

PARTNER-INVOLVED INTERVENTIONS FOR ALCOHOLISM AND DRUG ABUSE:

LEARNING SOBRIETY TOGETHER

William Fals-Stewart, Ph.D.

 **A**ddiction and Family Research Group
www.addictionandfamily.org



IT'S A FAMILY AFFAIR

*Thinking About Drinking and
Drug Use Systemically*

Vicious Spiral

Denial, Poor Problem Solving,
Cognitive Distortions,
“Checking Out”

Substance Use

Family Problems

Nagging, Fighting,
“4 O’Clock Happy Hour”
Inadvertent Reinforcement of Use

SUBSTANCE USE AND FAMILIES: *STAGES OF CORROSION*

- Exacerbation of Other Problems
 - *Denial*
 - *Poor Problem-Solving*
 - *Low Levels of Commitment, Caring, Communication Skills, Conflict Resolution*
- Becomes a Problem In Its Own Right
- Becomes “The Problem”

WHAT CAN WE DO?

*Perspectives on Family-Involved
Treatment for Substance Abuse*

“ALCOHOLISM IS AN INDIVIDUAL
PROBLEM BEST TREATED ON AN
INDIVIDUAL BASIS”

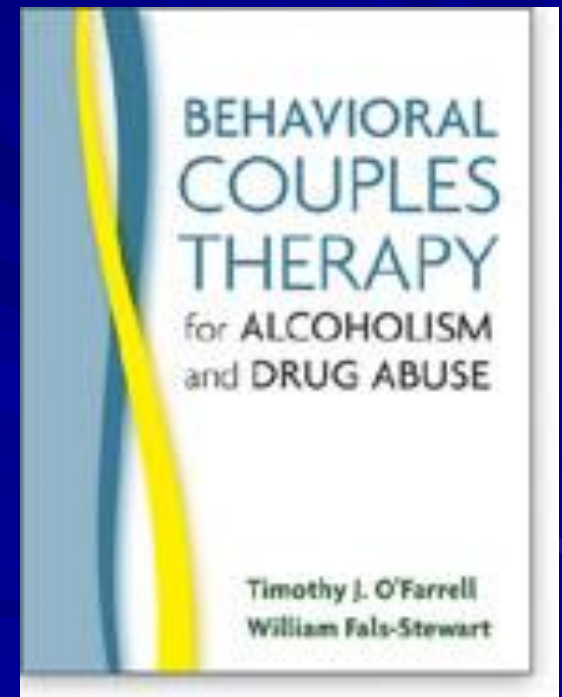
Elvin Jellinek, MD

*The Disease Concept of
Alcoholism, 1960*

“WE CAN HARNESS THE POWER
OF THE MARRIAGE TO TREAT
DRUG ABUSE AND ALCOHOLISM”

O'Farrell & Fals-Stewart

*Behavioral Couples Therapy
for Alcoholism
and Drug Abuse, 2006*



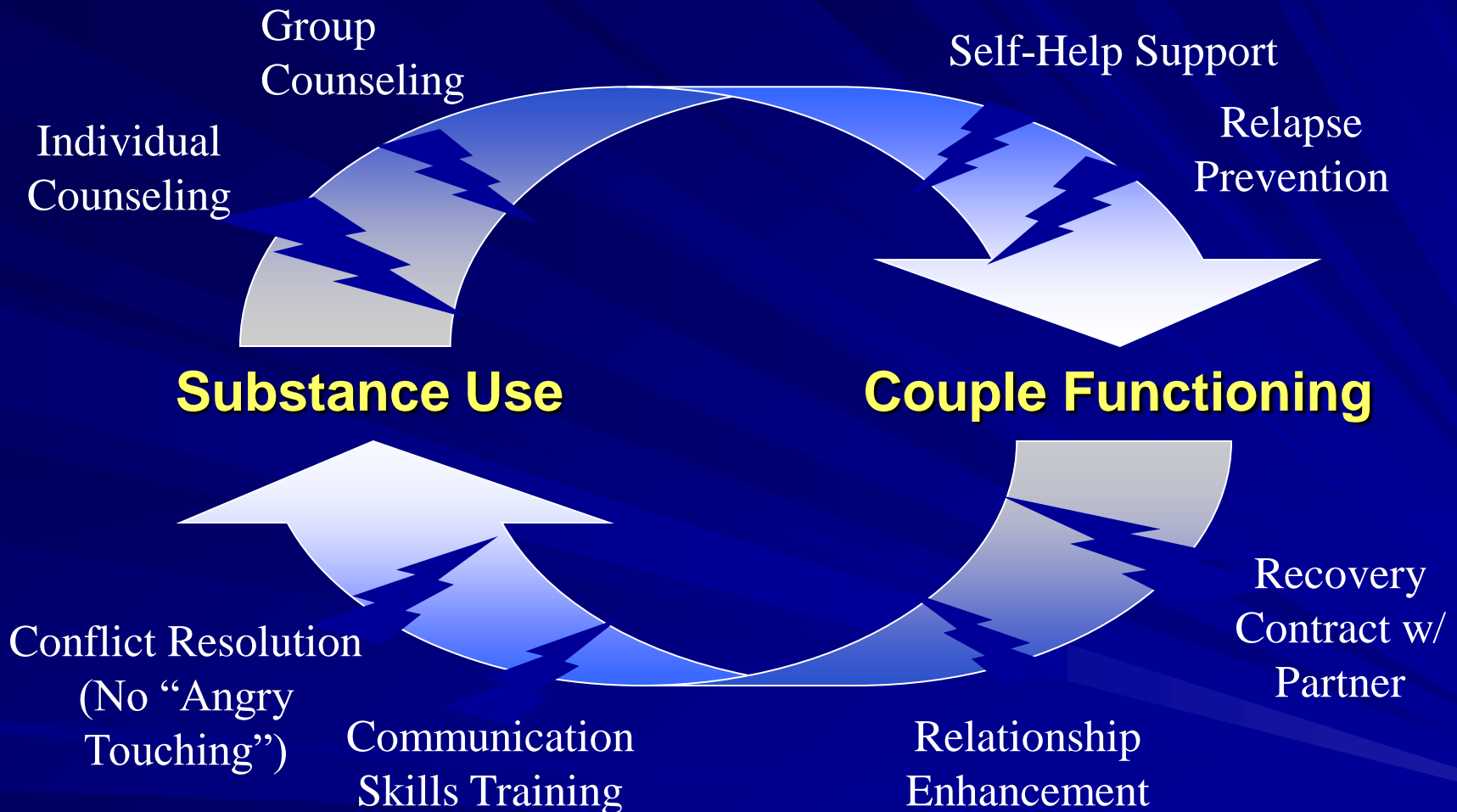
BEHAVIORAL COUPLES THERAPY (BCT) FOR ALCOHOLISM & DRUG ABUSE

*The Family-Involved Approach
with the Greatest Empirical
Support*

BCT: PURPOSE & COMPONENTS

- *Purpose: Increase Relationship Factors Conducive to Abstinence*
- *Five Primary Elements:*
 - *Recovery Contract with Partner*
 - *Relationship Enhancement Exercises*
 - *Communication Skills Training*
 - *Conflict Resolution (“No Angry Touching”)*
 - *Continuing Recovery Plan*
- *Typically Provided Along with Individual Tx*

CREATE A "VIRTUOUS" CYCLE



DOES IT WORK?

*Evidence Supporting the
Efficacy of BCT*

COMMON BCT STUDY DESIGN



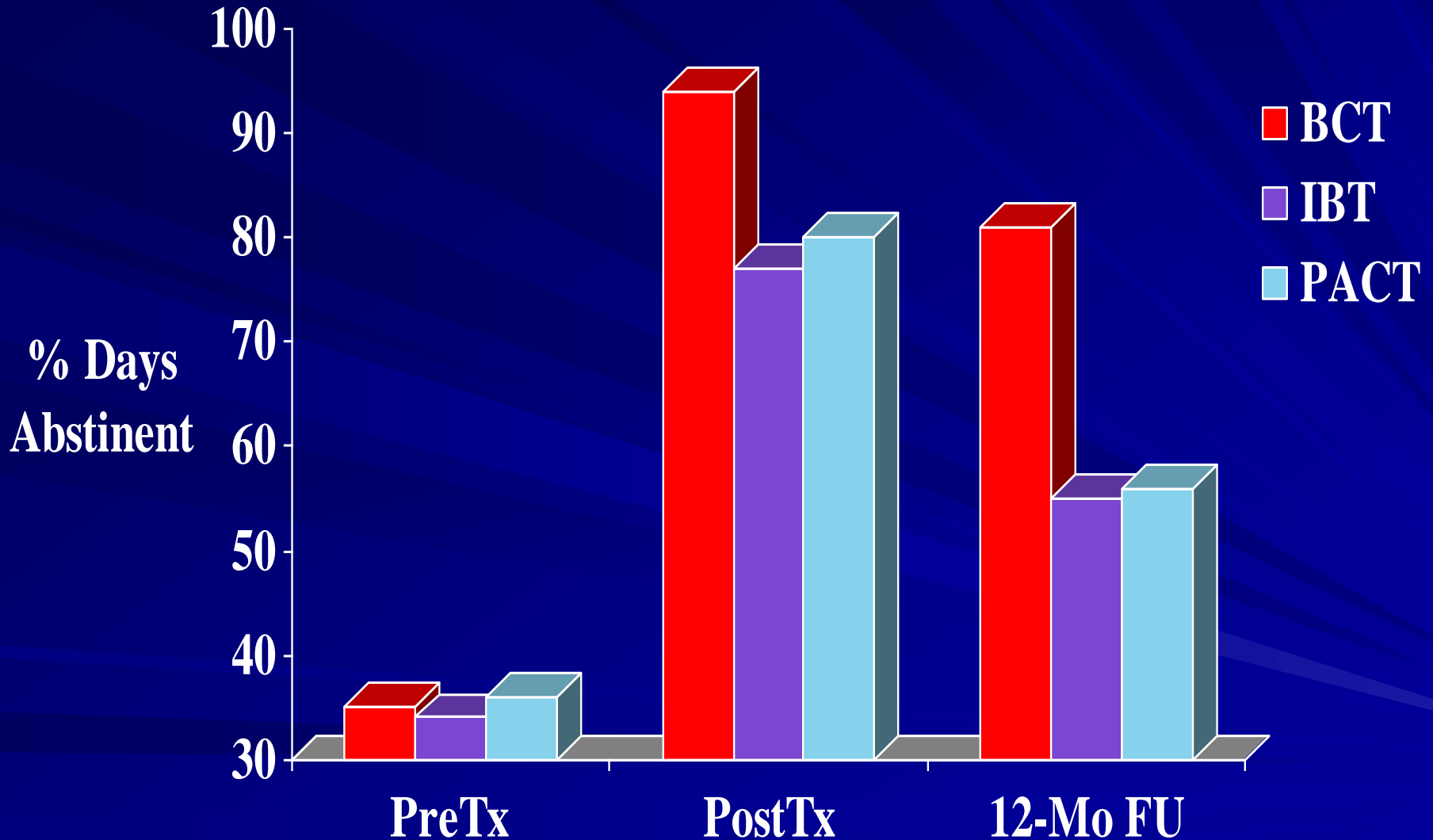
POPULATIONS STUDIED THUS FAR...

- Alcoholic Men
- Alcoholic Women
- Drug-Abusing Men
- Drug-Abusing Women
- Methadone Maintenance Patients
- Gay and Lesbian Couples
- “Double Trouble” Couples

DO THE CLIENTS GET
BETTER?

*The Comparative Efficacy
of BCT*

SUBSTANCE USE OUTCOMES

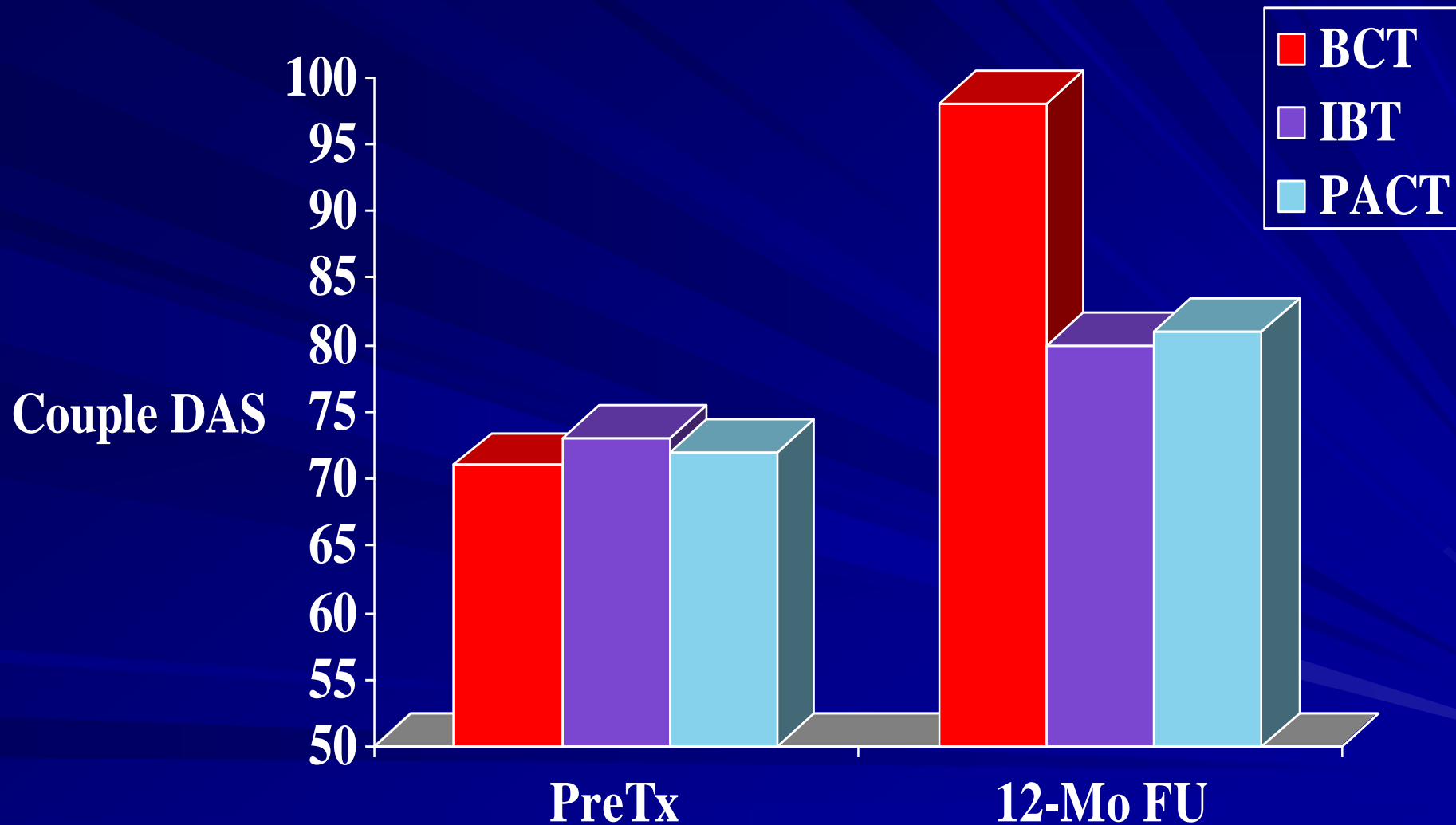


Kelley & Fals-Stewart, 2002

BUT WHAT ABOUT THE COUPLE?

*A Systemic Perspective on
Outcomes*

RELATIONSHIP SATISFACTION



Kelley & Fals-Stewart, 2002

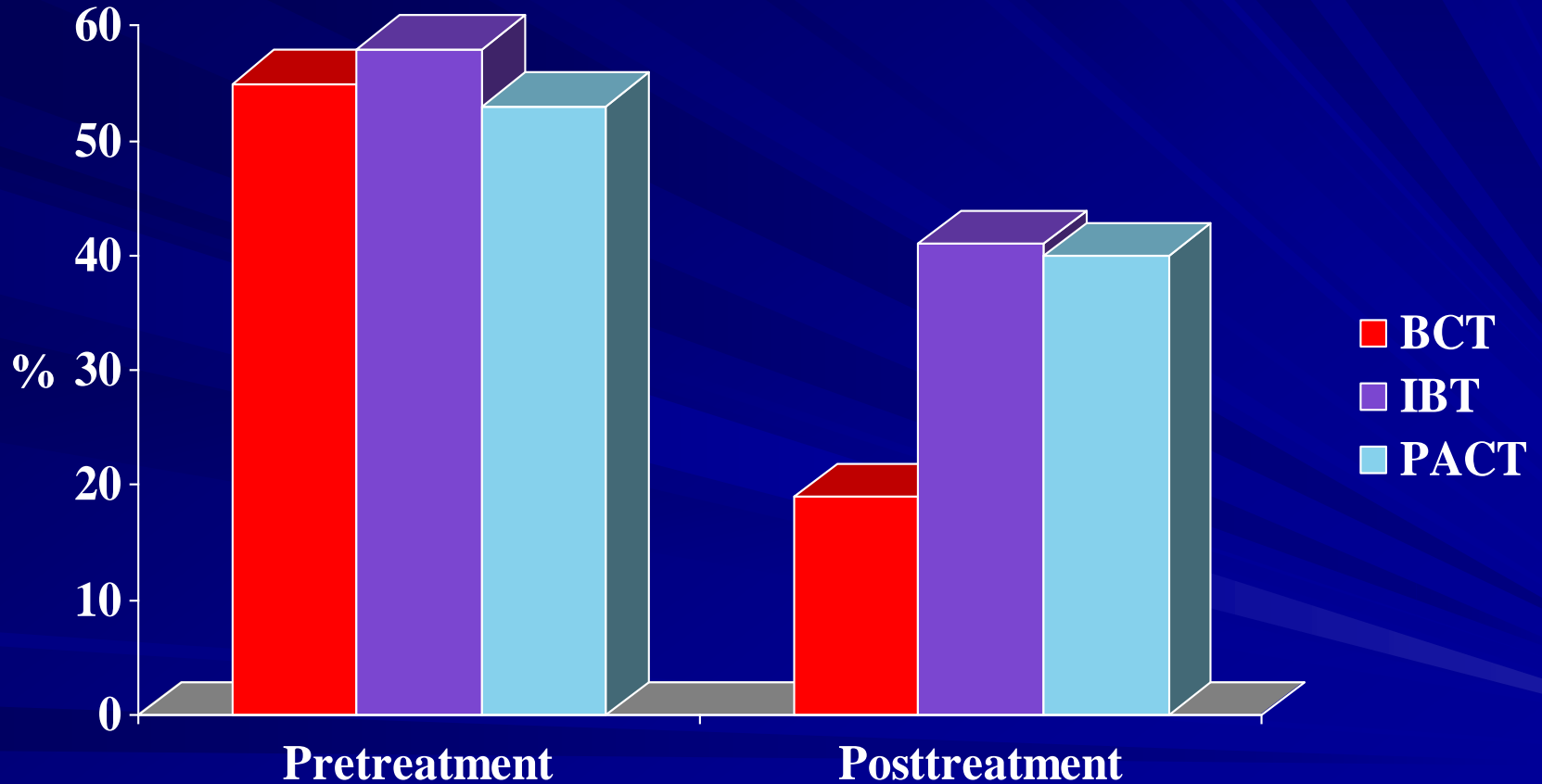
VIOLENCE

The “BIG” Family Secret

INTIMATE PARTNER VIOLENCE (IPV) & SUBSTANCE ABUSE

- 60% of Substance-Abusing Couples Report Male-to-Female Violence
- 5-11 Times Higher on Days of Use
- Treatment Very Politically Charged
 - Standard Treatments Largely Ineffective
 - Couple Treatment Highly Controversial

INTIMATE PARTNER VIOLENCE PREVALENCE OUTCOMES

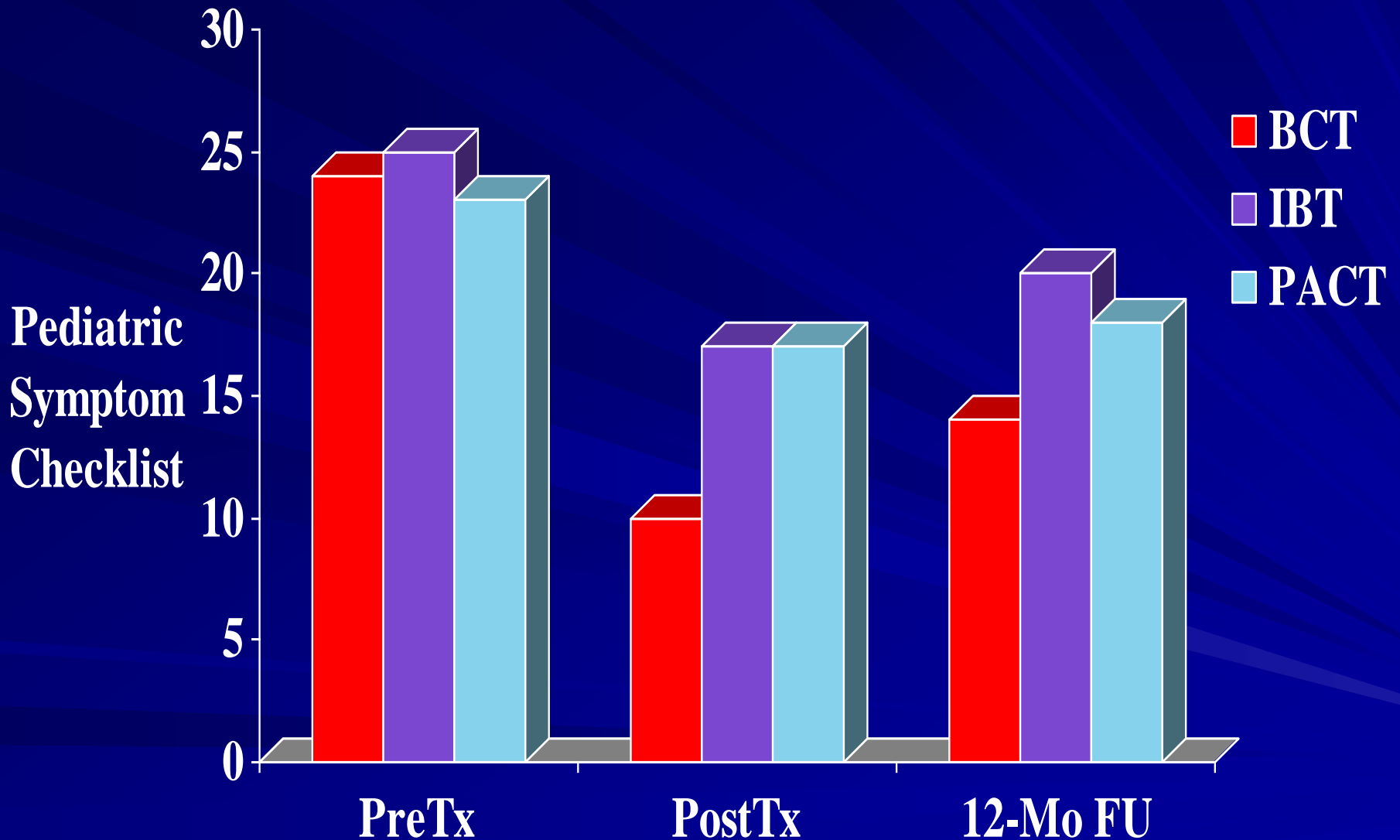


Fals-Stewart & Clinton-Sherrod, 2009

BUT WHAT ABOUT THE KIDS?

Children's Outcomes

CHILD ADJUSTMENT OUTCOMES



Lam & Fals-Stewart (2009)

SUMMARY

■ Compared to Standard Treatment, Partner-Involved Approaches Result in:

- *Lower Levels of Drinking, Drug Use, and Other Related Behaviors*
- *Higher Relationship Satisfaction*
- *Lower Levels of Partner/Family Violence*
- *Improved Children Adjustment*
- *Better Emotional Adjustment for Family Members*

**BCT IS ARGUABLY THE MOST EFFICACIOUS
TREATMENT FOR SUBSTANCE ABUSE**

APPLICATIONS TO MILITARY FAMILIES

- BCT's Roots Are Planted in the VA
- Presenting Problems Seen in Military Families:
 - *Drinking/Drug Use*
 - *Intimate Partner Violence*
 - *Children's Adjustment*
 - *Partner Psychological Distress*
- BCT Addresses These Issues

CONCLUSIONS

- Relationships Matter
- Partners Matter
- Families Matter
- They Are Powerful
- They Can Heal or They Can Harm
- **BUT THEY CANNOT BE IGNORED!**

SUPPORT

- National Institute on Drug Abuse
 - *R01DA012189*
 - *R01DA014402*
 - *R01DA014402-Supplement*
 - *R01DA015937*
 - *R01DA016236*
 - *R01DA016236-Supplement*
- National Institute on Alcohol Abuse and Alcoholism
 - *R21AA013690*
- Alpha Foundation

CONTACT INFORMATION

William Fals-Stewart, Ph.D.

William.falsstewart@addictionandfamily.org

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