

# Substance Use Treatment Services for Children

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# Outline

- Mental wellbeing of staff working in substance use Treatment facility.
- Brief introduction of Wellness Program
- Work with children
- Brief Introduction of Therapeutic Parenting Program

# Background

- Staff working with clients with substance use disorder reported to have stress, anger issues burnout, and few reported to have experienced secondary trauma.
- These factors are associated with their mental wellbeing.

# Objective

**Alleviating mental health sufferings and living a  
Productive Life**

# Program Details

01

**Module 1:** Professional Quality of Life (2 sessions)

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**Module 2:** Understanding and managing emotions (2 sessions)

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**Module 3:** Stress management: wellness approach(3 sessions)

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**Module 4:** Psychological Resilience (3 sessions)

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**Module 5:** Building Team Based Working (3 sessions)

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# Module 1: Professional Quality of Life- Two Sessions

- Ethics of Caring
- Basics: The Good and the Bad
- Compassion and Contentment
- Compassion Fatigue and Burnout

# Module 2: Understanding and managing emotions

- Understanding emotions
- Anger and aggression
- Anger, aggression and mental health
- Changing the cycle of aggression
- Therapeutic interventions for anger management

# Module 3: Stress management: Wellness approach

- Introduction
- Individual Stress Reactions
- Recognizing Symptoms of Stress
- Physical wellness
- Emotional wellness
- Intellectual wellness
- Spiritual wellness
- Social wellness
- Environmental wellness



# Module 4: Psychological Resilience

- Basics of distress tolerance-understanding
- Accepting the distressing situations
- Strategies to Build Resilience
- Building resilience to cope with distress

# Module 5: Building Team Based Working

- **Teamwork:** Appreciating and Supporting Each Other
- **Cooperation:** Working Together as a Team
- **Coping:** Dealing with Change
- **Creativity:** Solving Problems Together

## ***Participants:***

- Staff working in the residential facility.
- Working with children (out reach & residential facility).
- Working with women
- Working with Adults

## ***Duration:***

- Thirteen (13) weeks long program



# Delivery Method

- Interactive PowerPoint presentation
- Group discussions
- Exercises

# Procedure

- Participant selection
- Pretest
- Implementation of program
- Post test

# Working with Children

# Working with Children

## *Parents Ask: How to raise my child well?*

- There are number of factors involved, it is important to have knowledge about child's unique characteristics (intra personal & interpersonal) and circumstances.
- Understanding about Child's social, emotional and cognitive needs.
- Developing trust, providing safety and security.
- Demonstration of love and affection, and helping them to manage their emotions and feelings.
- Supporting them to improve their behavior.

# Children with SUD

- Children who are using drugs have multiple problem. Most of them have experienced traumas in their lives.
- Problems related to trust (control, manipulation, bullying, suppressing emotions, relationships issues, etc).

# Attachment and Child Development

## ***A strong attachment is crucial for healthy child development***

- To regulate complex emotions, stress, positive parent child relationship.
- Ability to develop mind-mindedness, positive relationship, safe.
- To experience positive emotions to externalize their interests.
- Developing empathy and compassion for others.



## **Case Scenario**

- 14 years old boy is in treatment
- Parents physical abuse
- Traumatic experience due to abuse and domestic violence

## **Consequences**

- Went to streets
- Social and emotional issues (aggression, stress, lack of trust, arguments, bullying).

# Program: Therapeutic Parenting

- Helps parents and caregiver to understand how traumas and attachment issues make it difficult for their children to trust.
- How to resolve the traumatic experiences and attachment issues to establish secure attachments.

# 6 Weeks Program

- 1. Blocked Relationships** (Hiding and Miscoing, Understanding Challenges of Parenting).
- 2. Therapeutic Parenting** (Building Connections, Supporting Behavior).
- 3. Looking after self** (Understanding Attachment History, Self and Blocked Care).

## **Participants**

- Staff working with children (residential facility).


## **Duration**

- Six weeks program

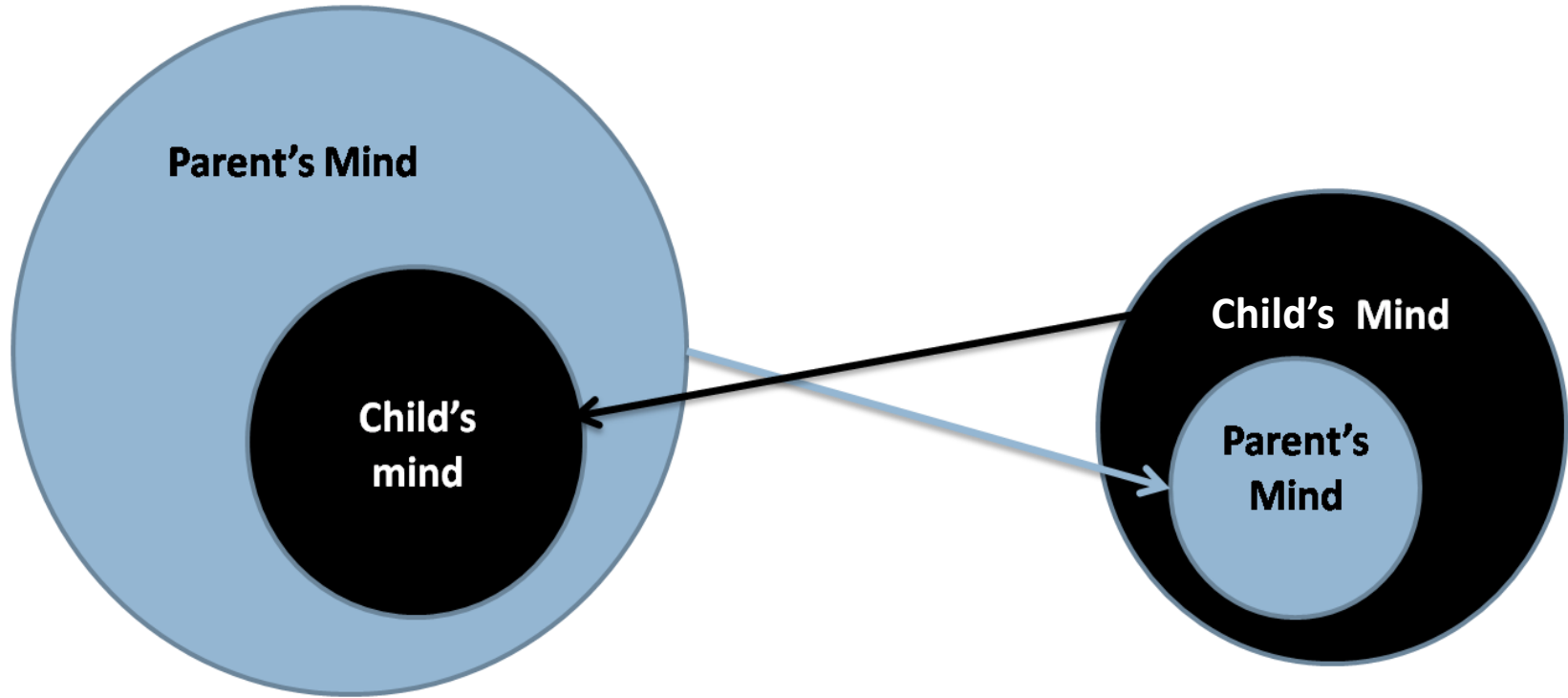
## **Delivery method**

- Interactive PowerPoint presentation
- Case identification
- Group discussions
- Exercises

## **Procedure**

- Participant selection
  - Pretest
  - Implementation of program
  - Post test
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# Mentalization



**Need for Understanding**

**+**

**Need for Connection**

**+**

**Need for Correction**

**=**

**Therapeutic Parenting**

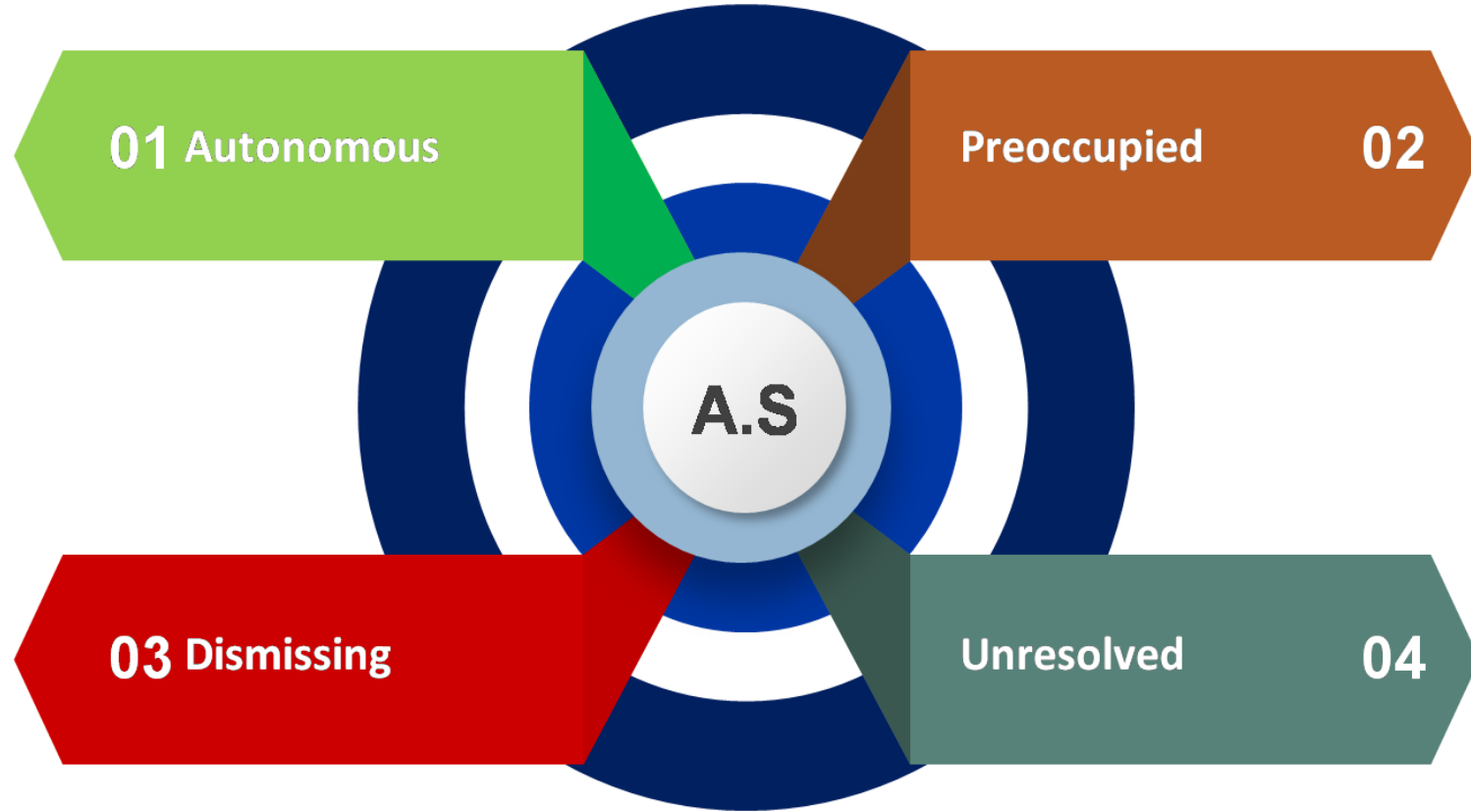
***PACE** a way to facilitate the parent's connection to the child.*

- **Playfulness**-joy in relationship
- **Acceptance** of internal experience
- **Curiosity** to discover the child's world
- **Empathy** communicates understanding and compassion for the child

Helps a child to develop trust and feel more secure



# Attachment States



# Self Care

**Physical health.** Exercise increases heart rate and improves physical health.

**Focus.** Periods of focusing on one thing at a time.

**Down time.** Allowing time in the day when nothing needs to be attended to.

**Connecting.** Time to connect with others and receive social support.

**Sleep.** Getting enough good-quality sleep.

**Play.** Time to be spontaneous and have fun.

**Time in.** Reflecting on inner world.

