Engaging Clients Who Have Substance Misuse Issues

In CPS cases with a finding of substantiated or services needed, substance misuse either directly contributed to the maltreatment, indirectly contributed to the maltreatment, or was a risk factor in nearly 2 out of 3 cases.

Source: Kentucky Statewide CPS Intake Fact Sheet, 1/2/2020

After clients teach you about their substance use, offer support.

If a worker assesses that substance misuse has occurred, refer to the questions below.

◊ What’s the plan to overcome your substance misuse issues?
◊ What has worked in the past?
◊ In the event of return to use, how can I help you make a plan to include protective factors?

Four General Principles of Motivational Interviewing

• Ambivalence about substance use is normal and is an obstacle in recovery.
• Ambivalence can be overcome by working with the client's motivations and values.
• The relationship between the caseworker and the client should be collaborative with each participant bringing his or her own expertise.
• Argument and aggressive confrontation should be avoided.

Long-term substance misuse changes brain functioning to include:

• Learning
• Judgement
• Decision-making
• Stress
• Memory
• Behavior

Triggers for Return to Use/Relapse

• Feeling complacent in recovery
• Feeling overwhelmed, confused, stuck, or stressed
• Relationship difficulties
• Having strong feelings of boredom, loneliness, anger, fear, anxiety, or guilt
  • Engaging in compulsive behaviors such as gambling
• Failing to follow a treatment plan, quitting therapy, or skipping appointments
• Being in the presence of drugs or alcohol

For more information regarding substance misuse and facilitating recovery, please visit: http://www.ncsacw.samhsa.gov/files/UnderstandingSAGuide.pdf.

#InvestingInRelationshipsForChange