

CHAMP

Strategies to Increase BA Adherence

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WITH THANKS TO PATRICK RAJE, PHD FOR SOURCE MATERIAL

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Land Acknowledgment




The University of Washington acknowledges the Coast Salish people of this land, the land which touches the shared waters of all Tribes and bands within the Suquamish, Tulalip and Muckleshoot nations.

Photo Credit: Paul J Barry

<https://native-land.ca/>

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• CHECK IN

- Any questions or concerns about CMTS/REDCap other research activities?
- Anything else on your mind?

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Learning Objectives


By the end of this session, participants should be able to:

- Understand importance of “work at home” to BA
- Cite some strategies to help encourage patients to complete BA “work at home”


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Behavioral Activation: The Four Steps




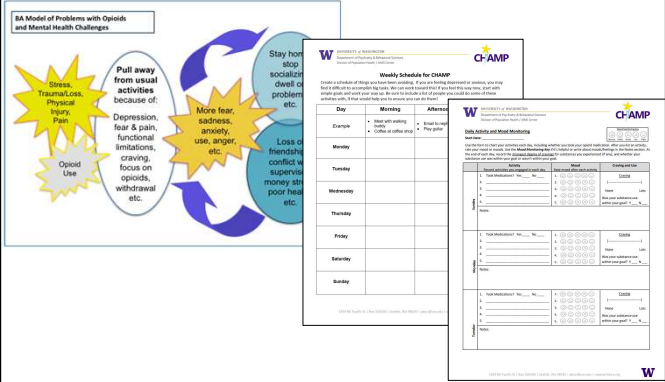
1. Review symptoms and explain the model
2. Ask lots of questions to develop a list of rewarding activities
3. Schedule activities for the week
4. Follow-up meetings: review symptoms; review activity plans; overcome obstacles and schedule new activities



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Behavioral Activation Forms






The collage includes:

- BA Model of Problems with Opioids and Mental Health Challenges:** A circular diagram showing a cycle of 'Pull away from usual activities because of' (caused by Stress, Trauma, Loss, Physical Injury, Pain, Opioid Use) leading to 'More fear, sadness, anxiety, use, anger, etc.', which leads to 'Stay hot, stop socialize, dwell on problem, etc.', which leads to 'Loss of strength, conflict, poor health, etc.', which then leads back to 'Pull away from usual activities'.
- Weekly Schedule for CHAMP:** A table with columns for Day, Morning, and Afternoon, and rows for each day of the week.
- Daily Activity and Mood Monitoring:** A form with sections for 'Thoughts and Feelings', 'Activities', and 'Mood' for each day.




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Importance of Adherence to “Work at Home”




- Discussion of problems/insight into nature of addiction and mental health challenges is only the first step in treatment
- Action is necessary to solve real world problems
- Action can break the cycle of substance use, inactivity, and avoidance
- Action promotes sense of mastery and self-efficacy
- Work at home is an opportunity to learn skills, practice out of session, and continue to use after termination




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Proactive Strategies for BA Success



- Ensure client understands BA rationale
- Ensure client creates specific detailed plans
- Ensure client establishes a goal important to them



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More Proactive Strategies for BA Success



- Ensure goal is feasible within 1 week ~ small goals are fine!
- Inquire about obstacles
 - discuss steps to overcome these, introduce concept of and specify "Plan B"
- Finally - assess client's motivation and confidence level regarding the goals they've chosen

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Follow-up Meeting Agenda



- Review symptoms
- Review past week activities
- Overcome obstacles
- Schedule new activities

ALWAYS ask about target behaviors at follow up meetings

Anticipate that patients might not do the activities. Refrain from judging and focus the why's instead.

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Work at Home Challenges



If goal was not accomplished or worked towards, ask 3 questions:



Do they have buy-in to the treatment?



Did they simply forget?



Was it a Mt Everest? (too hard)

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Understanding Poor Adherence to Work at Home



- Exploring and assessing poor adherence is the crucial first step
- Explore reasons for lack of follow through compassionately inquiring during activity review
 - What happened? What got in the way?
 - If needed, the questions on the following slides can help unpack the details

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Exploring Poor Adherence to Work at Home

- How concerned were you that the activity could put you at risk of relapse?
- Did you remember the plan you created?
- Was it not feasible to do within a week?
- How important to you were the activities you chose?
- How do you feel about not following through, or not completing what you had planned?

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Exploring Poor Adherence 2

- What was the most challenging part of the activity?
- How did you feel about the activity? Would help you feel better?
- Did you feel overwhelmed or anxious beforehand?

Pro Tip:
Use a mix of closed and open ended questions to avoid it becoming an "interrogation" AND to get more useful information

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Strategies to Enhance Adherence

- *Reason:* Worried activity could lead to relapse
- *Strategy:* Reinforce caution and assess whether to rethink activity and/or how to carry it out
 - Praise foresight (**don't forget this part!**)
 - Assess whether activity is still something want or need to do
 - If so, strategize about how to do it and stay within recovery goals without adding to cravings or relapse stress
 - If not, have client choose a recovery-friendly activity and plan as usual

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Strategies to Enhance Adherence

- *Reason:* Activity not achievable within a week
- *Strategy:* Scale back
 - Gradual progress will pave the way for tackling the next part of the goal.
 - Success experiences will lead to increased self-confidence and greater mastery AND pleasure.

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Strategies to Enhance Adherence



- *Reason:* Action plan not detailed enough
- *Strategy:* Discuss value of revisiting plan and adding more steps and details
 - Which day, best time, for how long, with whom?
 - Make sure the plan is written down somewhere by one of you (ideally the patient, but in a pinch – go for it!)

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Strategies to Enhance Adherence



- *Reason:* Apathy or forgetfulness interfered
- *Strategy:* Educate on power of addiction and mental health challenges and importance of action
 - Briefly identify times when they were able to overcome similar apathy/forgetfulness – how did they do it??
 - Revise action plan with more detail -best day, best time, appropriate duration, enlist ally, use proven strategies
 - Incorporate cues and reminders (alarm clock, timer, others)

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Strategies to Enhance Adherence



- *Reason:* Anxiety interfered and triggered substance use
- *Strategy:* Teach or reinforce basic anxiety management techniques and relapse prevention
 - Deep breathing; relaxation; meditation; prayer ~ problem-solve how to “bring them along”
 - Incorporate anxiety coping and relapse prevention strategies into action plan
 - Examine unhealthy avoidance and ways to counter it (remember though, certain forms of avoidance can be helpful in recovery!)

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Strategies to Enhance Adherence



- *Reason:* Pessimism/discouragement interfered
- *Strategy:* Educate on connection between depression and negative thinking and follow through.
 - Remind that very often, feelings follow behavior ~ can’t wait to “feel like it” before acting
 - Encourage positive expectations
 - Frame action plans as experiments
 - Encourage observation of impact on depression

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THANK YOU FOR JOINING US TODAY!

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The slide features a purple-to-white gradient background on the left side. The text is white. The CHAMP logo is in the top right, and UW Medicine is in the bottom right.

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