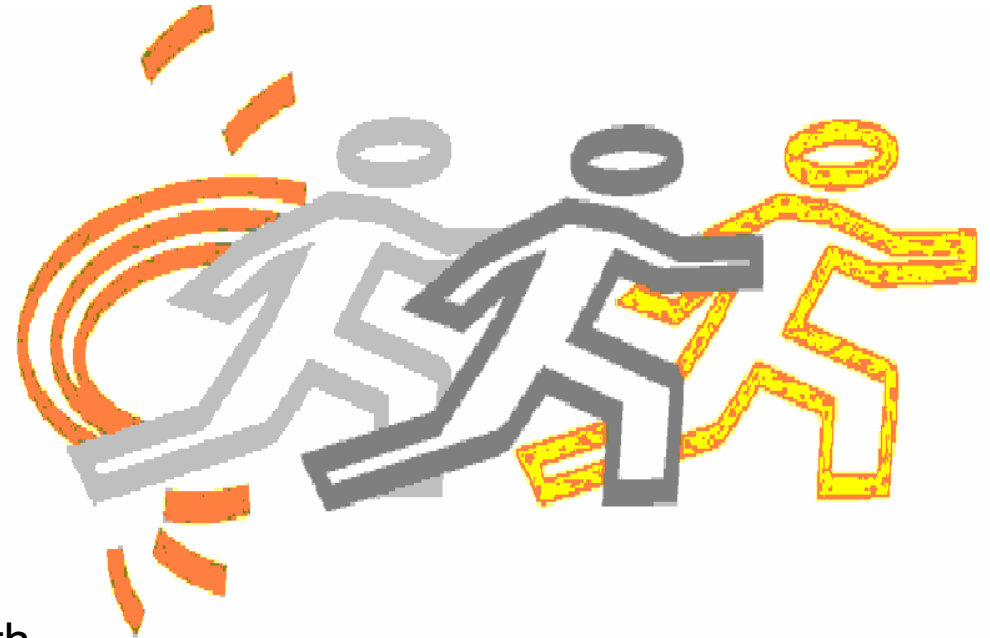


Effectiveness of Psychosocial Care (PSC) as Part of a Heroin-Assisted Treatment Program



Martin Hošek, Ph.D.
Deputy chief
Heroin Assisted Treatment
Swiss Federal Office of Public Health,
Berne
E-Mail: martin.hosek@bag.admin.ch
Web: www.admin.ch/bag

This study is available online:

<http://www.dissertationen.unizh.ch/2003/hosek/a-hosek.html>

Topics within PSC in the framework of substitution therapy

- **Promotion and enhancement of motivation as a condition for change**
- **Handling and reduction of side consumption**
- **Treatment of psychological comorbidity**

Definition of Psychosocial Care (PSC)

- **A form of professional intervention for people in situations of psychosocial need**
- **Elements from psychotherapy**
- **Elements from social work (counselling, material aid, casework)**
- **Applies the principles of interdisciplinarity**
- **Rather a long term intervention**
- **Implies the taking over of a certain responsibility for the patients/client's needs**

Hypothesis and method of the study

- Hypothesis

- The more time spent in PSC, the more favourable the outcome of HAT regarding the reduction of side consumption of other substances and the improvement of psychological well-being.

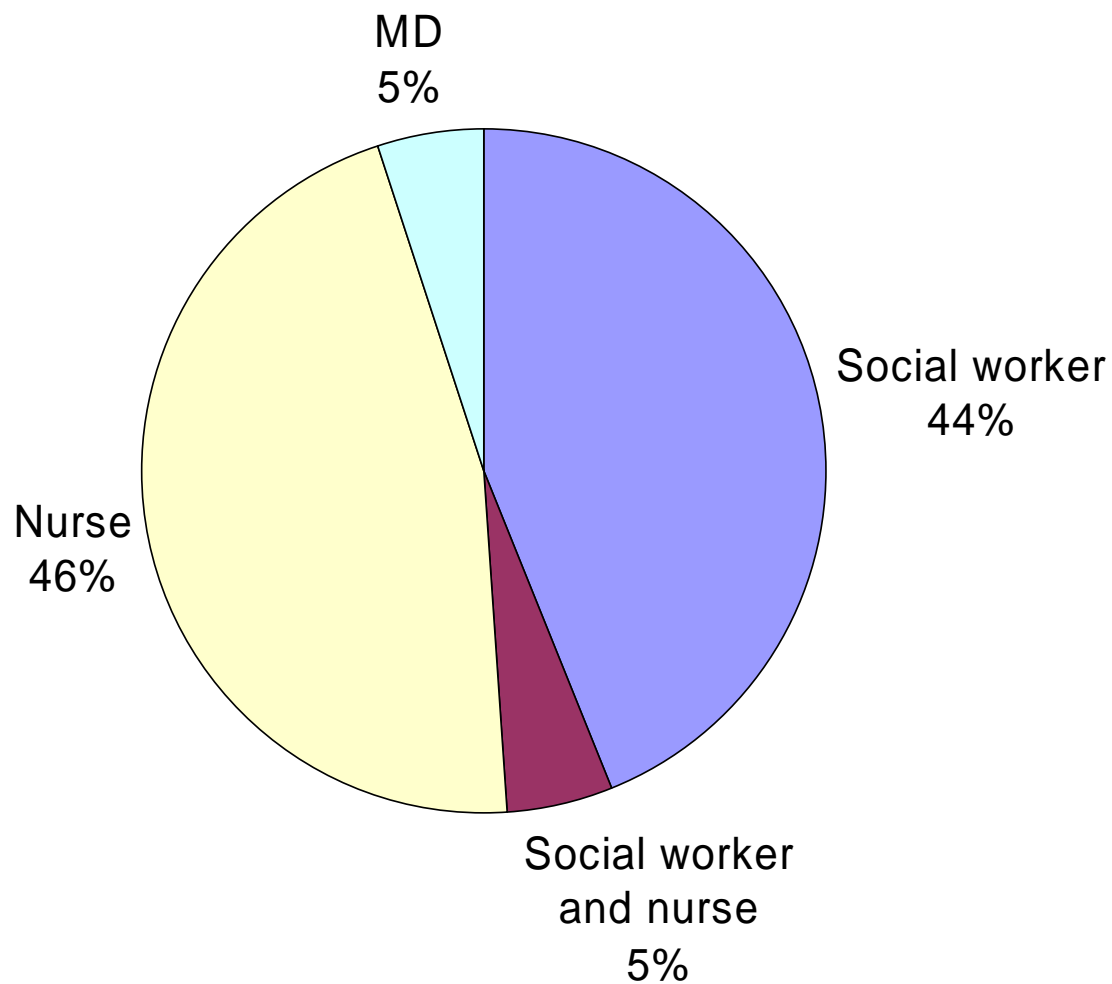
- Method

- Panel-Study design; measurement points: Therapy onset (T0) and one year later (T365)
- Covariance analysis (N=41) for the statistical examination of the relation between treatment outcome and intensity of the concomitant care and treatment (including opiate dosage)
- manual-guided in-depth interviews in two divergent cases in order to test the quantitative results and to identify possible confounders

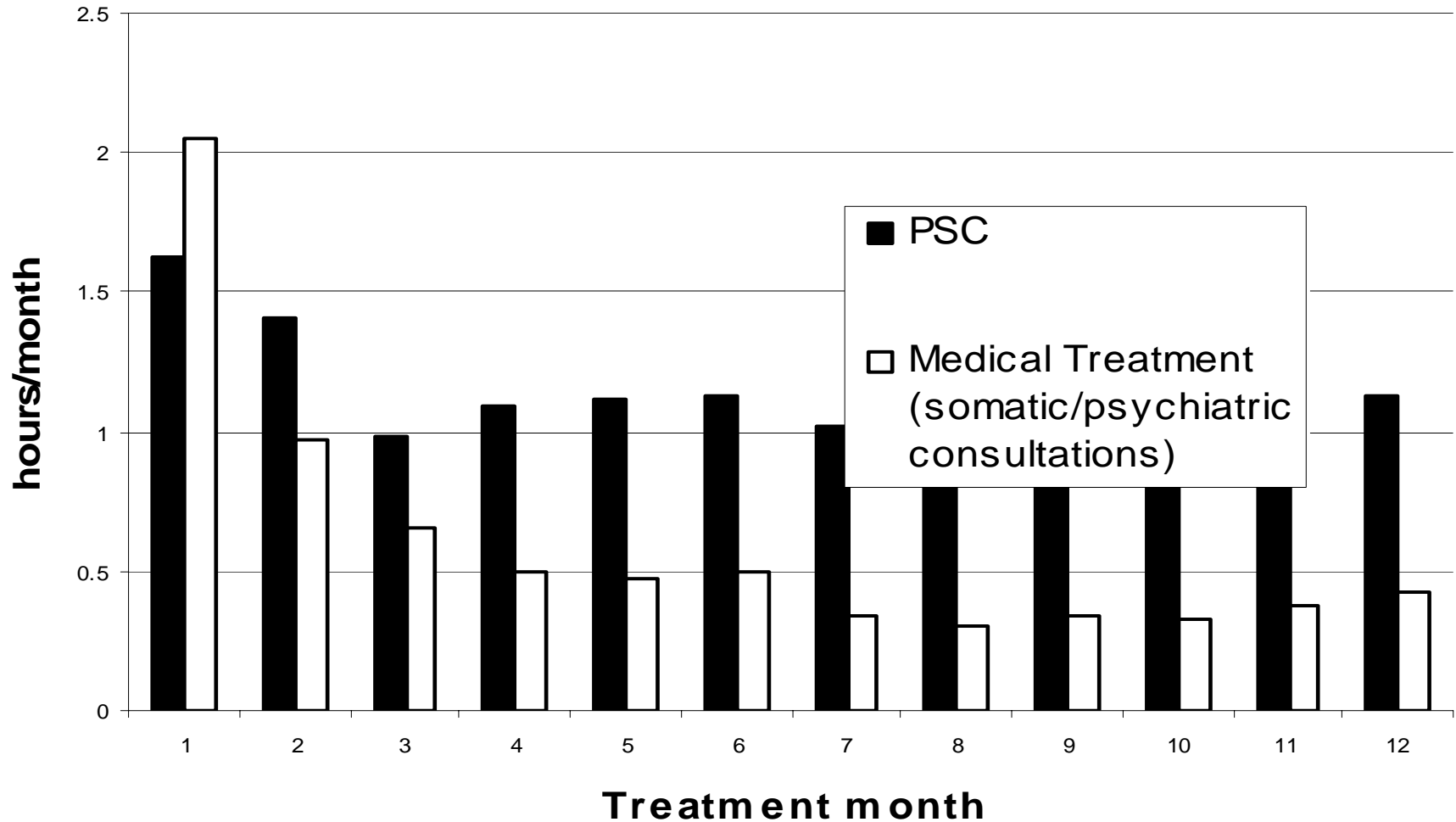
Population at entry in treatment (N=41)

- **39 men, 2 women (4.9%)**
- **63.6% without partner**
- **age : 35.4 years (mean, SD=4,7)**
- **Duration heroin consumption: 12 years (mean, SD=4,8)**
- **Major sources of income: salary 15.2%; disability pension 15.2%, social welfare 39.4%**
- **Global Severity Index (GSI): 0.60 (mean, SD=0.45)**
- **Expenditure for drugs during last month: 1287.– (mean, SD=1268)**

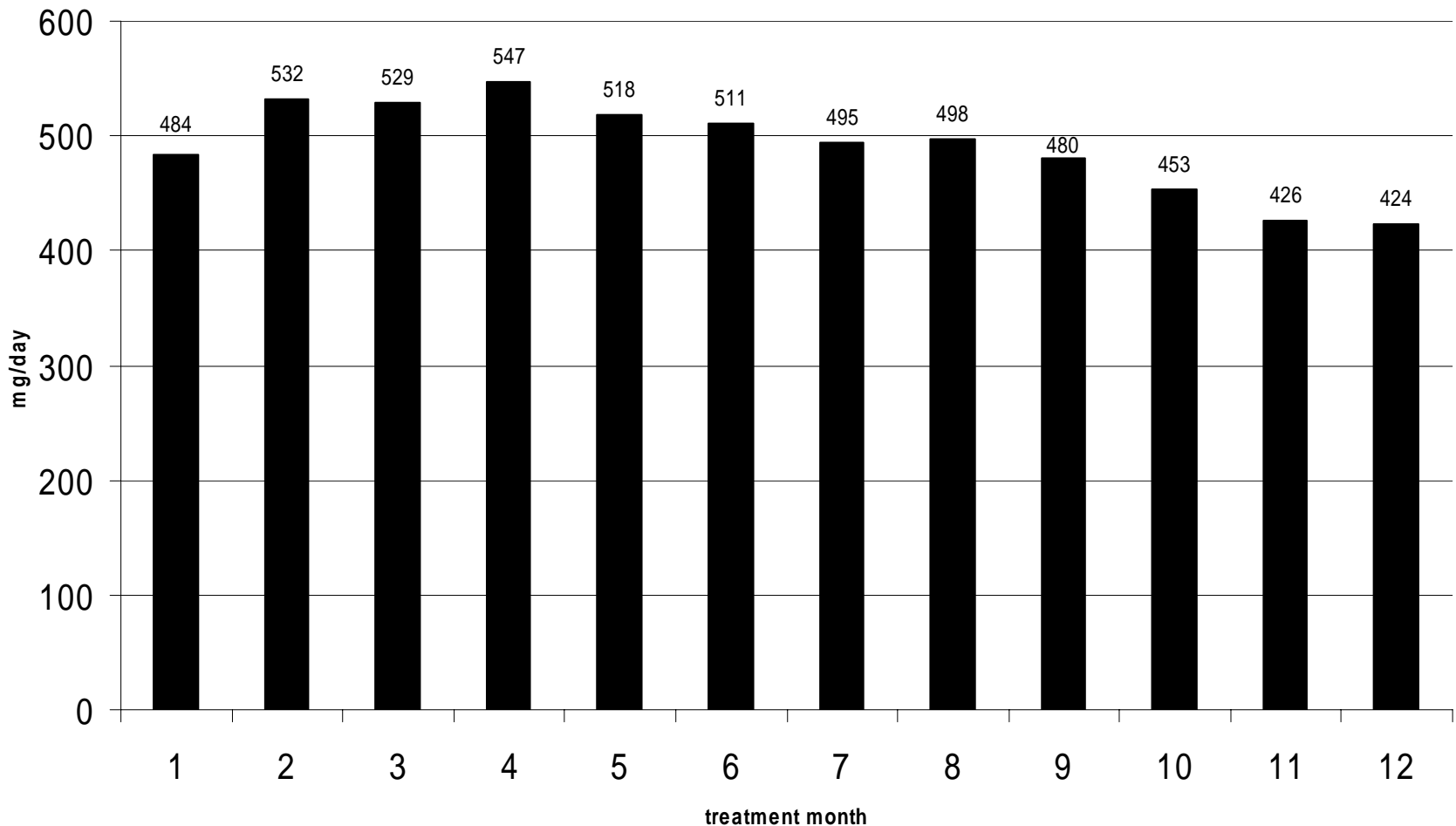
Professions involved in psychosocial care



Psychosocial care (PSC) and medical treatment: mean number of hours per month (N=41)



Mean daily opiate dose per treatment month (N=41) mean=496 mg DAM-i.v.-aequivalent



Individual mean per year: 201 mg - 828 mg / day

Influence of intensity of psychosocial care (PSC) on change in cocaine use

Psychosocial care tertile	Mean change in number of days on which cocaine was used	SD	N
5.75–10 hours	-0.3	0.6	3
10.75–15.25 hours	-2.3	5.4	8
15.5-30 hours	-11.1	13.7	10
Total	-6.2	10.9	21

P=0.024

Recommendations of the British Health Authority 2003

- Substitute prescribing alone does not constitute drug treatment. It requires assessment and planned care, usually with other interventions such as psycho-social interventions. It should be seen as one element or pathway within a wider package of planned and integrated drug treatment.
- Services that strongly encourage involvement in psycho-social services (including counselling, education and support) have patients with better outcomes.
- Services with competent staff who can develop positive relationships with patients have better outcomes.

National Treatment Agency for Substance Misuse GB,
May 2003