

RESEARCH TO PRACTICE



The past decade has seen a huge shift of resources away from testing innovations toward finding ways to get proven methods into more routine use. In 2005, DMHAS was awarded a research grant from the National Institute on Drug Abuse to test a new approach for dissemination of two evidence-based practices for addiction treatment, **Motivational Enhancement Therapy (MET)** and **Cognitive Behavioral Therapy (CBT)**. MET-CBT are two of the most-researched approaches to addiction treatment. MET is especially useful for moving people past ambivalence toward recovery. CBT is helpful because it gives people the skills they need to break through relapse patterns.

DMHAS started with the idea that, for treatment agencies to adopt a new approach, everyone—leadership, managers, supervisors, line staff and consumers—needs to agree that it is **the right thing to do**, and that the agency is **in a position to take on the change**. The APT Foundation was selected to test the dissemination model in its Methadone Maintenance programs because it had high organizational readiness, and it was willing to create an advisory committee to ensure that each step of the dissemination initiative was taken successfully.

Dissemination Model

- ✘ On-site training and booster training for all clinical staff
- ✘ Supervisor trainings
- ✘ Use of expert trainers
- ✘ Model adaptations to suit local needs
- ✘ Monthly ratings for fidelity
- ✘ Follow-up consultation
- ✘ Supervisors and consumers rate counselors

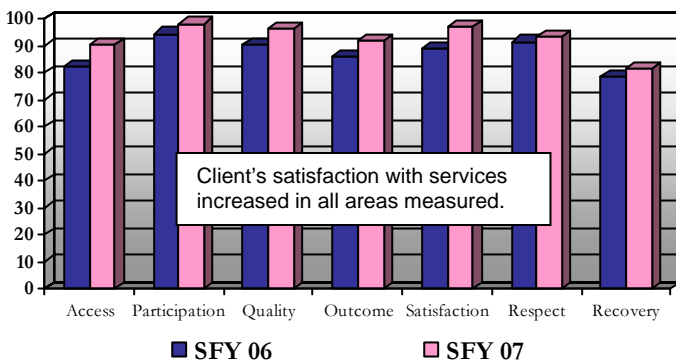
The Results

MET-CBT, used with high fidelity to the model, is now in routine practice at the APT methadone clinics. Compared to prior to the initiative:

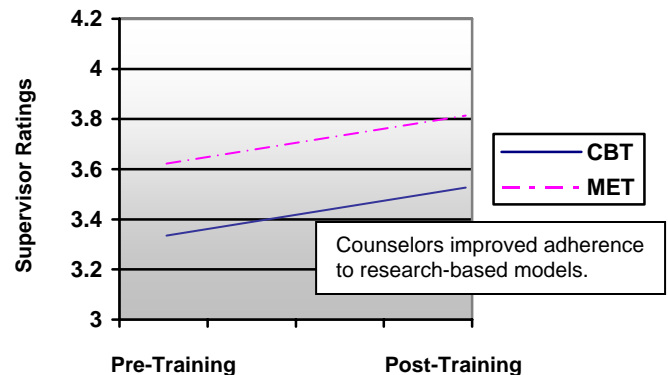
- new admissions stay in treatment longer
- supervisors rate counselors' MET-CBT fidelity higher
- consumer satisfaction has increased significantly on all measures.



DMHAS Client Satisfaction Survey



Increased Ratings by Supervisors of Counselors' Fidelity to MET-CBT Treatment Models



What's Next?

Through this grant, DMHAS developed a fidelity rating tool that uses information provided by clients to measure how closely counselors in any addiction program adhere to MET-CBT. Analysis will be done to determine if the ratings developed using this new tool can be used as a quality indicator.