Sobering Effect

A New Intervention Model for High Risk IPV Offenders with Co-Occurring Substance Abuse

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IPV paradigms

- Feminist: IPV primarily a gendered behaviour based on maintaining male privilege through abuse
- Cognitive Behavioural: IPV based on modeled cognitive distortions & behaviour resulting in abusive behaviour
- Readiness: IPV abusers maintain abusive behaviour until they can begin to contemplate change and move into states of readiness
- Systems Approach: IPV product of problems in family or relationship system
- Most IPV programs combine all or some of these approaches

IPV Paradigms: Missing in Action Substance Abuse

- 50% of all Male offenders report a history of substance abuse (YWCA Sheriff King)
- 40-60% of all IPV abusers report substance abuse (Moore & Stewart, 2004)
- Physical violence most likely preceded by heavy drug use (Fals-Stewart, 2003)
- Male abusers' drinking preceded most serious acts of violence (Kantor, Kauffman and Straus, 1990)
- Conclusion: In 50+% of all IPV cases, substance abuse is involved

Relationship Between Substance Abuse & IPV

The *Spurious* Model

"The Spurious Model suggests that the relationship between substance abuse and IPV is the result of these variables being related to other factors that influence both drinking and violence….Individuals who are young may tend to be violent and use drugs; thus, drug use and violence may appear to be directly related when, in fact, they are not."

Easton, 2006 Fals-Stewart, 2003

Spurious Model

"Results of several studies suggest that alcohol and other drug use are associated with IPV after controlling for factors thought to be associated with both behaviours (Substance abuse & IPV), such as age, education, socioeconomic or occupational status, and ethnicity…"

Easton, 2006

Indirect Effects Model

"Long-term substance creates an environment that sets the stage for partner conflict and, ultimately, partner violence."

Easton, 2006

"…when marital satisfaction, relationship discord or other similar variable are controlled for when examining the link between substance use and violence, the relationship remains strong"
McKenry, 1995

Proximal Effects Model

"Individuals who consume psychoactive substances are more likely to engage in partner violence because intoxication facilitates violence, which may be mediated through the psychopharmacologic effects of drugs on cognitive processing or expectations associated with intoxication"

Easton, 2006, Fals-Stewart, 2003

Social Dominance & Substance Abuse

- According to James T. Winslow and Klaus A. Miczek (1984)
  - In monkey studies, dominant monkeys aggressed more frequently than subordinate monkeys
  - Low dosages of alcohol given to the dominant monkeys significantly increased their dominant aggressive behaviour
  - Subordinate monkeys did not increase aggressive behaviour with any dosage of alcohol
  - Similar results from studies in 1988, 1992

Proximal Effects Model

- According to this model: substance use should precede IPV
- The episode should occur closely in time to the consumption of the drug
- Data: Odds of severe Male-to-Female physical aggression were more than 11 times higher on days of men's drinking than days of no drinking
- 60% of all IPV episodes occurred within two hours of drinking by the male partner

  Fals-Stewart, 2003

Significant empirical support for the Proximal Effects model. Easton, 2006

Domestic Violence Effectiveness Study
Cairns 2005

- Over half the sample being under the influence at the time the offence was committed
- Many showed continuing problems with addiction after completing domestic violence counselling
- Treatment completers: 6.1% re-offence rate
- Treatment non-completers: 23.7% re-offence rate
- Non-completion seen as highest predictor of re-offense

Characteristics of Non-Completers

- Employment Issues
- Alcohol/drug issues—unwillingness to remain sober results in decreased treatment completion
- Living Common law
- Higher pre-test scores on mental health assessment
- Significantly higher rates of antisocial traits and alc/drug issues

YWCA Sheriff King Substance Abuse Approaches

- Paths of Change program in operations for both men and women since 1993
- 2006: 540 men and 350 women (new admissions) entered the program
- Substance Abuse Group (SAG) developed in collaboration with Alberta Alcohol and Drug Abuse Commission counsellor

Sobering Effect Group Proposal

- Develop selection criteria for High Risk substance abuse group
- Address IPV and Substance Abuse simultaneously
- Support group members in maintaining sobriety throughout program by intensified programming
- Increase completion rates

Sobering Effects Group Model Selection Criteria

- Sobriety and substance abuse treatment required by Community Corrections order
- Substance Abuse in the Index Offence
- Michigan Alcohol Screening Test (MAST) >10
- Clinical Elevation on the Personality Assessment Screener (PAS) >20
- History of Previous Substance Abuse intervention: residential tx, DUI, alcohol education, etc.

Sobering Effects Group Design

- Out patient Intensive Model: 3 contacts per week. Monday, Tuesday, Thursday
- 12 week program—36 contacts
- AADAC staff co-facilitates group
- Membership in group opens case for AADAC, fulfills substance abuse treatment requirement from Community Corrections
- Combining Substance Abuse and IPV material in group programming

Sobering Effect Group Goals

- Clients improve self esteem
- Clients learn to reduce stress levels
- Clients' level of depression reduced
- Stop/Decrease non-physical violence towards partner
- Stop/Decrease physical violence towards partner
- Address Trauma issues/symptoms
- Client learns to reduce emotional & behavioural disturbance
- Client to stop/decrease substance abuse
- Successfully complete treatment program

Paths of Change Group

- This group consists of the remainder of the male clients who were referred to YWCA Sheriff King but were not referred to the SE group
- All clients were referred for IPV
- All the same pre and post measures were collected
- Attend and complete Phase I (6 week) and Phase II (12 week) groups
- Group completion information was collected

SE Group Description

- Treatment Manual re-written
- Cycle of Abuse coincided with Cycle of Substance Abuse
- Time Out Sabotage: Partner not trusting TO if IPV abuser uses it to drink/drug
- Stress Mgt: Alcohol/Drug use do not decrease stress, in fact, increase stress levels

SE Group Description

- Successful Stress management involves connecting with Mind, Body, Emotions instead of trying to blot them out
- Cognitive Thinking: Substance abuse prevents logical questioning of self talk, results in “Stinking thinking”
- Empathy: Substance abuse prevents sensitivity and understanding of others and is primarily a narcissistic behaviour

SE Group Description

- Progression of Substance Abuse Discussed: Physical and Psychological losses
- Conflict Resolution skills
- Relapse Prevention Approaches included
- Effects of Substance Abuse on Children included in discussion of effects of violence on children
- Emergency plan to prevent IPV
- Emergency plan to prevent substance abuse

YWCA Sheriff King Paths of Change Scales

- MAST: Michigan Alcohol Screening Test, a self reported history of alcohol abuse
- ISE—Index of Self Esteem: self report scale measuring self esteem (Hudson)
- PSS—Perceived Stress Scale: self report
- Beck—measures self reported depression
- NP Abuse: self report scale measuring non-physical abuse towards partner (Hudson)

YWCA Sheriff King Paths of Change Scales

- P Abuse: self report scale measuring physical abuse towards partner (Hudson)
- TSC-40: Trauma Symptom Checklist (Briere)
- PAS: Personality Assessment Screener, a brief psychological assessment screen

Comparison of Paths of Change and Sobering Effect group members

Paths of Change N=211

	Pre	Post	Sig <.05
MAST	8.8		
ISE	25	21	*
PSS	26	17	*
Beck	9.6	4.6	*
NP Ab	11.5	4.7	*
P Ab	1.8	.4	*
TSC sl	5.5	3.5	*
TSC	20.8	13.5	*
PAS	18.32	16.2	*

Sobering Effect N=52

	Pre	Post	Sig <.05
MAST	19.5		
ISE	29.2	24.8	*
PSS	26.4	18.2	*
Beck	8.5	4.5	*
NP Ab	12.7	6.6	*
P Ab	2.6	.6	*
TSC sl	5.9	4.5	*
TSC	21.1	17.2	*
PAS	21.5	20	-

Sobering Effect Group Scales vs. Paths of Change Group

- Any conclusions can only be preliminary because of the small group size of the SE group but…
- Both treatment groups show significant improvement
- The SE group members have higher scores on every scale except Beck
- The SE group meets many of the characteristics of Dr. Cairn's high dropout/high re-offender group
- The SE group members appear to represent a co-occurring substance abuse/IPV group

SE Group Results

- In a comparison of means SE group scales showed significant pre-post improvements as did the Paths of Change Groups
- In general completion rates for court ordered IPV offenders are about 50% Gondolf, 2000, 40-60%, Hoffart & Clark, 2004, 20%-60%
- Paths of Change completion rate (N=211) about 61%
- SE group completion rate (N=52) about 90%

Evaluating SE Group Results

- Comparison to completion rate of Paths of Change groups may not be meaningful
- PC Group complete 18 weeks consisting of Phase I (6 wks) and Phase II (12 wks)
- SE is single 12 wks program (36 contacts vs. 18)
- Evidence is preliminary because of small sample

Conclusions

- Substance abuse, while not causing the violence, is strongly associated with IPV in 50+% of all cases
- Treating IPV may mean that concurrent treatment for Substance abuse is indicated
- The higher intensity (3xs/wk) group may be applicable even to non-substance abusing groups and result in lower drop out rates
- To really evaluate the SE group, a more complete research design and a longitudinal follow-up with victims and abusers will be required

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