisation/opioid withdrawal/opioid maintenance</b>
Client is prescribed diamorphine injection (for instance, injectable ampoules) for opioid assessment and stabilisation, withdrawal or maintenance.
<b>Methadone injection – Opioid assessment and stabilisation/opioid withdrawal/opioid maintenance</b>
Client is prescribed methadone injection for opioid assessment and stabilisation, withdrawal or maintenance.
<b>Benzodiazepine – Benzodiazepine maintenance</b>
Client is prescribed benzodiazepine for benzodiazepine maintenance.
<b>Benzodiazepine – Stimulant withdrawal</b>
Client is prescribed benzodiazepine for stimulant withdrawal.
<b>Benzodiazepine – GHB/GBL withdrawal</b>
Client is prescribed benzodiazepine for GHB/GBL withdrawal.
<b>Stimulant (for example, dexamphetamine) – Stimulant withdrawal</b>
Client is prescribed stimulants such as dexamphetamine for stimulant withdrawal.
<b>Pregabalin – Gabapentinoid withdrawal</b>
Client is prescribed pregabalin for gabapentinoid withdrawal.
<b>Gabapentin – Gabapentinoid withdrawal</b>
Client is prescribed gabapentin for gabapentinoid withdrawal.
<b>Naltrexone (oral) – Opioid relapse prevention</b>
Client prescribed oral naltrexone to prevent relapse to opiate use.
<b>Naltrexone (oral) – Alcohol relapse prevention/consumption reduction</b>
Client prescribed naltrexone to prevent relapse to alcohol use or to limit the amount of alcohol a client drinks.

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Pharmacological interventions — structured (continued)
<b>Chlordiazepoxide – Alcohol withdrawal</b>
Client prescribed chlordiazepoxide to treat acute alcohol withdrawal (do not record chlordiazepoxide prescribed to treat anxiety or for any other purpose).
<b>Diazepam – Alcohol withdrawal</b>
Client prescribed diazepam to treat acute alcohol withdrawal (do not record diazepam prescribed to treat anxiety or for any other purpose).
<b>Carbamazepine – Alcohol withdrawal</b>
Client prescribed carbamazepine to treat acute alcohol withdrawal (do not record carbamazepine prescribed for any other purpose).
<b>Other prescribed medication for alcohol withdrawal – Alcohol withdrawal</b>
Client prescribed other medication to treat acute alcohol withdrawal.
<b>Acamprosate – Alcohol relapse prevention</b>
Client prescribed acamprosate to prevent relapse to alcohol use.
<b>Disulfiram – Alcohol relapse prevention</b>
Client prescribed disulfiram to prevent relapse to alcohol use.
<b>Vitamin B and C supplement to prevent/treat Wernicke’s encephalopathy/ Wernicke-Korsakoffs</b>
Client prescribed vitamin B and C supplement to prevent or treat Wernicke’s encephalopathy/Wernicke-Korsakoffs.
<b>Any other medication for the treatment of drug misuse/dependence/withdrawal/associated symptoms</b>
Client prescribed other medication for instance, any other medication not listed above but used for the treatment of drug or alcohol misuse or dependence or withdrawal or associated symptoms but not for unconnected illnesses and their symptoms.
In addition to the above sub-interventions we also ask the following questions in relation to pharmacological sub-interventions:
<b>Current daily dose of liquid oral methadone medication (ml)*</b>
If any medications indicated with an * are prescribed record the client’s current daily dose of oral methadone in milliliters (ml) of 1mg/1ml methadone solution equivalent (in most cases this will be the same as the daily volume prescribed. In the unusual case of a methadone concentrate being prescribed, the 1mg/1ml equivalent will need to be calculated). If client has not been prescribed liquid oral methadone/is no longer being prescribed liquid oral methadone then leave blank.
<b>Current daily dose of oral buprenorphine medication (mg)#</b>
If any medications indicated with an # are prescribed record the client’s current daily dose of oral buprenorphine in mg. If client has not been prescribed oral buprenorphine/is no longer being prescribed oral buprenorphine then leave blank.
<b>Is consumption of OST medication currently supervised?#</b>
If client’s OST medication (indicated with a * or #) is currently supervised at every or most dispenses record ‘Supervised’. If client’s OST medication is currently taken away to be consumed without supervision at every or most dispenses record ‘Unsupervised’. If client is not prescribed OST record NA (99).
Recovery support interventions – non-structured
<b>Peer support involvement</b>
A supportive relationship where an individual who has direct or indirect experience of drug or alcohol problems may be specifically recruited on a paid or voluntary basis to provide support and guidance to peers. Peer support can also include less formal supportive arrangements where shared experience is the basis but generic support is the outcome (for example, as a part of a social group). This may include mental health focused peer support where a service user has co-existing mental health problems. Where peer support programmes are available, staff should provide information on access to service users, and support access where service users express an interest in using this type of support.
<b>Facilitated access to mutual aid</b>
Staff provide a service user with information about mutual aid groups and facilitate their initial contact by, for example, making arrangements for them to meet a group member, arranging transport and/or accompaniment to the first session and dealing with any subsequent concerns (see <a href="#">Facilitating Access to Mutual Aid</a> ). These groups may be based on 12-step principles (such as Alcoholics Anonymous, Narcotics Anonymous and Cocaine Anonymous) or another approach (such as SMART Recovery). It is not sufficient to simply provide a client with a leaflet.
<b>Family support</b>
Staff have assessed the family support needs of the individual/family as part of a comprehensive assessment, or on-going review of their treatment package. Agreed actions can include arranging family support for the family in their own right or family support that includes the individual in treatment.
<b>Parenting support</b>
Staff have assessed the family support needs of the individual as part of a comprehensive assessment, or ongoing review of their treatment package. Agreed actions can include a referral to an in-house parenting support worker where available, or to a local service which delivers parenting support.

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## Recovery support interventions – non-structured (continued)

### Housing support

Staff have assessed the housing needs of the individual as part of the comprehensive assessment, or on-going recovery care planning process, and has agreed goals that include specific housing support actions by the treatment service, and/or active referral to a housing agency for specialist housing support.

Housing support covers a range of activities that either allows the individual to maintain their accommodation or to address an urgent housing need.

### Employment support

Staff have assessed the employment needs of the individual as part of the comprehensive assessment, or ongoing recovery care planning process, and agreed goals that include specific specialised employment support actions by the treatment service, and/or active referral to an agency for specialist employment support.

Where the individual is already a claimant with Job Centre Plus or the Work Programme, the referral can include a 3- way meeting with the relevant advisor to discuss education/employment/training (ETE) needs. The referral can also be made directly to an ETE provider.

### Education and training support

Staff have assessed the education and training related needs of the individual as part of the comprehensive assessment or on-going recovery care planning process and agreed goals that include specific specialised education and training support actions by the treatment service, and/or active referral to an agency for specialist education and training support.

Where the individual is already a claimant with Job Centre Plus or the Work Programme, the referral can include a 3- way meeting with the relevant advisor to discuss ETE needs. The referral can also be made directly to an ETE provider.

### Supported work projects

Staff have assessed the employment related needs of the individual as part of the comprehensive assessment, or on-going recovery care planning process and agreed goals that include the referral to a service providing paid employment positions where the employee receives significant on-going support to attend and perform duties.

### Recovery check-ups

Following successful completion of formal substance misuse treatment there is an agreement for periodic contact between a treatment provider and the former participant in the structured treatment phase of support.

The periodic contact is initiated by the service, and comprises a structured check-up on recovery progress and maintenance, checks for signs of lapses, sign posting to any appropriate further recovery services, and in the case of relapse (or marked risk of relapse) facilitates a prompt return to treatment services.

### Evidence-based psychosocial interventions to support relapse prevention

Evidence based psychosocial interventions that support on-going relapse prevention and recovery (including counselling), delivered following successful completion of structured substance misuse treatment.

These are interventions with a specific substance misuse focus and delivered within substance misuse services.

### Complementary therapies

Complementary therapies aimed at promoting and maintaining change to substance use, for example through the use of therapies such as acupuncture and reflexology that are provided in the context of substance misuse specific recovery support.

### Mental health interventions

Evidence-based psychosocial interventions for common mental health problems that support continued recovery by focusing on improving psychological well-being that might otherwise increase the likelihood of relapse to substance use; this would include counselling.

These are delivered following successful completion of structured substance misuse treatment and may be delivered by services outside the substance misuse treatment system following an identification of need for further psychological treatment and a referral by substance misuse services.

### Smoking cessation

Specific stop-smoking support has been provided by the treatment service, and/or the individual has been actively referred to a stop smoking service for smoking cessation support and take-up of that support is monitored. Suitable support will vary but should be more than very brief advice to qualify as an intervention here. It will most commonly include psychosocial support and nicotine replacement therapy, and will be provided by a trained stop smoking advisor.

### Client provided with domestic abuse support for victim/survivor

Staff have assessed service user needs in relation to domestic abuse/violence as part of the comprehensive assessment or on-going recovery care planning process. There are agreed goals that include support actions by the treatment service, and/or active referral to a specialist domestic abuse service. These services may include MARAC; community or refuge support providing safety planning, legal advice, advocacy and therapeutic interventions for victims/survivors and their children.

### Client provided with domestic abuse support for perpetrator

Staff have assessed service user needs in relation to domestic abuse/violence as part of the comprehensive assessment or ongoing recovery care planning process. There are agreed goals that include support actions by the treatment service, and/or active referral to a specialist domestic abuse service. Perpetrators of domestic abuse/violence may attend a perpetrator programme.

### Has the client been provided prescribing for relapse prevention (post structured treatment only)?

Drug relapse prevention - naltrexone prescribed in line with NICE Technology Appraisal TA115 (['Naltrexone for the management of opioid dependence'](#)).

Alcohol relapse prevention - Acamprosate, oral naltrexone, or disulfiram (prescribed in line with NICE Clinical Guidance CG115 (['Alcohol Use Disorders: diagnosis, assessment and management of harmful drinking and alcohol dependence'](#)))

If a client is being discharged from the structured part of their programme, but still receiving Acamprosate, it would be on the basis of 'a final script' eg. not on-going. If it is on-going then the client would need to be retained in structured treatment.