

# “Why Do I Have to be Here?” Person- Centered Interventions for Consumers who are Mandated to Attend Treatment

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## Overview & Agenda

- Introduction
- Person-First Language
- Agenda:
  - Discuss philosophy/assumptions about mandated treatment
  - Person-Centered Strategies
  - Measuring Success
  - Discussion/ Questions



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What are common reasons that consumers may be mandated to attend treatment?



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### Referral Sources that may be Mandating consumers to attend treatment

- Probation/Parole Agents
- Department of Transportation
- Treatment/Diversion Court Programs
- Child Protective Services
- Attorneys
- Judges
- Other legal or social service related agencies




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### Potential Challenges when working with Consumers who are Mandated to Attend Treatment

- Less motivation
- Challenges in building rapport
- Concerns about efficacy of services
- Concerns related to confidentiality
- Concerns about consumer honestly




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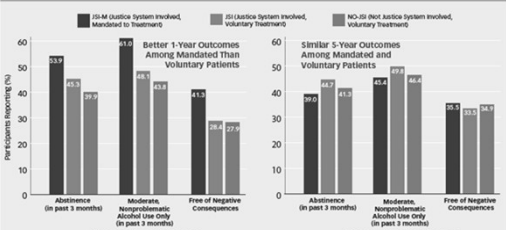
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### NIDA Study

**MANDATED TREATMENT WORKS** Patients legally mandated to treatment reported better outcomes than nonmandated offenders and nonoffenders 1 year after residential treatment for alcohol and drug problems. Five-year outcomes were similar among the three groups.




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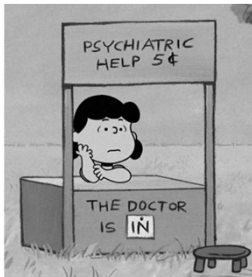
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### What is the Goal of Treatment?



- Who decides if treatment was successful?
- What is the provider's goal?
- What is the consumer's goal?
- What is the referring source's goal?

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### Balancing Ethical Responsibilities

- Pressure to do what we "should" be doing.
- Different parties may have differing perspectives.
- Issues of systemic racism and bias in the criminal justice system.
- Your ultimate ethical duty is to the consumer!



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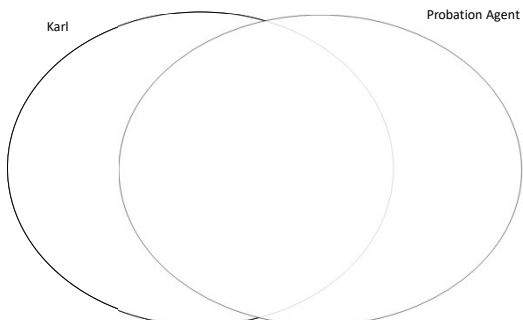
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### Venn Diagram Exercise



Karl is a 44 year old man who was convicted of assault due to a workplace altercation. He was referred by his probation agent to complete 12 sessions of anger management counseling.

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### Person-Centered strategies for the First Session



- Talk explicitly about why the person is here.
- Validate any concerns they have.
- How is mandated treatment like a reality show?

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### Person-Centered strategies for the First Session

- Avoid debates
- Direct the locus of control back to therapy.
- Express hope that the consumer gets some benefit from the services.



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### Person-Centered strategies for the First Session

- Comprehensive assessment, done conversationally
- Spend time where the consumer wants to spend time!



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### Person- Centered Strategies for Later Sessions

- Continue to build rapport, convey warmth.
  - As opportunities arise, bring the conversation back to the referring issue.
  - Use motivational interviewing
  - Remain curious



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### Person- Centered Strategies for Later Sessions

- Continue to keep the consumer informed on progress towards completing requirements.
  - Do not move the goalposts!
  - Offer the chance to continue treatment if they find it helpful



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### Person- Centered Strategies- Concluding Treatment

- Collaborative documentation
  - Seek input from the consumer.
  - Get the consumer's consent for anything going in the official record.



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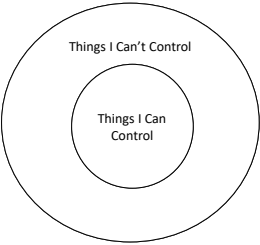
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### Person- Centered Strategies

- Understand your limited locus of control.
  - You can control the environment in session
  - The consumer's actions outside of session are in their locus of control.
  - The goal is not to "fix" the consumer, it is to create a space for growth.



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### How Do We Measure Success?

- Completion of sessions
- Reduction in symptoms
  - Use of substances
  - PHQ-9 or GAD-7
- Increase in motivation to change (URICA)



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### Conclusion/Questions

- The consumer's opinion matters most!
- The skilled provider is able to hold multiple things to be true.
- Know that treatment still can be extremely effective even if the consumer did not initially desire treatment!



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## Sources/ References

- URICA: <https://habitslab.umbc.edu/urica/>
- Court-Mandated Treatment Works as Well as Voluntary <https://archives.drugabuse.gov/news-events/nida-notes/2006/07/court-mandated-treatment-works-well-voluntary>
- Does Mandatory Treatment Work? <https://dualdiagnosis.org/addiction-treatment/mandatory-treatment-work/>
- Does Mandating Offenders to Treatment Improve Completion Rates? <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3578041/>
- Addiction doc says: It's not the drugs. It's the ACEs...adverse childhood experience <https://acetoohigh.com/2017/05/02/addiction-doc-says-stop-chasing-the-drug-focus-on-aces-people-can-recover/>
- The Trans-theoretical Model of Change <https://sp/psych.bumc.bu.edu/otlt/mph-modules/sb/behavioralchangetheories/BehavioralChangeTheories6.html#:~:text=The%20TM%20posits%20that%20individuals,action%2C%20maintenance%2C%20and%20termination>

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