

5th International Conference on

Mental Health and Human Resilience

March 07-08, 2019 | Barcelona, Spain

Use of a crisis protocol tool in the treatment of substance use disorders

Rebeca Faur

Dispositivo Pavlovsky, Argentina

In the treatment of substance use disorders one of the main goals is to prevent relapse. Relapse is a process with different stages, and relapse prevention is a cognitive behavioural approach with the goal of identifying early stages of that process and preventing high risk situations. As a part of an intensive outpatient treatment program we have developed a tool called “crisis protocol” designed to provide the person with a road map every time a sign of relapse is identified. The “crisis protocol” has four components: make a call to a designated reference for that purpose; perform a relaxation exercise; to use a motivational flashcard with reasons not to consume; and carry out an action that is incompatible with the use of substances. All steps of the protocol are trained and put into practice in a group setting. In order to evaluate the effectiveness of the tool in the treatment, we developed a weekly self-registration card in which patients record their use and state whether they used the crisis protocol. After a month, we collected the information provided by the patients and analyzed it to determine if the intervention had been successful in preventing substance use.

rebecafaur@dispositivopavlovsky.com