

Functional Analysis: Integral Component of SUD Treatment

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Disclosure Statement

- I have no conflicts to disclose.



Functional Analysis

- Used in many treatment models for SUDs: CBT, MET-CBT, Encompass
- A systemic examination of behavior



Introduce the Module & Present a Rationale

- “It’s really helpful for me to learn more about you and your use of _____ [alcohol and weed for example]. Today we’re going to do an analysis of your use so I can understand you better and be more helpful to you in achieving your goals.”

OPPORTUNITY TO USE MI SKILLS AND ELICIT CHANGE TALK

- Use open ended questions and directives.
- Provide reflections and summaries.
- Offer affirmations.



Non-judgmental Approach is Key!

- When patients/clients talk about the positives of their use, the clinician should listen with neutrality and reflect.
- This builds momentum and allows clients/patients the freedom to voice their ambivalence/concerns about their use when you get to “Negative Consequences”.



FUNCTIONAL ANALYSIS FOR SUBSTANCE-USING BEHAVIOR

EXTERNAL TRIGGERS	INTERNAL TRIGGERS	SUBSTANCE-USING BEHAVIOR	POSITIVE CONSEQUENCES	NEGATIVE CONSEQUENCES
<p>1. Who are you usually with when you use drugs or alcohol?</p> <p>2. Where do you usually use substances?</p> <p>3. When do you usually use drugs or alcohol (times of day, days of the week)?</p> <p>4. What things are usually around when you use substances (music, paraphernalia)?</p>	<p>1. What are you usually thinking about right before you use substances?</p> <p>2. What are you usually feeling physically right before you use drugs or alcohol?</p> <p>3. What are you usually feeling emotionally right before you use substances?</p>	<p>1. What substances do you usually use?</p> <p>2. How much do you usually use?</p> <p>3. Over how long a period of time do you usually use substances (hours, days, weeks, etc.)?</p>	<p>1. What do you like about using substances with _____? (who)</p> <p>2. What do you like about using substances _____? (where)</p> <p>3. What do you like about using substances _____? (when)</p> <p>5. What are some of the <u>pleasant thoughts</u> you have while you are using drugs or alcohol?</p> <p>6. What are some of the pleasant <u>physical feelings</u> you have while you are using substances?</p> <p>7. What are some of the pleasant <u>emotional feelings</u> you have while you are using drugs or alcohol?</p>	<p>What are the negative results of your substance use in each of the areas below?</p> <p>a. Family members</p> <p>b. Friends</p> <p>c. Physical feelings</p> <p>d. Emotional feelings</p> <p>e. Legal situations</p> <p>f. School situations</p> <p>g. Job situations</p> <p>h. Financial situations</p> <p>i. Unprotected sex (e.g. unwanted pregnancy, HIV/STDs)</p> <p>j. Victim or perpetrator of violence (e.g. date rape, sexual assault, unwanted sex, theft)</p> <p>k. Other situations</p>

FUNCTIONAL ANALYSIS FOR SUBSTANCE-USING BEHAVIOR

EXTERNAL TRIGGERS	INTERNAL TRIGGERS	SUBSTANCE-USING BEHAVIOR	POSITIVE CONSEQUENCES	NEGATIVE CONSEQUENCES
<p>1. Who are you usually with when you use drugs or alcohol? Chad (best friend) Skye, Damonte, Brad, Amber,</p> <p>2. Where do you usually use substances? --in my room --My garage --on my roof --Skye's basement --the woods --school bathroom</p> <p>3. When do you usually use drugs or alcohol (times of day, days of the week)? --before school --during lunch period --right after school --late at night weekends: anytime</p> <p>4. What things are usually around when you use substances (music, paraphernalia)? one-hitter Black & Milds dab pen--cart Baggie 2 liter Mt. Dew Little Debbie nutty bars Lil Wayne Jack Harlow</p>	<p>1. What are you usually thinking about right before you use substances? --how much I hate school --how much make-up work I have --how much I hate my step-father --what my high will feel like</p> <p>2. What are you usually feeling physically right before you use drugs or alcohol? stomach hurts back hurts muscles tight no physical symptoms</p> <p>3. What are you usually feeling emotionally right before you use substances? mad/pissed off sad tired stressed excited happy</p>	<p>1. What substances do you usually use? dab pen vape pen edibles weed oxycotin Xanax White Claw vodka beer Juul Suorin NJOY</p> <p>2. How much do you usually use? 2 hits 1 gram 5 shots 200 hits (vape pen) 5 beers 2 bars (Xanax) 2 blunts</p> <p>3. Over how long a period of time do you usually use substances (hours, days, weeks, etc.)? 1 time a day--high lasts 1 1/2 hours uses every few hours--all day All day on Saturday and Sunday 2 hours on weeknights every day--most of the day unless it's a work day.</p>	<p>1. What do you like about using substances with Chad _____? (who) We laugh and laugh. We talk about all sorts of stuff.</p> <p>2. What do you like about using substances my roof--peaceful--quiet _____? (where) the woods--nature-- Skye's basement--I feel safe</p> <p>3. What do you like about using substances after school/at night _____? (when) gets rid of my school stress helps me sleep</p> <p>5. What are some of the pleasant thoughts you have while you are using drugs or alcohol? I don't have that many thoughts my thoughts slow down.</p> <p>6. What are some of the pleasant physical feelings you have while you are using substances? I feel like I'm floating my back doesn't hurt</p> <p>7. What are some of the pleasant emotional feelings you have while you are using drugs or alcohol? Just chilled out-- Calm-- Not stressed Happy Relaxed</p>	<p>What are the negative results of your substance use in each of the areas below?</p> <p>a. Family members Mom doesn't trust me--Dad mad Older bro. said I was stupid</p> <p>b. Friends Aupt won't let me babysit Aupt won't let cousins be around me--</p> <p>c. Physical feelings Girlfriend/boyfriend doesn't like it. My friend's \$1000* mom won't let us hang out. My friend said I use too much of their Juul peaking, hangover, burned out, overdose.</p> <p>d. Emotional feelings occasional psychosis angry/down (when runs out of substances), paranoia embarrassed/guilty (occasionally)--freaking out on ACID</p> <p>e. Legal situations probation, locked up, felonies arrests, tased.</p> <p>f. School situations suspended/expelled, poor grades/failing grades, bad reputation with teachers/labeled by adults</p> <p>g. Job situations missed work, lost job, won't apply at places that drug test</p> <p>h. Financial situations only spends money on substances, always needing money (ask how much they are spending).</p> <p>i. Unprotected sex (e.g. HIV/STDs) unwanted pregnancy, Unprotected sex is common--(Can ask if they would likely have used a condom if sober.)</p> <p>j. Victim or perpetrator of violence (e.g. date rape, sexual assault, unwanted sex, theft) patients assaulted in fights sex while drunk/high/passed out--not consensual</p> <p>k. Other situations</p>



REMEMBER...

- The Functional Analysis is a primary foundational piece of treatment. It is more important to do a thorough job than it is to finish in one session, so whatever you don't get to can be completed next session.



Follow-up

- *Regarding uses of the Functional Analysis of substance using behavior, in addition to helping the patient and clinician become aware of triggers and high risk situations, recognizing the positive consequences of use is sometimes helpful in encouraging sober, prosocial activities which fulfill some of the same needs. The negative consequences section provides concerns and adverse outcomes the patient has experienced as the result of their use. This information can be judiciously called upon as treatment progresses, reflecting these back to the patient, when opportunities present themselves.*

