



Northwest (HHS Region 10)

ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Northwest ATTC presents:
**ACT for Addiction:
The Practice and the Science**

Jonathan Bricker, PhD



LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

We value your feedback on our ability to provide culturally-informed and inclusive services.

Please email us at northwest@attcnetwork.org with any comments or questions you have for us!

Today's Presenter

Jonathan Bricker, PhD

- Founder & Leader, Health and Behavioral Innovations in Technology (HABIT) Group
- Full Member, Fred Hutchinson Cancer Research Center, Div. of Public Health Sciences
- Affiliate Professor, UW Dept. of Psychology
- Licensed clinical psychologist in private practice
 - Focus on Acceptance & Commitment Therapy (ACT)



ACT for Addiction: The Practice & Science

Jonathan Bricker, PhD

Public Health Sciences, Fred Hutchinson Cancer Research Center
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Disclosures

- Neither I nor any of my research team has any financial relationships to the interventions we develop.
- Fred Hutchinson Cancer Research Center licenses our quit smoking app to 2Morrow, Inc.
- I serve on the Scientific Advisory Board for Chrono Therapeutics, makers of a wearable nicotine replacement therapy device.

H.A.B.I.T. Lab: Health & Behavior Innovations in Technology



Goal: Develop & Test Technologies to Help 1 Million People Quit Smoking



TALK



WebQuit



iCanQuit
app



Q2Heal
app

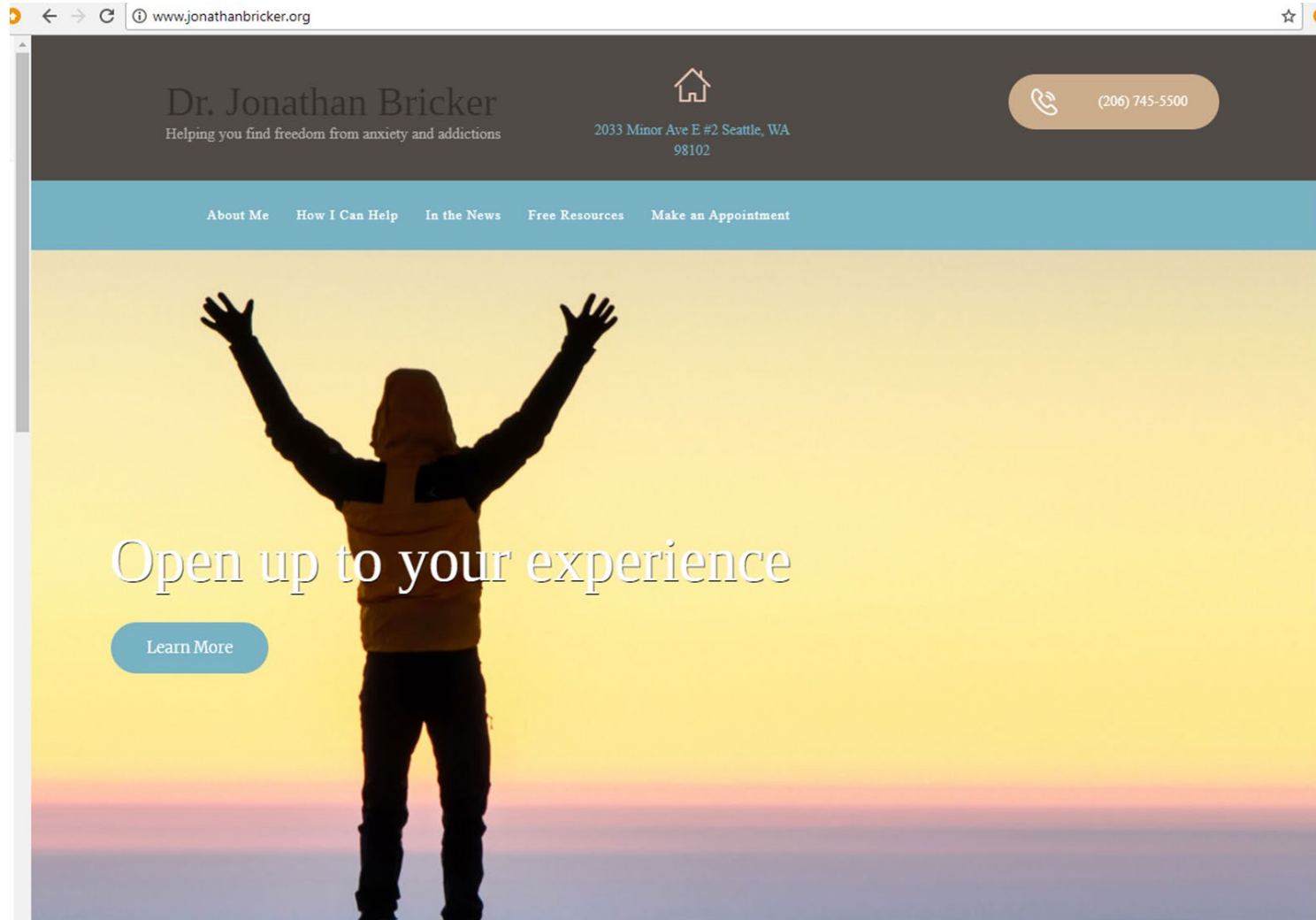


ChatBot

Funding Sources: \$15 Million Dollars

- National Cancer Institute
 - R01-CA-166646 (PI: Bricker)
 - R01-CA-151251 (PI: Bricker)
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- National Institute on Drug Abuse
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- Snoqualmie Tribe (PI: Bricker)
- Fred Hutch Cancer Research Center Pilot Funding (PI: Bricker)
- Life Sciences Discovery Fund 12328761 (Site PI: Bricker; PI: Masterson)

Private Practice: Since 2004, ACT for Addictions & Anxiety



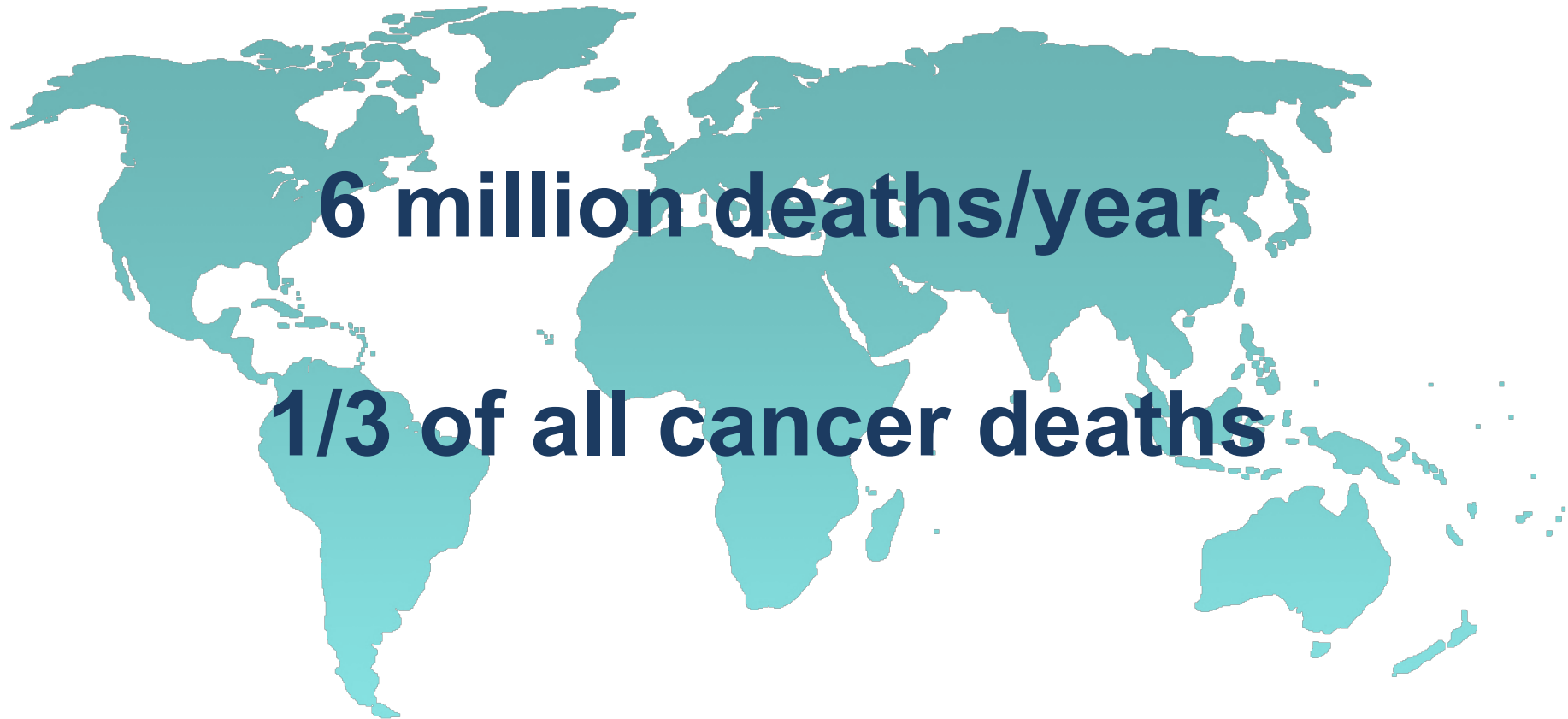
Our Journey Ahead

- 1. Why Treating Addiction is Important**
- 2. ACT for Addiction: The Science**
- 3. ACT for Addiction: The Practice**

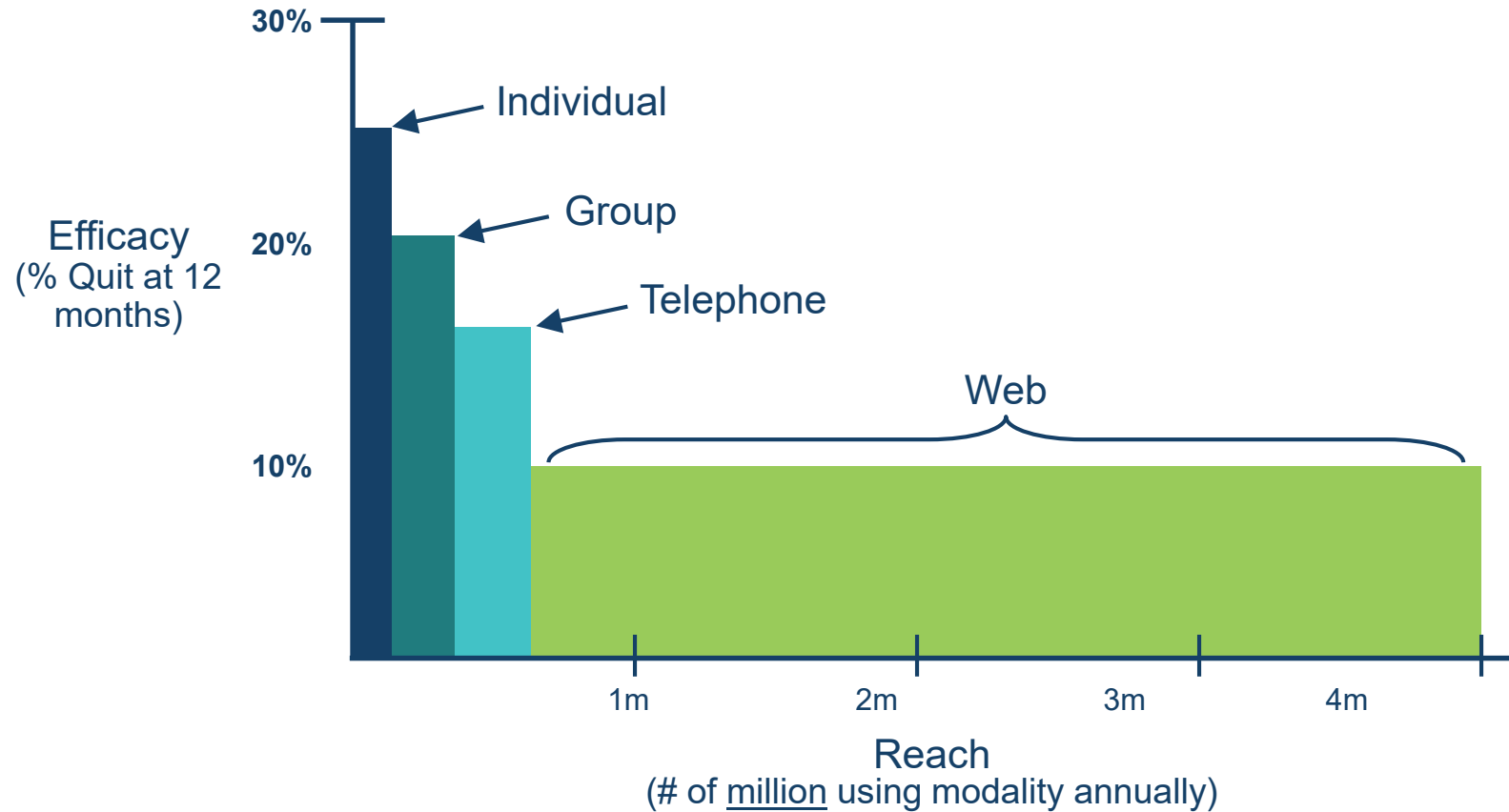


Why Treating Addiction is Important

Cigarette Smoking: Most Preventable Cause of Death Worldwide



Reach & Efficacy of Behavioral Intervention Modalities

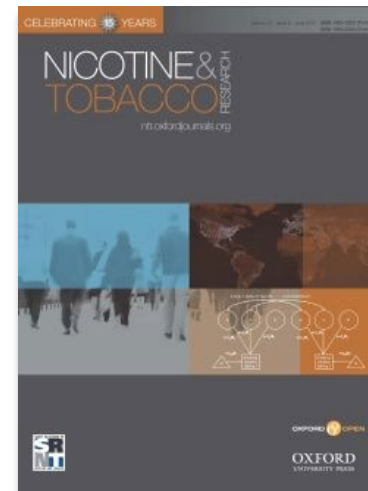


ACT for Addiction: The Science

TALK Has Promising Success



- Randomized Trial (N = 121)
- 100% Satisfied
- 31% Not Smoking At 6 Month Follow-up



Quitlines

Availability: All 50 States

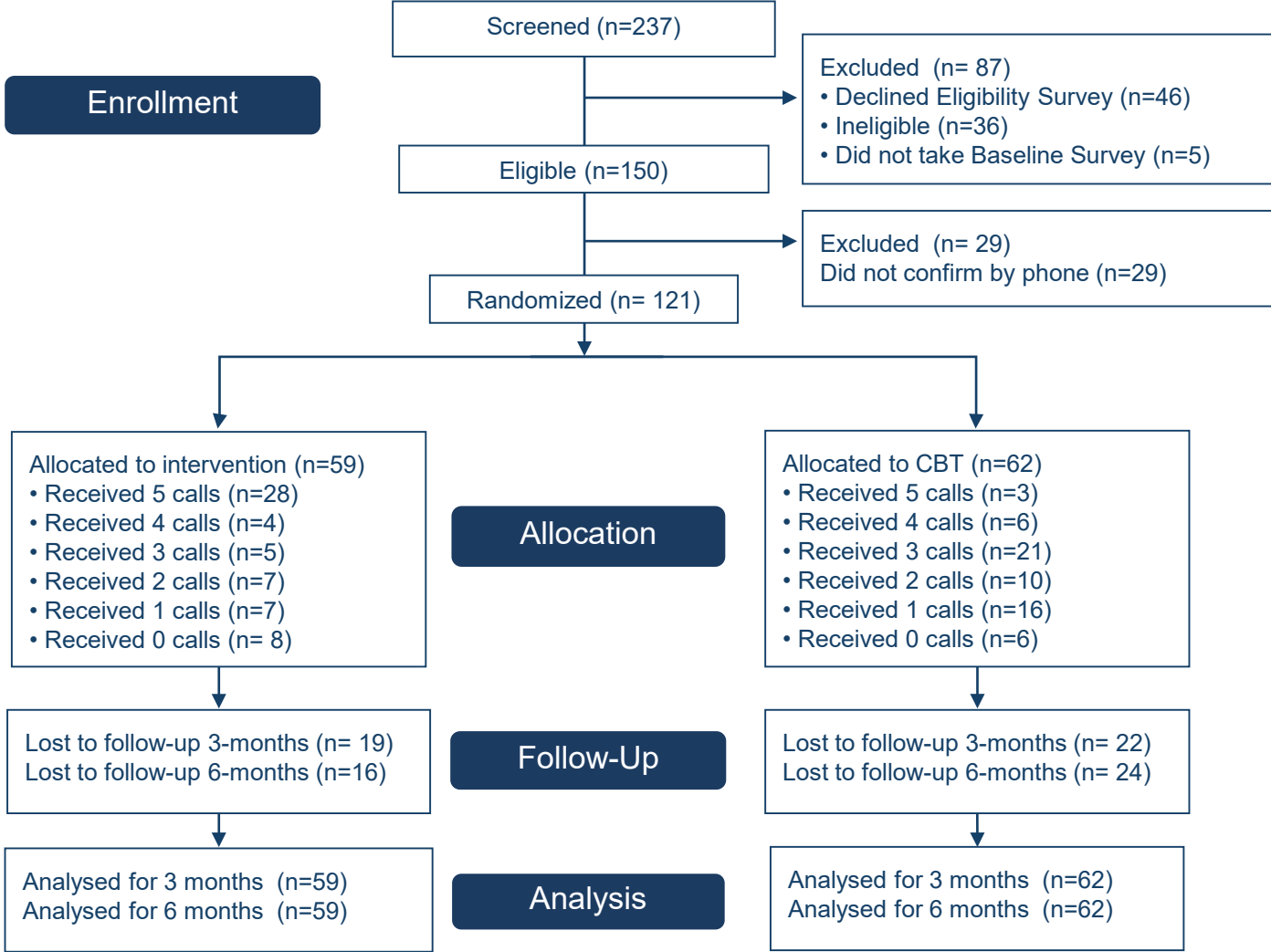
Reach: 500,000 annually in US

Effectiveness: 14% quit rate (vs. 4% for unassisted quitting)

Cost-effectiveness: Covered by insurance, Medicaid, or the state.

Brevity: 90 minutes total (3 to 9 sessions)

Pilot TALK Trial: Study Flow



Engagement: Calls Attempted & Completed

	CBT Mean (SD)	ACT Mean (SD)	p-value
Total Call Attempts	17.9 (6.7)	12.2 (5.2)	0.0001
Number of Calls Completed	1.69 (1.3)	3.25 (1.94)	0.001
Completed All 5 Calls	3 (4.8%)	28 (47.5%)	0.001

Treatment Satisfaction

	USCPG	ACT	p-value
Satisfied overall	85%	97%	0.10
Recommend to friend	83%	97%	0.06
Program's skills useful to quit	87%	100%	0.03

6-Month Follow-up (30-day quit rate)

USCPG	ACT	OR (95% CI)
22%	31%	1.5 (0.7, 3.4)

6-Month Follow-up (30-day quit rate): Subgroups

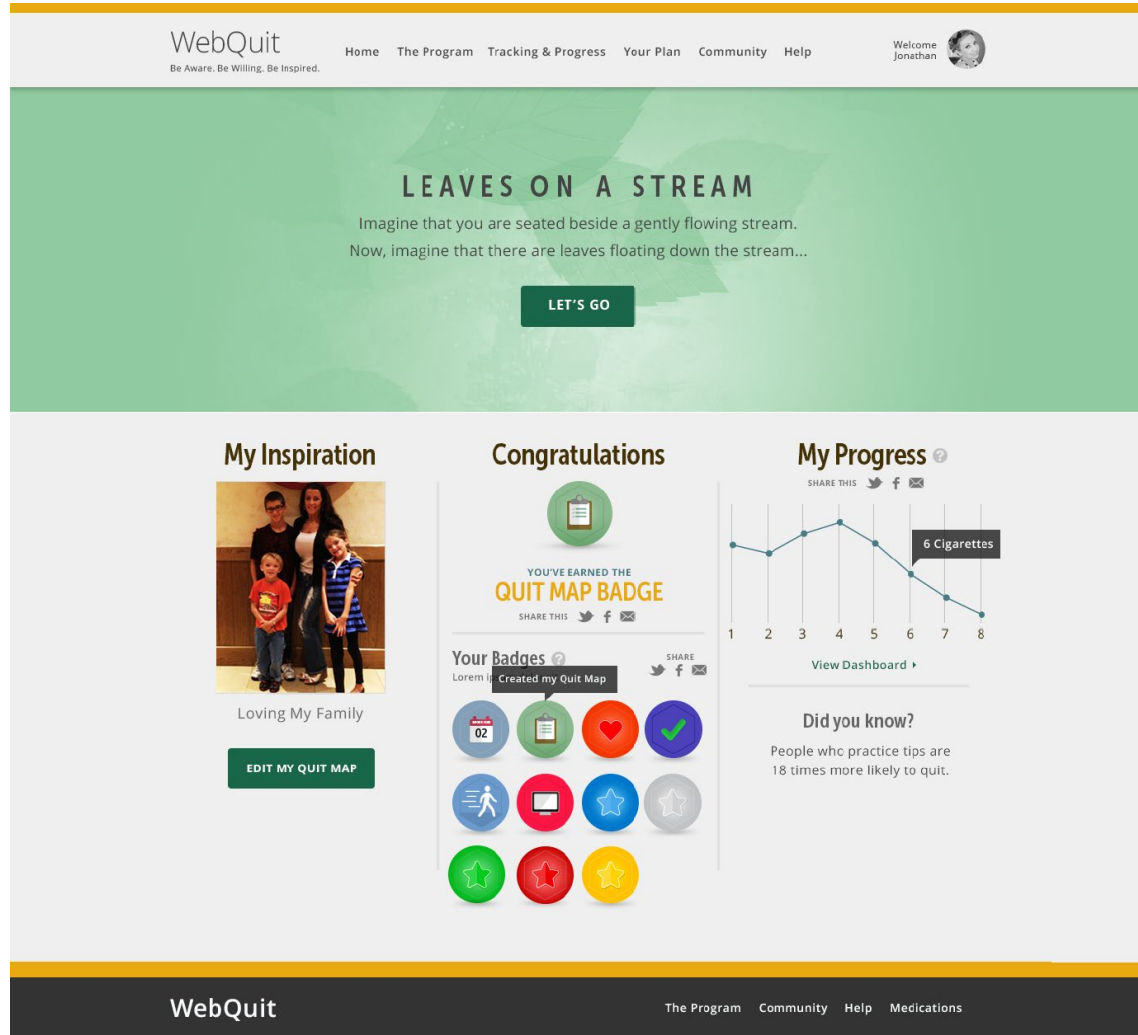
Baseline Subgroup	USCPG	ACT	OR (95% CI)
Pack-A-Day or More	17%	36%	2.8 (0.6, 12.4)
Screened Depressed	13%	33%	1.2 (1.0-1.6)
Avoidant of Cravings	10%	37%	5.3 (1.3, 22.0)

Fully Powered Randomized Trial of Telephone-Delivered ACT: TALK R01 Randomized Trial

TALK RO1 Trial

- \$3.2 Million US Dollars, Funded by National Institute of Drug Abuse
- **Year 1:**
 - Refine telephone-delivered ACT & prepare trial conduct.
- **Years 1.5-4:**
 - Enroll 1200 adult smokers via quitline; 1050 enrolled to date
 - Randomize to ACT or “Quit For Life” USCGP Program
 - 3, 6, & 12 Month Follow-up
- **Year 5:**
 - Analyze, publish, and disseminate results

WebQuit.ORG Website Has Proven Success



- Large Randomized Trial (N = 2637)
- 88% Retention at 12 Months
- 24% Not Smoking At 12 Month Follow-up



Satisfaction

	ACT	Smokefree	p-value
Satisfied overall	83%	80%	0.042
Recommend to friend	95%	90%	0.0001
Useful for quitting	71%	67%	0.113

WebQuit Testimonials

“I especially liked the advice to ride with the urges to smoke rather than to try to ignore them or replace them with diversion.”

“I enjoyed the focus on mindfulness practice. I loved that it was not fighting or pushing down the urges.”

Quit Rate Comparison

Study Population	ACT	Smokefree	p-value
All Participants	24%	26%	0.369
High Website Engagers (Top 25%)	30%	30%	0.999
Depressed	25%	25%	0.668
Bipolar	20%	19%	0.773

Impact on Acceptance of Urges to Smoke

	ACT	Smokefree	p-value
Increase in Acceptance of Urges	.19	.08	0.034
Acceptance Predicts Quit Rate	Odds Ratio: 4.11		0.0001

Public Health Significance

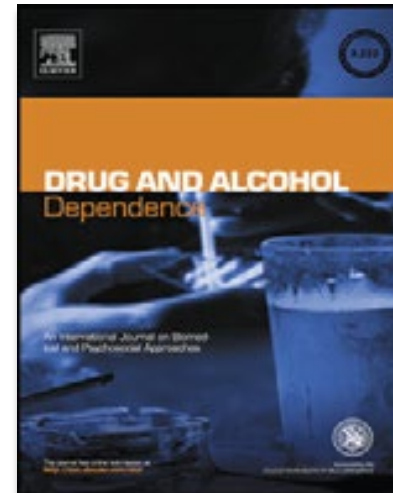
For every 1 million smokers reached with WebQuit, 240,000 would quit smoking.



iCanQuit & Quit2Heal Apps



- Two Trials
- 84% Satisfied
- 21% Not Smoking At 2 Month Follow-up



ACT for Addiction: The Practice

The Practice: Introducing the Concepts

Everyday We Have A Choice



Lunch



OR



Our Thoughts

“I’m Tired”

“I’m Stressed”

“I Have a Craving”

“A Drink Sounds
Good Right Now”



Our Feelings



Our Cravings



Mouth



Chest



Stomach

Thoughts, Feelings, & Cravings Can Deceive Us



Two Answers.

Answer #1: Willingness

- Allowing Thoughts, Feelings, and Cravings to Come and Go... Without Acting on Them
- Letting Them Be There
- Opening Up to Them
- Not Willpower
- Mindfulness is One Way to Be Willing



Willingness Helps You See Choices Clearly

“I’m Tired”

“I’m Stressed”

“I’m Craving”

“A Drink Sounds Good”



“I’m Tired”

“I’m Stressed”

“I’m Craving”

“A Drink Sounds Good”

Answer #2: Our Values

- Taking care of our bodies
- Loving our families
- Helping the next generation (e.g., grandchildren)
- Doing meaningful work

The Equation

Being Willing + Acting on Values = **Life Affirming Choices**

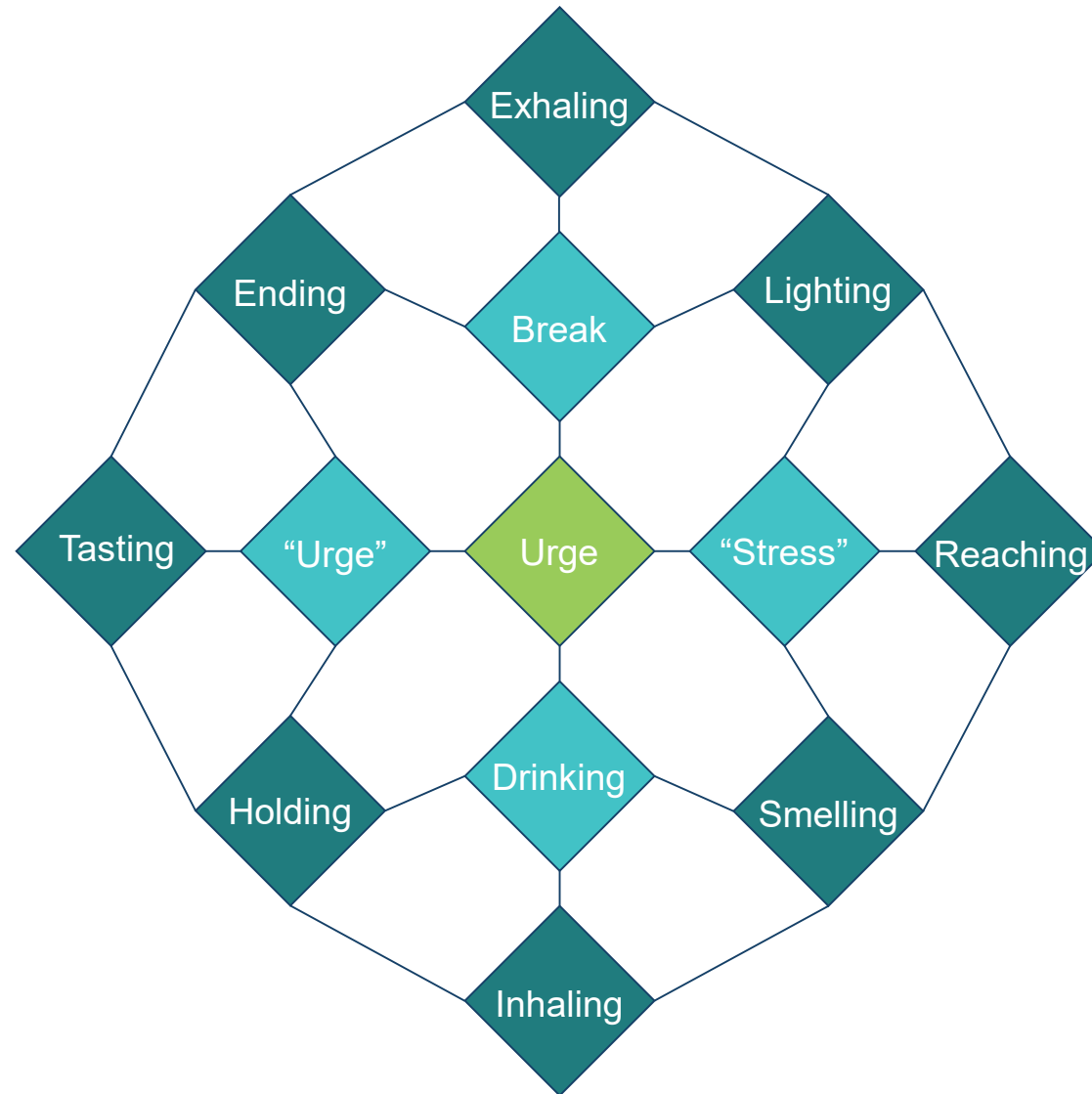
Acceptance
of our
“baggage”

Committed
action in valued
direction

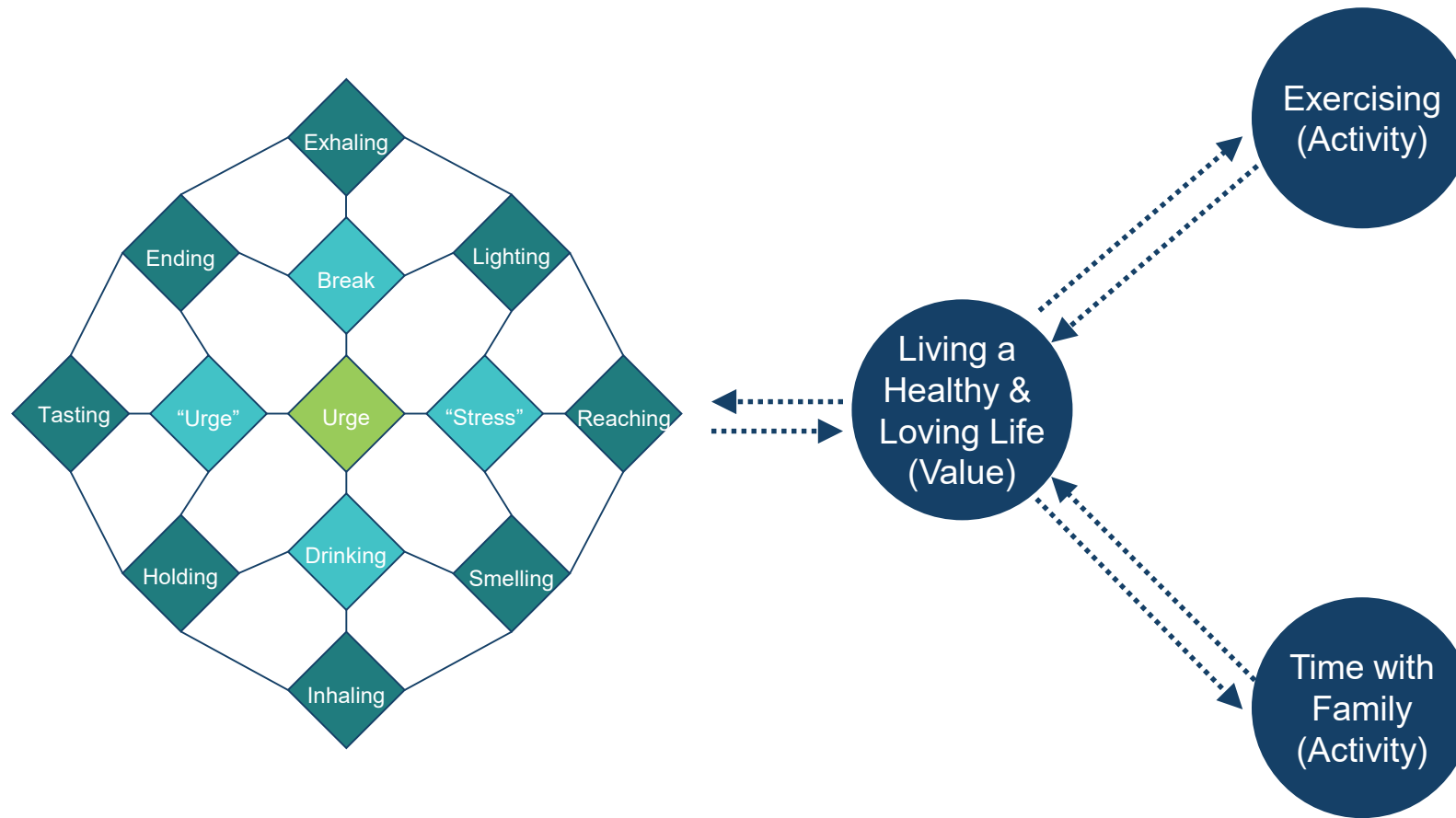


The Practice: Illustrating Relational Frame Theory

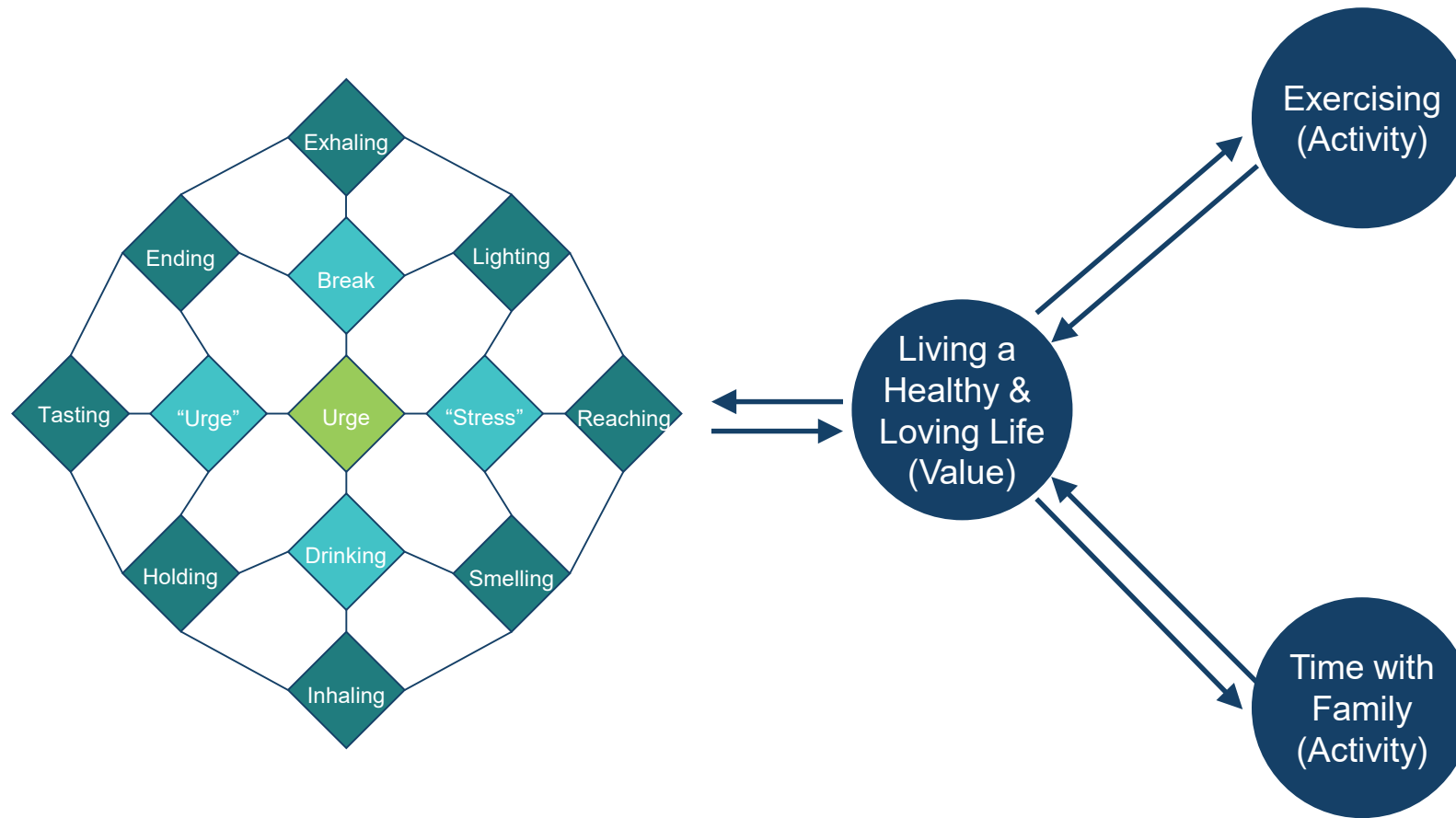
Relational Frame Theory: Caught in a Web



Relational Frame Theory: Web Occludes Valued Living



Relational Frame Theory: Breaking Free from the Web



The Practice: Teaching the Skills

The Five Steps of ACT for Addiction

1. Make Plan

2. Be Aware

3. Be Willing

4. Be Kind

5. Be Inspired

Step 1: Make a Plan

Major elements:

- *Values Guiding Choices:* Start General. Family, Relationships, Health, Money, Spirituality
- *Set A Goal:* Harm Reduction or Abstinence; Set A Target Date
- *Want Medications?:* Can Help with Cravings & Withdrawal
- *Notify Inner Circle:* Who? What do you want them to say and not say? Do you want them to attend a session?
- **What to do:** Start the plan in session and for homework have clients complete for next session.

Step 2: Be Aware

Major element: Trigger Tracking

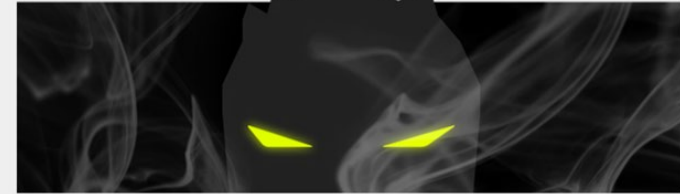
- *Situations*: Start outside skin. After a meal, after an argument, time of day, with other users, at bar, eating
- *Feelings*: Stressed, bored, anxious, guilty, ashamed, angry, happy, excited
- *Sensations*: Chest, stomach, mouth, throat
- *Thoughts*: “It’s been a long day. I deserve a drink.”; “Just one.”; “I will never change. So why try?”; “With all my stress now, I just cant change.”; “This program just isn’t for me.”
- **What to do**: For homework, ask clients to notice what is happening just before they use or having urge to use. Make note of those triggers on a checklist. Track at least three times a day for seven days.

Step 3: Be Willing

Major element:

- *Urge Monster:*
 - Fighting urges is a tug-of-war with an urge monster.
 - Dropping the rope = ↓ struggle + ↑ doing what matters.
 - Let your urges pass, without using.
 - People who let urges pass are 11 times more likely to quit.

Urge Monster



Does it ever seem like fighting urges to smoke is like a tug-of-war with an urge monster? It's your usual smoke break and so the urge "pulls" at you. You are trying really hard to quit so you try to "pull back" by distracting yourself, chewing some gum, or tell yourself to just forget about it. Then the urge gets so strong you just give in by smoking a cigarette. It might seem like the war is over because the urges go down after you smoke the cigarette. But in a few hours or less, the urges come back. And the war starts again.

It's only natural to want to make the urge go away. But the harder you pull on the rope, the harder the urge monster pulls back—the stronger the urge becomes. What's the best thing to do?

Drop the rope. Give up on the battle to try and control your urges to smoke.

Dropping the rope does not mean you are giving in to your urges. It just means you are dropping the struggle with them. In the case of quitting smoking, it means letting go of the urges and doing things that are important to you. It means not pulling back when the urge pulls at you.

Another participant in the program described it like this: *"This whole urge monster business seemed a little different at first. I'd never thought of my urges as some kind of monster. But once I stepped back and noticed how I reacted to my urges, I saw it was like a tug-of-war... that I could not win. The urges never went away. Letting go of urges was easier said than done. And practicing that has been really worthwhile. Eye-opening."*


What to do: For homework, ask clients to notice their "tug of war each day." How did they fight the urge? What did fighting do? Were they able to drop the rope to let their urges pass?

Step 3: Be Willing

Major element:

- *Are you Willing?*
 - Are you willing to have the urge, on a 0 (not willing) to 10 (completely willing) scale?
 - Can you let them be there?
 - Can you make for them?
 - Have you ever done something important that was hard to do? Willingness is like that.

Are you Willing?



0:00 / 1:37

Welcome to Step Three!

Trying to fight urges is like getting in the tug-of-war with the Urge Monster we talked about in Part 2. You might win for a short time but the Urge Monster keeps coming back.

The good news is that you can do something new with your urges. It's called: Willingness.

Willingness means allowing your urges to smoke:

- Come and go on their own
- Letting them be there
- Opening up to them
- Making room for them
- Dropping the struggle with them

What to do: For homework, ask clients to rate their “willingness” to have an urge, once near waking up and once again within a few hours of going to bed.

Step 3: Be Willing

Major element:

- *Five Senses:*
 - Focus on 5 senses for 60 seconds.
 - Goal: See urges as just one part.
 - Notice one thing you see.
 - Notice one thing you touch.
 - Notice one thing you taste.
 - Notice one think you smell.
 - Notice one thing you hear.



What to do: For homework, ask clients to practice five senses three times a day for seven days. Notice if urges fade to background of five senses.

Leaves on a Stream



Step 4: Be Kind

Major element:

- *You Deserve Kindness:*
 - We attack ourselves. All of us.
 - Is the attack useful? Or does it get in the way?
 - Want to spend your time attacking or living?
 - How can you be kind to yourself?
 - You are worth it.



What to do: For homework, ask clients to practice noticing when they attack themselves. Ask themselves: Is it useful? Am I living my purpose in this moment? What can I do instead?

Step 4: Be Kind

Major element:

- *Time to Forgive:*
 - We attack ourselves for the choice to use & for relapse.
 - And we can forgive.
 - Imagine you are wise and kind.
 - What triggered choices to use? See the context.
 - Now say: “I forgive you.” Repeat three times.
 - Imagine the burden lifted.
 - You can always forgive yourself.



What to do: For homework, ask clients to practice saying three times a day “I forgive you” for choices they regret about using or relapsing.

Step 4: Be Kind

Major element:

- *Puppy:*
 - Imagine a puppy that almost got hit by a car. Puppy is stressed.
 - How would you respond? Re-assuring. Comforting.
 - You wouldn't give the puppy a beer, would you?
 - Notice how we treat ourselves when we are stressed.
 - How can you care for yourself when you are stressed?
 - Call a friend, deep breath, take a moment.

If I Slip: Puppy Exercise



▶ 0:00 / 1:25 🔊 🔍 ⬇️

Imagine you find a cute little puppy. The puppy appears scared and stressed. You think it may be lost. What would you do? How would you respond to this little puppy?

Maybe you'd hold it and comfort it, try to soothe it and take care of it. You might bring the puppy to a safe place and try to find its home.

But you wouldn't give the puppy a cigarette, would you? That might sound ridiculous, but maybe there's something to learn here about how you treat yourself when you are stressed. Could you care for yourself, just like you would for that little puppy? When you are stressed, maybe there's something you need that's really different from a cigarette. Like taking a moment to yourself, resting, or calling a friend...instead of smoking a cigarette.

What to do: For homework, ask clients to practice something to take care of themselves when they are feeling stressed. Think of what they would do for the puppy.

Step 5: Be Inspired

Major element:

- *Vision Statement:*
 - What matters most to you? What do you stand for?
 - Put up photos for inspiration.
 - Imagine the life you desire. What will it look like?
 - List three actions for this week to improve in one life area.

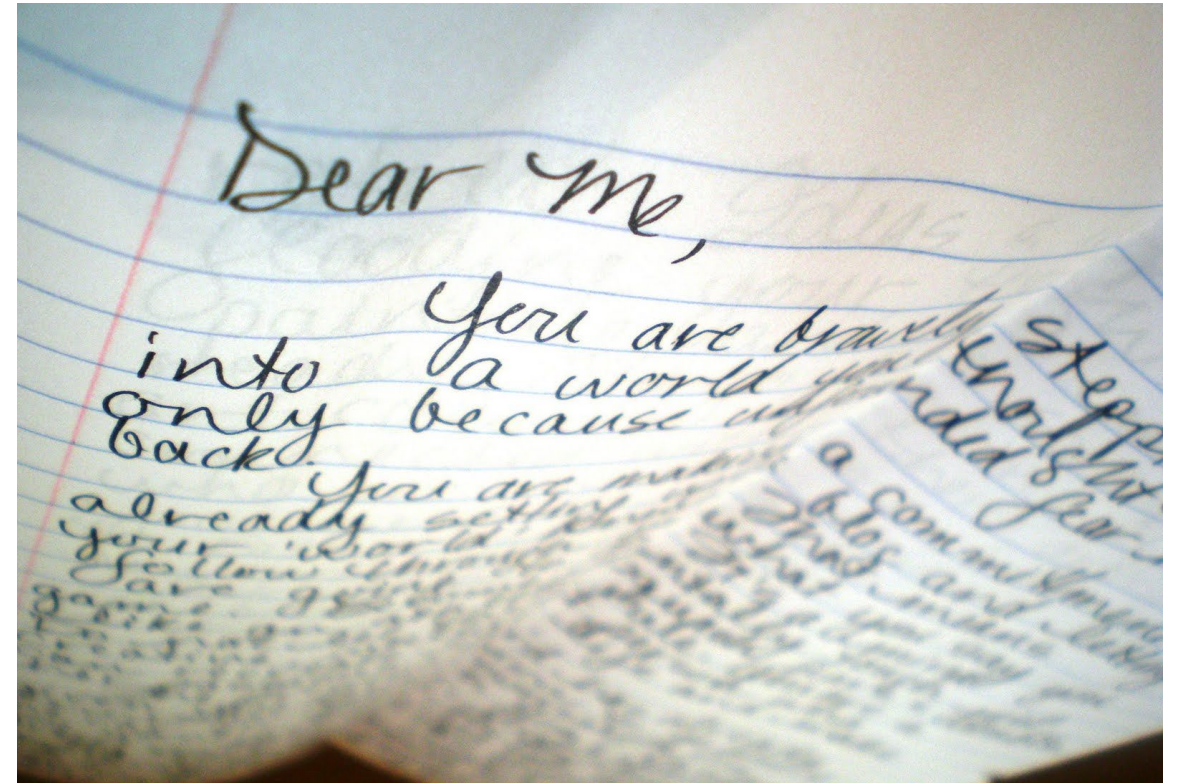


What to do: For homework, ask clients to take three small actions this week to improve one major area of their life.

Step 5: Be Inspired

Major element:

- *Letter from the Future:*
 - It's ten years from now. You are sober.
 - What wisdom would you like to share...with you?
 - Letter from the wiser self to current self.
 - What tools from therapy would you suggest?
 - What encouragements would you offer?
 - What kind words would you offer?
 - What has your wiser self learned?
 - Write a sample letter and offer to client.



What to do: For homework, ask clients to write a letter from their future self. Read it to themselves at least twice.

Step 5: Be Inspired

Major element:

- *Motivation is Optional:*
 - It's a myth that you need motivation to change.
 - Motivation is a unreliable predictor of sobriety.
 - Motivation is like the wind. Comes and goes.
 - Action is certain.
 - Actions are all that matter.
 - To run, you have to put on shoes and go outside.



What to do: For homework, ask clients to do something small this week when they are “not feeling motivated.”

Summary: Take B.R.E.A.K.S.

B: Brake! Put on the brakes. Stop and pause.

R: Read what's there. Notice your triggers.

E: Expand and exhale. Breathe in and out for 10 seconds.

A: Allow everything to be as it is. Be Kind.

K: Know what matters to you.

S: Step in that direction. Just do it now.

Thank You

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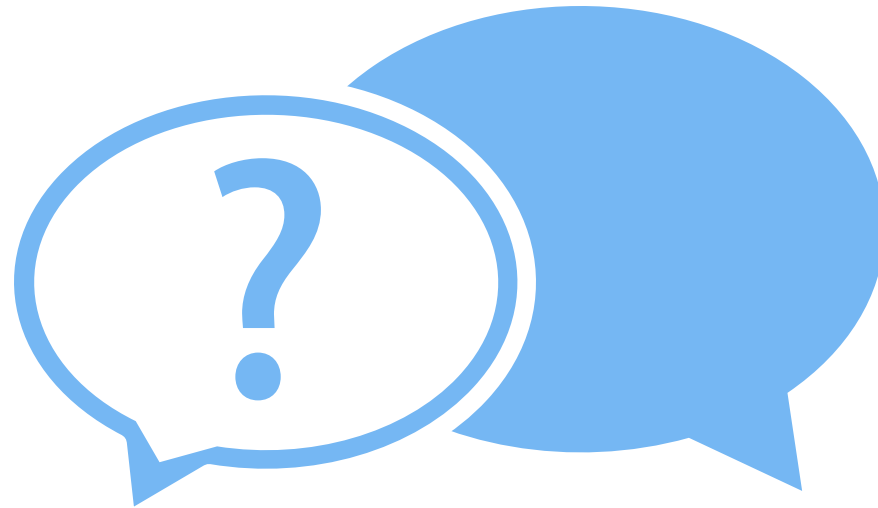
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We'll send two short surveys:
one now, and
one in a month.



We greatly appreciate your feedback! Every survey we receive helps us to improve and develop our programming.

Questions? Please type them in
the chat box!



Upcoming Events

Join us for our next webinar!



Medications for Opioid Use Disorders and Hepatitis C: Access and Adherence among People Who Inject Drugs

Judith Tsui, PhD

June 26, 2019, 12-1pm

1 CME credit available:

This Live activity, Medications for Opioid Use Disorders and Hepatitis C: Access and Adherence among People who Inject Drugs, with a beginning date of 06/26/2019, has been reviewed and is acceptable for up to 1.00 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

gracias cảm ơn bạn धन्यवाद 고맙습니다
شكرا جزيلًا salamat благодарю вас 谢谢
Dziękuję Ci **Thank** ευχαριστώ
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धन्यवाद danke asante grazie
hík'wu? merci הודת obrigado ขอบคุณ
ありがとうございました спасибі mahalo