



*2013 Kentucky School of Alcohol and
Other Drugs Studies
40th Year!*

Presents

*15 Strategies for Engaging and Increasing
Recovery Rates With Chemically
Dependent Clients*

Presenter
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On The Mark Consulting



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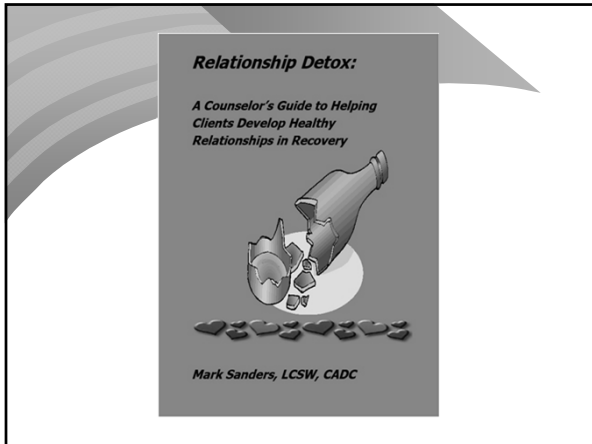
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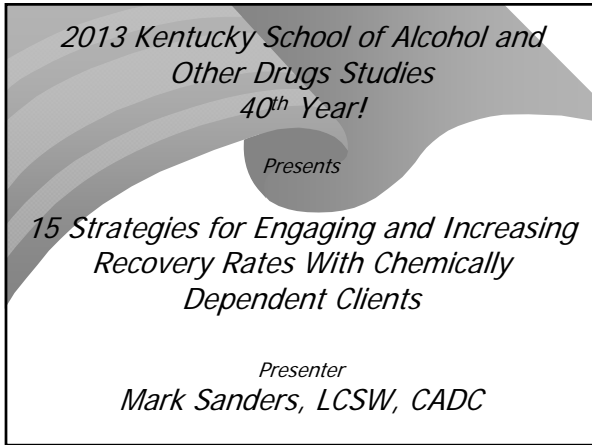
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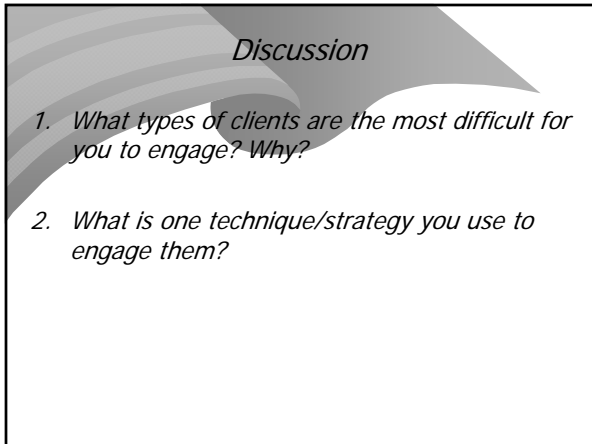
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15 Engagement Strategies

Utilize naturally therapeutic qualities

- *Empathy*
- *Warmth*
- *Genuineness*

Engagement Strategies Continued

Engagement in the first 5 minutes

- *Voice tone*
- *Receptionist greeting*
- *Pictures*
- *Magazines*
- *Waiting Room*
- *Length of wait*
- *A tour*

Minimize Confrontation

Discover Your Client's Uniqueness

- *If you had 3 wishes, what would they be?*
- *When are you happiest?*
- *What do you do on Saturday afternoons?*
- *Who are your heroes?*
- *What is your favorite food?*
- *What kinds of things are funny to you? Do you like to tell jokes or hear jokes?*
- *If you agreed to work with me, what do you think is important for me to know about you in order to be most helpful?*

Have a Sense of Humor

Use of Incentives











Be aware of counter-transference reactions.

After counseling approaches.

Engaging mandated clients.

*Connect with clients
cross-culturally*

*When Working with Chemically
Dependent Clients Honor a Variety of
Approaches to Recovery*

- Solo recovery*
- Total abstinence*
- Virtual recovery*
- Temporary drug substitution*
- Religious styles*
- Medication assisted*
- Harm reduction*
- 12 Step recovery*
- Shifting allegiance*

*"Make a contact: If this
does not work. . ."*

Bonus Strategies

- *Offer a snack*
- *Avoid desks*
- *Explain counseling*
- *Avoid early labels- This would activate the law of, "I heard what I said."*

Bonus Strategies Continued

- *Ask permission to give feedback*
- *Engage in mutual treatment planning*
- *Guard against burnout and compassion fatigue*
- *Sound bites are more effective than long paragraphs when communicating with resistant clients*

Strategies to Increase Recovery Rates

Sharpen Assessment and Treatment Skills

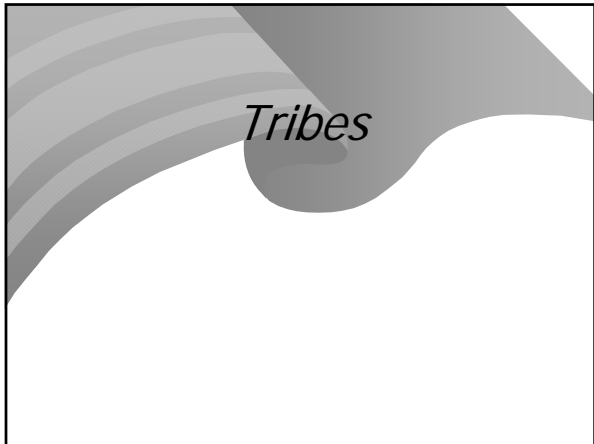
- *The most addictive drugs*
- *Process Addictions*
- *A hidden psychiatric disorder*
 - *Phobias*
 - *Depression*
 - *ADHD*
 - *Personality Disorder*
 - *PTSD*
- *Unresolved grief and trauma*

Use Evidence Based Practices

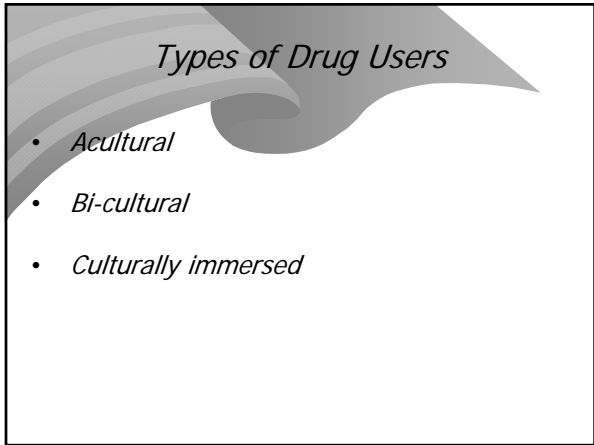
- *CBT*
- *12 Step facilitation*
- *Family Therapy*
- *Integrated Dual Disorders Treatment*
- *Behavioral Couples Therapy*

Help to Disengage From Cultures of Addiction

- *Socially celebrated*
- *Socially tolerated*
- *Socially prohibited*

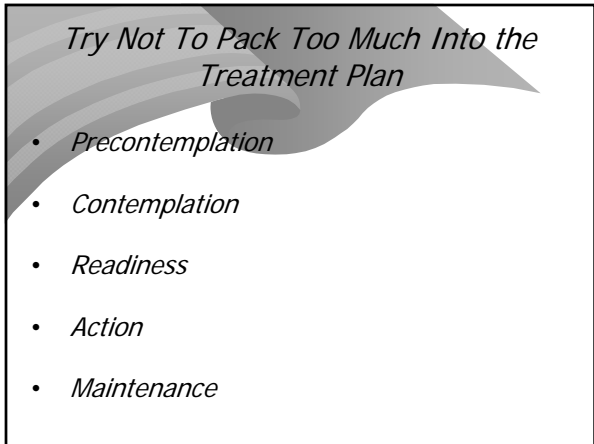


Tribes



Types of Drug Users

- *Acultural*
- *Bi-cultural*
- *Culturally immersed*



Try Not To Pack Too Much Into the Treatment Plan

- *Precontemplation*
- *Contemplation*
- *Readiness*
- *Action*
- *Maintenance*

Help Clients Successfully Complete Treatment

- *Place at a level they are motivated for*
- *Keep clients motivated while they wait*
- *Provide gender specific services*
- *Provide services that meet the needs of youth*

Help Clients Successfully Complete Treatment Continued

- *Evaluate the hour the services are provided*
- *Provide an environment where a diversity of clients feel welcome*

Increase 12 Step Attendance

- *Escorts*
- *Arrive early*
- *Set up chairs*
- *Volunteer to read*
- *Stay late*
- *Sponsorship*
- *Sober activities*

Teach Social Skills

- *How to dress for success*
- *Public speaking*

Use successful alumni

Develop organizational health

*Increase staff
competence*

*Celebrate small victories
and encourage clients to do
the same*

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