

DRUG & ALCOHOL ABUSE PREVENTION--IMPLEMENTATION TIPS

POLICY STANDARD: Persons with developmental disabilities (PwDD) will be provided with accurate information about the use of drugs and alcohol including signs and symptoms of abuse, health and safety risks, precautions and treatment resources.

Agency Issues for Discussion *(and some key responses):*

- ✂ What are your agency's policies and procedures related to drugs and alcohol?
(regarding staff & PwDD education (formal/informal); response to suspected use (by PwDD or others in their environment); testing/surveys or ways to ID problems; legal or confidentiality issues; illegal drugs; medication abuse; alcohol abuse; talking with family, providers, police; FNRC/SC/IPP contact)
- ✂ How are your policies and practices modified for individual differences?
(minors, conserved adults, skill level, living situation, day/night-time environment...)
- ✂ Why is education about drugs and alcohol important?
(for staff, for PwDD, prevention of abuse, change in behavior, improve quality of life...)
- ✂ Who provides or could provide education to PwDD you serve and staff?
(in-house or outside resources; specially trained in D&A issues; people with DD, client permission "buy in")
- ✂ What might be appropriate times for education considering the service your agency provides?
(amount of time, detail, topic content, situational opportunity or structured classes)
- ✂ How are issues, questions or concerns brought to light and addressed?
(at formal training; 1:1 contact; surveys/questionnaires; "Client Council"/community meeting...)

Staff Training Topics:

- ✂ Why are we concerned about preventing drug and alcohol abuse at this agency?
- ✂ What are the policies and procedures about drug and alcohol use and abuse prevention at this agency?
- ✂ How do personal attitudes and values affect how you deal with PwDD?
- ✂ Why do PwDD need training?
- ✂ Who, when and how will training happen?
- ✂ What topics will be covered? In what order?
- ✂ Where do staff members take their questions and suggestions?
- ✂ How can staff assist people who have or appear to have D&A problems?
- ✂ What are some *key* skills needed by Pw/DD for D&A abuse prevention?
(self-respect, self esteem, ability to say "no"; skills best learned by PwDD self-advocacy/D&A groups)

Resources:

- Currently there is a weekly “drug and alcohol” support group for people with DD at Butte County Behavioral Health in Chico, co-facilitated by BCBH and Lighthouse ILS staff. It is hoped in time more groups and other counties will have groups.
- Contact FNRC S/C or liaison for information on programs; to document general need; and/or need for services by an individual.
- Robin Keehn AB2 530/895-4027 has the following resources for loan/copy:

From San Diego Regional Center (Ann Harris 619/336-6600-SDRC has consumer groups & education programs:

- Quick Assessments for Substance Abuse CAGE-RAFT-4 P's Risk Factors
- Quick Self Assessment for Teens (easy to understand)
- Alcohol, Other Drugs and Disabilities SDRC Case Management Orientation
- Substance Abuse Treatment for People with DD (presentation outline & notes)
- Protective/Resiliency Factors
- The 12 Steps
- The Intersection of DD, Substance Abuse and Parenthood, Challenge and Response (10 pg article & resource list)
- Identifying Substance Abuse in persons with Disabilities
- Drug Slag What Parents Should know
- Indicator of Drug/Alcohol Use
- Drug Abuse and Persons with Mental Retardation: A Review (10 pg article)
- Growing Up Drug Free: A Parents Guide to Prevention (USDOE 1998 booklet)

From John de Miranda Executive Director, National Association on Alcohol Drugs and Disability (2165 Bunker Hill Drive, San Mateo, CA 94402-3801, 650-578-8047, fax: 650-286-9205)

John is a national expert; presented in AB2 region twice; helped develop our activities.

- Miranda workshop Manual (8 sections 50pg) and power points
- Resource Lists and various handout materials
- Case Worker Questionnaire
- DIZQuiz for Addiction Professionals

IMPACT Feature Issue on “Alcohol and Drug Abuse Services for People with DD” Volume 12 Number 3 - Fall 1999; Institute on Community Integration (UAP) University of MN

US HHS Quick Guide for Clinicians Based on TOP 29 Substance Use Disorder Treatment for People with Physical and cognitive Disabilities; www.samhsa.gov

12 Steps – various “easy to understand” versions, some with pictures loan/copyAB2

A Workshop handout addressing “Alcohol, Drugs and People with DD” by Barbara Ludwig expert /presenter in NBRC area (barbara2be@yahoo.com)

“No Ordinary Pain” video; \$35 from ARC AHRC - Sobriety Services NYC 212/780-2577

- “More than Accommodation: Overcoming Barriers to Effective Treatment of Persons with Both Cognitive Disabilities and Chemical Dependency”; Book, \$10.95, Northwind Publishing - Beaverton OR 503/646-3112 ISBN 0-9707698-2-2
- Videos and training for people with DD; James Stanfield 1/800/421-6534 www.stanfield.com