



National Screening, Brief Intervention & Referral to Treatment

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# Tips for EBI

# Stress Management/Resilience

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# Objectives

- Review definition of stress
- Summarize mental and physical effects
- Correlate stress ↔ substance misuse ‘magnet’
- Review evidence-based stress strategies
- Identify ‘Therapist plan’ ... ‘Client plan’ stress management EBI strategies: ‘buffering skills’ tips
- Discuss case questions



# Poll Question 1

- What is stress and what influences our response?



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# What is Stress?



<http://www.pinterest.com/pin/37436240622862637/>

“Some days, stress just gets the better of you”. *Doc Orman, M.D.*



# Stress is...

- Stress results when something that happens to us or something that we observe exceeds the capability of our mind to deal with the event effectively.
- We believe that we cannot cope with the demands or perceived consequences of the event.



# Stress Body -Mind

When the event is *perceived* as larger than coping:

- Body-Mind primed for fight or flight
- Mentally prepared to react—go-mode
- Stress-reactive areas of the brain are activated; concentration of stress hormones in blood increases
- Stress hormones affect health
- Video offers concise, easily understood summary for educational purposes

<http://www.youtube.com/watch?v=RyP8L3qTW9Q&feature=related>



# Stress can be...

- **Acute** – lasts for a few minutes (although we may continue to stew over it for hours)
- **Chronic** – lasts for hours, days, weeks, years



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# Why do we care about stress...it's just a part of life?

Important for therapists to have a grasp on how stress *hormones* impact

***physical health...***

explain to clients impact ....





## Poll Question 2

- What are the negative effects of stress hormones on physical health?



## Stress *hormones* affect physical health...

- **Blood pressure**
- **Heart disease**
- **Heart attacks**
- **Autoimmune disease**
- **Asthma**
- **Irritable bowel diseaseInfections**
- **Wound healing**



## Stress *hormones* affect physical health...

- *“UCLA's Jonsson Comprehensive Cancer Center researchers discovered that stress is biologically reprogramming the immune cells that are trying to fight the cancer, transforming them instead from soldiers protecting the body against disease into aiders and abettors”.*

Sloan et al., Sept. 15, 2010



# Stressed spelled backwards = desserts

**Weight Management**: Stress hormones interfere with making healthy decisions about what to eat as they interfere with the ability to think clearly thereby contributing to obesity/development of diabetes



**Diabetes**: Stress hormones raise blood sugar increasing difficulty in managing diabetes



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# Why do we care about stress...it's just a part of life?

Equally important for therapists to have a grasp on how stress *hormones* impact ***mental health...***

explain to clients impact ....



## Poll Question 3

- What are the negative affects of stress hormones on mental health?



## Stress *hormones* affect mental health...

- **Ability to think clearly**: Interfere with thinking and focus areas of the brain
- **Memory**: Damage brain cells responsible for memory
- **Depression**: Change the way that brain cells function



## Stress *hormones* affect mental health...

**“*Mental health disability leave tops cost list...mental health* triggers in the workplace can lead to disability – things like *stress*, casual and part-time work, and uncertain economic conditions can really take a toll on workers....”**

Dewa et al., 2010





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...Because stress hormones impact our  
ability to think clearly...



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...and because...

**STRESS CANNOT BE AVOIDED...**



# If we allow stress *hormones* to activate we may not make positive health choices

## Fight

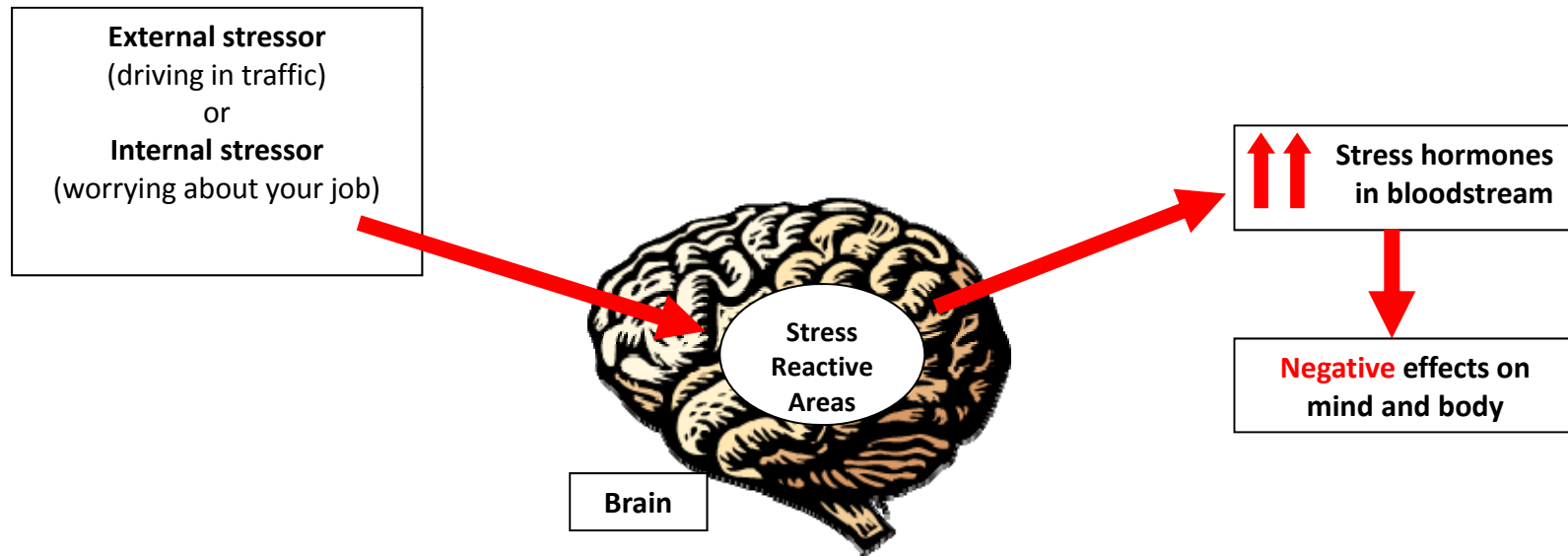


## Flight



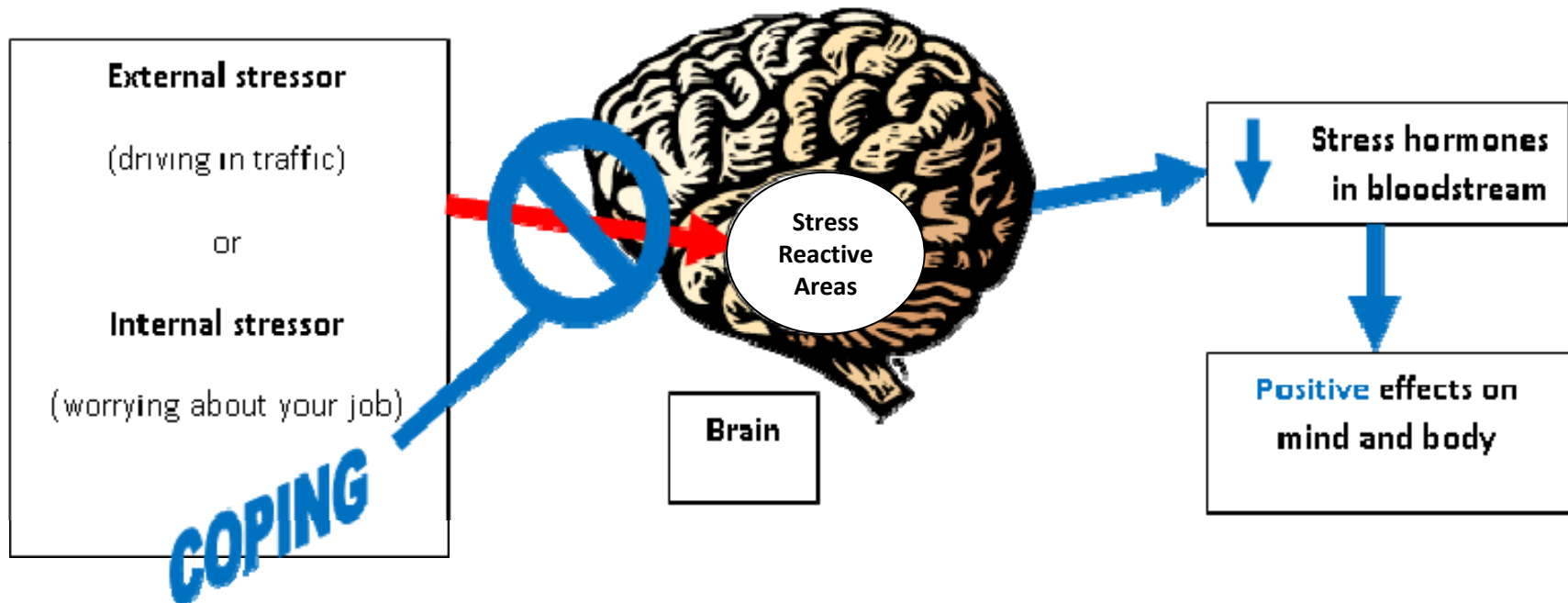


# Stress Reaction in Brain





# Stress Reaction in Brain—'Buffered'





**‘Magnet’**

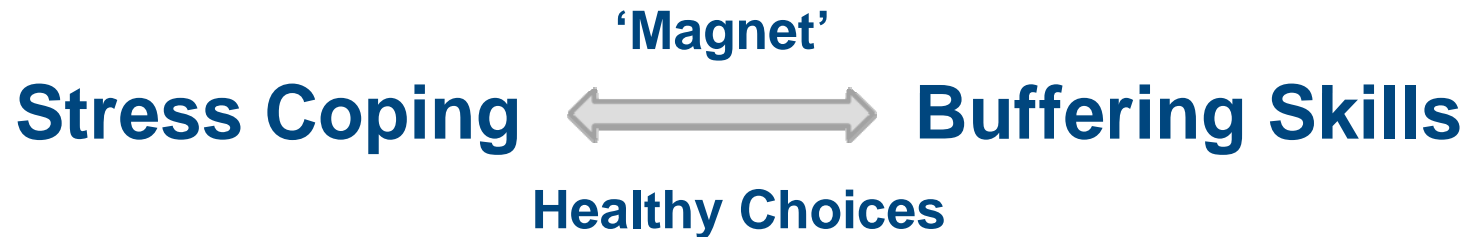
**Stress Coping** ↔ **Substance misuse**

**Unhealthy choices**

- Psychological distress in lawyers & pharmacists: 16% of lawyers and 13% of pharmacists reported alcohol misuse; lawyers twice as likely as pharmacists to smoke (Leignel et al., 2014)
- Caregiver sample (N-998) - distress mediated the relationship between work-family conflict and ↑ alcohol use (Wolff et al., 2013)
- Relationships between emergencies and substance use for a small study sample- illicit hard drug use (not alcohol or marijuana) (Urgelles et al., 2012)
- Physician residents ↑ consumption of alcohol to de-stress (RCT) (Sadaat, 2012)



## Therapist Plan: New ‘Magnet’



- Develop “**buffering skills**” that minimize the activation of the stress reactive areas of the brain
- People who *incorporate buffering skills* into their lives will have *less stressor induced alteration of health and negative behaviors* than individuals who do not

*Rabin, 2010*



# Stress –Substance EBI Strategies

- **PuP...Parents under Pressure Programme**  
Program duration, home-based, supportive to manage dysregulated affect, impulsive behavior (parenting & substance abuse) (Barlow et al., 2013)
- **Moderated mediation model**  
Challenge individual beliefs about alcohol as coping strategy, guide to healthier strategies (Wolff et al., 2013)
- **Self-control, problem-solving self-management**  
Thought stopping, positive focus, negative consequence review toward self-motivation (Urgelles et al., 2012)





# Stress –Substance EBI Strategies

- **Wellness Intervention**

Problem-solving coping, social support (Sadaat et al., 2012)

- **Critical incident review**

Holistic stress management program to promote stress-resilience → coping skills education (1:1, group), critical incident management (safety, stabilization, support) (Guenthner, 2012)



## Poll Question 4

- Have you used any of these stress coping evidence-based strategies *specifically researched for substance misuse brief intervention options*?



# Stress Resilience = Teaching coping skills = Therapist Plan

Evidence specific to substance misuse indicates therapist brief interventions toward:

- 1:1 or group time-conscious program educating client: filter negative thoughts/self-talk → positive thinking/self-talk to manage impulsive behavior
- Healthier coping strategies learning
- Critical incident review learning to manage impulsive behavior with healthy coping strategies
- Support system review and revitalization



## Consider: Motivational Interviewing Approach

- Clients are ambivalent about change: match stage of change... no arguing, pushing, dragging
- Clients continue substance use because of ambivalence
- Resolving ambivalence in the direction of change is a key element of MI
- Motivation for change can be fostered by an accepting, empowering and safe atmosphere



## Stages of Change: Intervention Matching Guide

<p><b>1. Pre-contemplation</b></p> <ul style="list-style-type: none"><li>• Offer <b>factual</b> information</li><li>• Explore the <b>meaning of events</b> that brought the person to treatment</li><li>• Explore <b>results of previous efforts</b></li><li>• Explore <b>pros and cons</b> of targeted behaviors</li></ul>	<p><b>2. Contemplation</b></p> <ul style="list-style-type: none"><li>• Continue exploration of <b>pros and cons</b></li><li>• Explore the person's <b>sense of self-efficacy</b></li><li>• Explore <b>expectations</b> regarding what the change will entail</li><li>• <b>Summarize</b> self-motivational statements</li></ul>	<p><b>3. Preparation</b></p> <ul style="list-style-type: none"><li>• Offer a <b>menu of options</b> for change</li><li>• Help identify <b>pros and cons</b> of various change options</li><li>• Identify and <b>lower barriers</b> to change</li><li>• Help person <b>enlist social support</b></li><li>• Encourage person to <b>publicly announce plans</b> to change</li></ul>
<p><b>4. Action</b></p> <ul style="list-style-type: none"><li>• Support a <b>realistic view</b> of change through <b>small steps</b></li><li>• Help <b>identify high-risk situations</b> and develop <b>coping strategies</b></li><li>• Assist in <b>finding new reinforcers</b> of positive change</li><li>• Help access family and social <b>support</b></li></ul>	<p><b>5. Maintenance</b></p> <ul style="list-style-type: none"><li>• Help identify and try <b>alternative behaviors</b> (drug-free sources of pleasure)</li><li>• Maintain <b>supportive contact</b></li><li>• Help <b>develop escape plan</b></li><li>• Work to <b>set new</b> short and long term <b>goals</b></li></ul>	<p><b>6. Recurrence</b></p> <ul style="list-style-type: none"><li>• Frame recurrence as a <b>learning opportunity</b></li><li>• Explore possible behavioral, psychological, and social <b>antecedents</b></li><li>• Help to develop <b>alternative</b> coping strategies</li><li>• Explain Stages of Change &amp; encourage person to <b>stay in the process</b><sup>73</sup></li><li>• Maintain <b>supportive contact</b></li></ul>



# Stress Resilience = Teaching coping skills = Therapist Plan

From where the client is at, work with client to:

- Identify major areas of negative thinking- Work? Home?
- Filter negative thoughts. Process simple, but will take practice e.g. stop & evaluate thinking-if negative, what is the positive side?
- Practice + self-talk.
- Check social support: Socialize with + people.
- Practice healthy coping strategies...teach the following evidence-based strategies or help client join a stress management educational session



# Stress Resilience = Healthier coping skills = Client Plan

Client develops skills with 'self-selected' practice assignment:

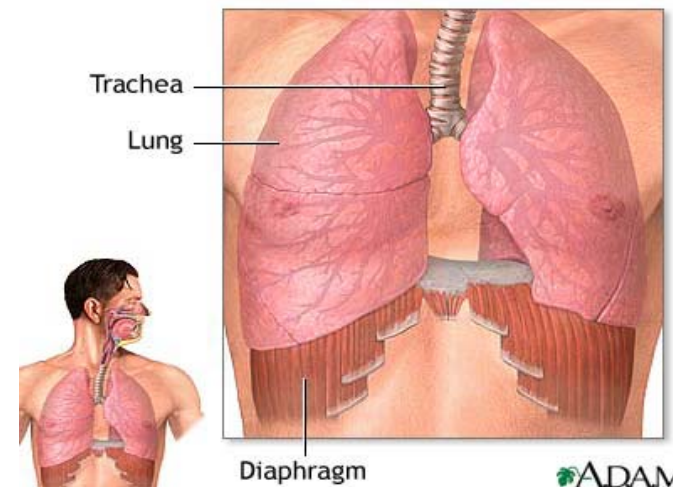
- Identify major areas of negative thinking
- Filter negative thoughts
- Practice + self-talk.
- Socialize with + people
- *Replace immediate turn to substance use to cope with trying healthy coping strategies...*





# Practice healthy coping strategies...

- **Deep Breathing:** use the diaphragm to go beyond merely expanding the chest = less lung space = less oxygen in blood = production of shorter, more “restless” beta waves in the brain. Conversely, more lung space = more oxygen = longer, slower alpha waves associated with relaxation and calm mind states







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# Practice healthy coping strategies...

**PHYSICAL ACTIVITY** IS any bodily movement that uses energy; **Exercise** is a subset of physical activity that is planned, structured, and repetitive.

Consider Walking or Yoga...



<https://www.google.com/search?q=stress+images>



## Practice healthy coping strategies...

**Guided imagery:** listen to a script that someone reads; create beautiful and comfortable thoughts and mind-pictures where temperature, smell, sounds, beauty, people, sights, are comfortable and relaxing—a wonderful vacation taken without going anywhere



**Meditation:** training the mind to produce a deep state of relaxation and tranquility. During meditation, attention focus eliminates the stream of jumbled thoughts crowding the mind and causing stress resulting in enhanced physical and emotional well-being.



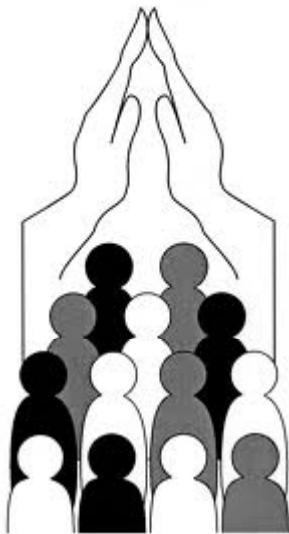
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# Practice healthy coping strategies...

## Spiritual



<https://www.google.com/search?q=stress+images>



## Practice healthy coping strategies...

**Humor** : a way to rapidly become calm when experiencing an acute stressor, other than taking deep breaths, is to find something to laugh about.



"I miss stress."



## Practice healthy coping strategies...

**Writing:** contributes to reducing stress by reducing the associated anxiety. *The only rule:*

- MUST write continuously for 15 minutes. Nothing more to say? Just repeat what is already written. Don't worry about grammar, spelling, or sentence structure.
- Select something that is or has been bothersome. It can be from 10 years ago or from yesterday.
- While writing DO NOT READ what is already written.
- What is written is completely confidential—tear up it up and toss it out when done.



## Stressed Out...the irony of change...

If there are evidence-based techniques to buffer stress and prevent disease, disease flare-up in times of stress... why do so many talk about being stressed out all the time and misuse substances to cope? Why isn't it working?



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## A badge of honor?



<http://www.pinterest.com/pin/37436240622862637/>



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# No time?



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**24**



## Summing Up

**To help our clients manage stress with healthy coping strategies we must:**

- **Recognize that stress is individual**
- **Understand the physical and mental effects of stress hormones unchecked to share this knowledge**
- **Help our clients become aware of stressors and emotional, physical, behavioral learned +/- reactions**
- **Guide clients to change brain response to stress to moderate reactions toward + personal outcomes**
- **Recognize and educate clients regarding change—“24”**
- **Assist clients to build physical and emotional reserves by using evidence based coping techniques including positive support system**



# Summing Up: Give Clients a Stress 'Script'



## *PRESCRIPTION FOR HEALTH*

**FILTER NEGATIVE THOUGHTS; ADD POSITIVE THOUGHTS**

**PRACTICE...**

**DEEP BREATHS**

**PHYSICAL ACTIVITY**

**GUIDED IMAGERY OR MEDITATION**

**HUMOR**

**EXPRESSIVE WRITING**

**CHECK SUPPORT SYSTEM 'SUPPORT'**



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# The Beginning...



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