



Coolmine Therapeutic Community

The Implementation of CRA, an
Evidence Based Practice, within
Coolmine Therapeutic Community

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Presentation contents

- Range of Services at Coolmine
- Treatment model – ‘Community as Method’
- Integration of the Community Reinforcement Approach (CRA)
- Progress to Date and Next steps

Range of Services at Coolmine

- Residential Services, Male/Female, Children, Detox, and step down facilities
- Community Services including Community and Prison Assessment, Drop-in, Pre-entry, Stabilisation Programme, two Drug Free Day Programmes, Contingency Management Programme and Family Support Services
- Career Guidance, Education and Training Programme including a CE Scheme and Client Participation Structures and Forums
- Partnerships, Focus, HH Com. Drug Team, Peter McVerry Trust and Ana Liffey Drugs Project



Coolmine Therapeutic Community

- Coolmine Therapeutic Community believes that everyone should have the opportunity to overcome addiction and lead a fulfilled and productive life
- Range of services to empower people to end dependence on drugs and alcohol

Treatment Model

- Approach to rehabilitation has two key features:
 - Abstinence as the most desirable and practical treatment outcome
 - Community as Method
- Teaching individuals to use the context of community life to learn about themselves over time



Community as Method

- Bringing about behavioural change, instilling a sense of self respect and respect for the community as a whole
- Emphasis on peer support within carefully structured programmes in residential and community settings
- The power of the peer group is harnessed to effect change in one's attitude and in one's behaviour

T. C. Culture and Evidence Based Practice


- Erick Broekaert (2006). 'What future for the TC in the field of addiction? A view from Europe'
- The TC is an evidence based treatment approach for certain groups of drug users
- The TC is at its most effective and at its best when it builds on its core principles and values by integrating and adapting the best of what works for clients in order to constantly increase outcomes

Managing Change at Coolmine

- Strategic Plan 2005 to 2008, '*Pioneering record, Dynamic Future*'
 - Improving outcomes, NIDA (1999) '*Principles of Drug Addiction Treatment*'
- Strategic Plan 2009 to 2011, '*Supporting people in Challenging Times*'
 - Establishment of an advisory group on best practice with clear statement from our board to all staff and participants with respect to integration of EBP

Evidence Based Practice (EBP)

- Specific treatment interventions which have been positively evaluated and researched in many settings. These are:
 - Motivational Interviewing (MI)
 - Cognitive Behavioural Therapy (CBCS)
 - Strengthening Families (SF)
 - Community Reinforcement Approach (CRA) (CRAFT)
 - Mindfulness Based Relapse Prevention (MBRP)
- Programme Development Manager



Integrating the CRA approach into Coolmine Therapeutic Community

- Initial decision taken in 2010 with strategy agreed between Head of Services and CEO
- Ten Key staff members availed of CRA and CRAFT workshops in March 2010 delivered by Blanchardstown Local Drugs Task Force
- Implementation Plan developed by Head of Services following internal dialogue and debate
- This detailed implementation plan unveiled and delivered to all staff at organisational away day in December 2010



Aims and Objectives

- All of Coolmine staff members to complete baseline training in CRA and proceed toward accreditation (2011)
- Management Team Development Training programme to be put into place to skill the management team in managing change (2011)
- Detailed implementation plan to be adjusted and integrated into organisations next strategic plan based on the above experiences (2012)
- Action Research Programme commenced to track and actively inform the process from 2011 to 2012

Progress to date

- 26 staff members have been trained and accredited in CRA. 4 staff have also been accredited in CRAFT with one staff member being qualified as a CRA supervisor
- Booster session completed with Greg Purvis and Focus Group discussion held with Greg, management team and board members to inform implementation strategy
- Management Team will present to the advisory group to the board on how the CRA approach will be integrated fully into the 2012 to 2015 strategic planning process
- Action Research Project ongoing, Year End Reports, Developing Internal Standards and Audits



Progress to date

- Organisational Away Day will be scheduled for December/January to commence the detailed planning with all staff and stake holders with respect to our 2012 to 2015 Strategic Plan
- Roles and Responsibilities will be clarified to insure that there is consistent implementation of evidence based practice
- Strategic Plan will be formally launched in March/April 2012, hopefully by Minister Shorthall
- Advisory Group to the board and Strategic Plan Implementation Group will monitor implementation over the next three years

Closing Comments

- Academic critics of the TC model, and other traditional approaches, state that there is little evidence of effectiveness
- Those who are wary of CRA, MI, and other CBT evidence based interventions state that they are relatively easily researched and miss out on the human, global, holistic, subtle aspects of treatment
- Project Match, one of the largest outcome studies ever completed, found that there were little difference between 12 step, CBT, and MI over time for example

Closing Comments

- Improving outcomes, NIDA (1999) '*Principles of Drug Addiction Treatment*' - Don't forget the basics
 - Work on Therapeutic Alliance / Improve Retention
 - Remove barriers to treatment
 - Develop Multidisciplinary teams
 - Case Management System which includes Family/Partners and starts with the end in mind
 - Integrate evidence based practice and approaches
 - Generally be organised and as efficient as possible
- Longitudinal Research Study 2011 to 2014

Questions / Discussion

- ????
- Thank You