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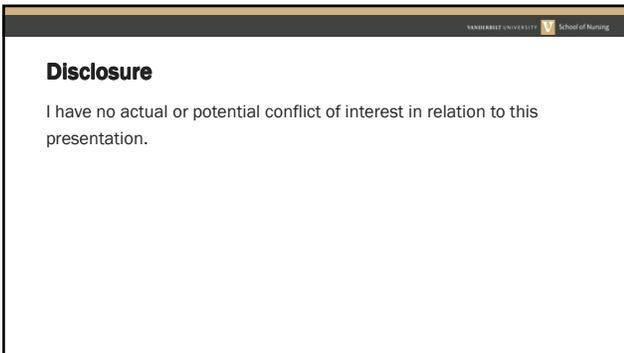
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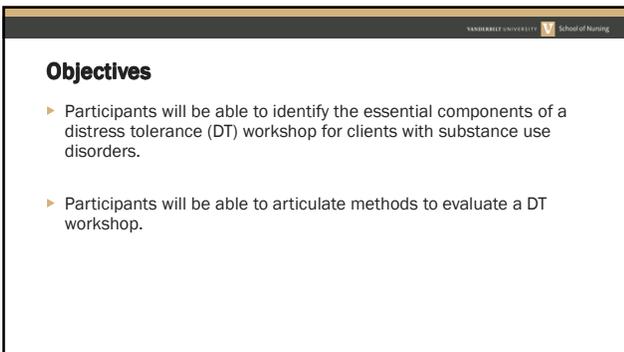
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### Background

- ▶ Dropout rates in substance abuse treatment settings are estimated at greater than 50%.
- ▶ Research confirms correlations between decreased DT and risk of treatment dropout.
- ▶ Clients with elevated intolerance of distress may experience challenges adhering to goal driven behavior required for completion of substance misuse treatment.

Wright et al., 2015

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## Overcoming Distress Tolerance Intervention

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### Purpose of Intervention

-  Integrate the *Overcoming Distress Intolerance* curriculum in a inpatient treatment facility for women with substance use disorders.
-  Evaluate Pre and Post distress tolerance utilizing the *Distress Tolerance Scale*.
-  Measure treatment retention for clients participating in the project in comparison to clients receiving standard treatment services.

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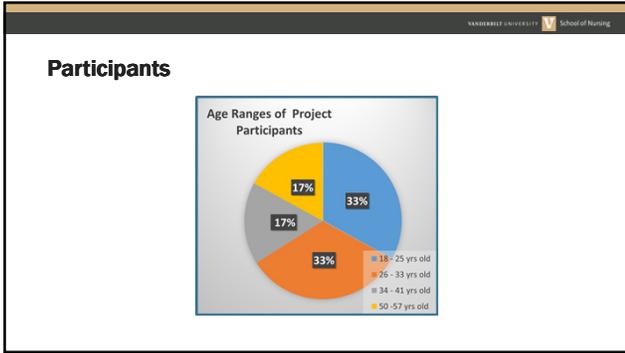
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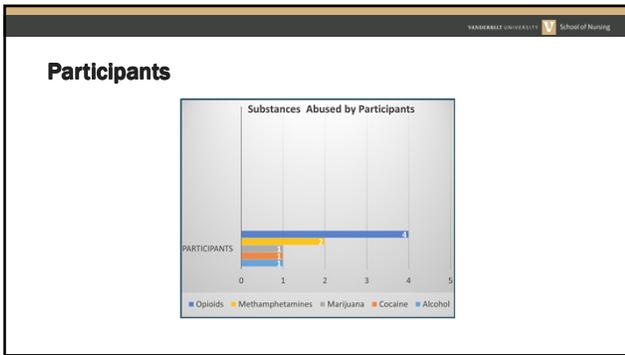
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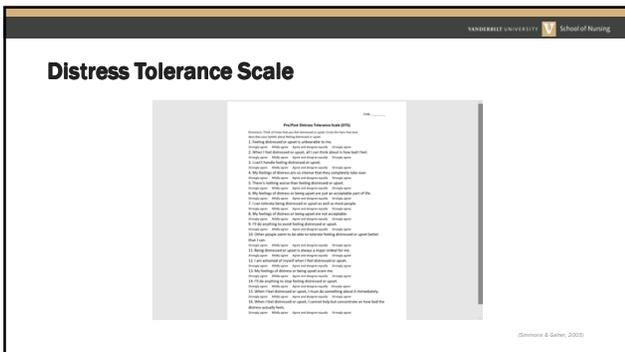
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### Overcoming Distress Intolerance (ODI) Curriculum

- ▶ **Module 1: Understanding Distress Tolerance**
  - Defines distress tolerance.
  - Explores negative emotions.
- ▶ **Module 2: Accepting Distress**
  - Focuses on learning to tolerate distress.
  - Development of mindfulness practice.
- ▶ **Module 3: Improving Distress**
  - Participation in activities that are soothing or activating.
  - Examination of problem solving techniques.
- ▶ **Module 4: Tolerating Distress**
  - Creation of an individualized DT Action Plan.
  - Development of a sense of emotional wellbeing.

Center for Clinical Innovations, 2018

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### Results

- ▶ 14% increase in DT after participating in the ODI curriculum.
- ▶ Statistical significance ( $p = 0.031$ ) in pre and post Distress Tolerance Scales.
- ▶ **Retention Rates:**
  - 66% treatment retention for project participants.
  - 59% treatment retention for patients receiving standard care.

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### Clinical Implications for Practice

- ▶ Distress tolerance workshops provide:
  - Comprehensive understanding of the role client distress has in recovery.
  - Key factors in the management of recovery related distress.
  - Beneficial adjunctive approach to residential treatment.
- ▶ Enhancing distress tolerance can:
  - Increase participation in treatment groups.
  - Decrease the prevalence of clients leaving prematurely.
- ▶ Distress tolerance interventions are:
  - Feasible in the rehabilitation practice setting.
  - Serve as sources of internal motivation and encouragement for clients.

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### Limitations

- ▶ A 21 day substance abuse treatment program minimizes the opportunity to provide long term treatment intervention.
- ▶ Intervention was limited to 30 minutes once weekly for 3 weeks.
- ▶ Substance abuse patterns varied by project participants.

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### Conclusions

- ▶ Concomitant treatment of affective disorders can impact distress tolerance and treatment retention.
- ▶ Peer support provides extrinsic motivation to address the intersection of cognition and behavior.
- ▶ Intervention outcomes support expansion of this pilot and integration into traditional treatment practices.

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Questions?

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