

Collaborative Approaches for Substance Abuse

Claude Drouet, LCSW

Learning Objectives/Considerations

1. To use Collaboration with Identified Client/Patient to promote more effective substance use assessment
2. To Address Inherent Defensiveness in the Assessment Process to Maximize the possibility of accurate diagnosis and recommendations
3. To Encourage the Assessor to have enhanced confidence in discussing substance use with identified individual seeking assessment

Numerous Settings and Contexts

- Self-initiated appointment
- Concerned family member/concerned friend
- Medical visit of any type
- Legal—possible issue/pending issue/adjudicated consequence
- Life-changing event
- Career issue

- Respect—The intrinsic quality of collaboration

How Substance Use Can Affect Self-Esteem, Self Image, and Self Respect

- Open-end Questions and Statements to Promote *Conversation* during Assessment

- Collaboration to Facilitate *Conversation* as a Way to Discourage:

Defensiveness

Minimization

Rationalization

Hostility

Statements and Questions for Collaboration

- “I am interested in what might have encouraged you to make an appointment today....”
- Did anyone suggest you come in today to discuss....?

- Do you have a primary substance of choice?
- Do you recall the first substance you used and about how old you were?
- What substances have you used in the past 12 months?

- Do you believe you have a problem with substance use in any way?
- Have you had any negative consequences related to substance use?
- Have you tried to reduce or stop your use in the past few months?

- Have you ever been treated for depression, anxiety, or any other problem with mood?
- What is your most significant personal strength—the quality you most deeply value about yourself?
- What would someone close to you say is your best quality?!

- Organizing Information gained in assessment
- Diagnostics via DSM 5
- Diagnostics via other assessment instruments
- Using Caution in Diagnosis

- Formulating Treatment Recommendations Seeking to Invoke Self-Respect and Self-Esteem

