

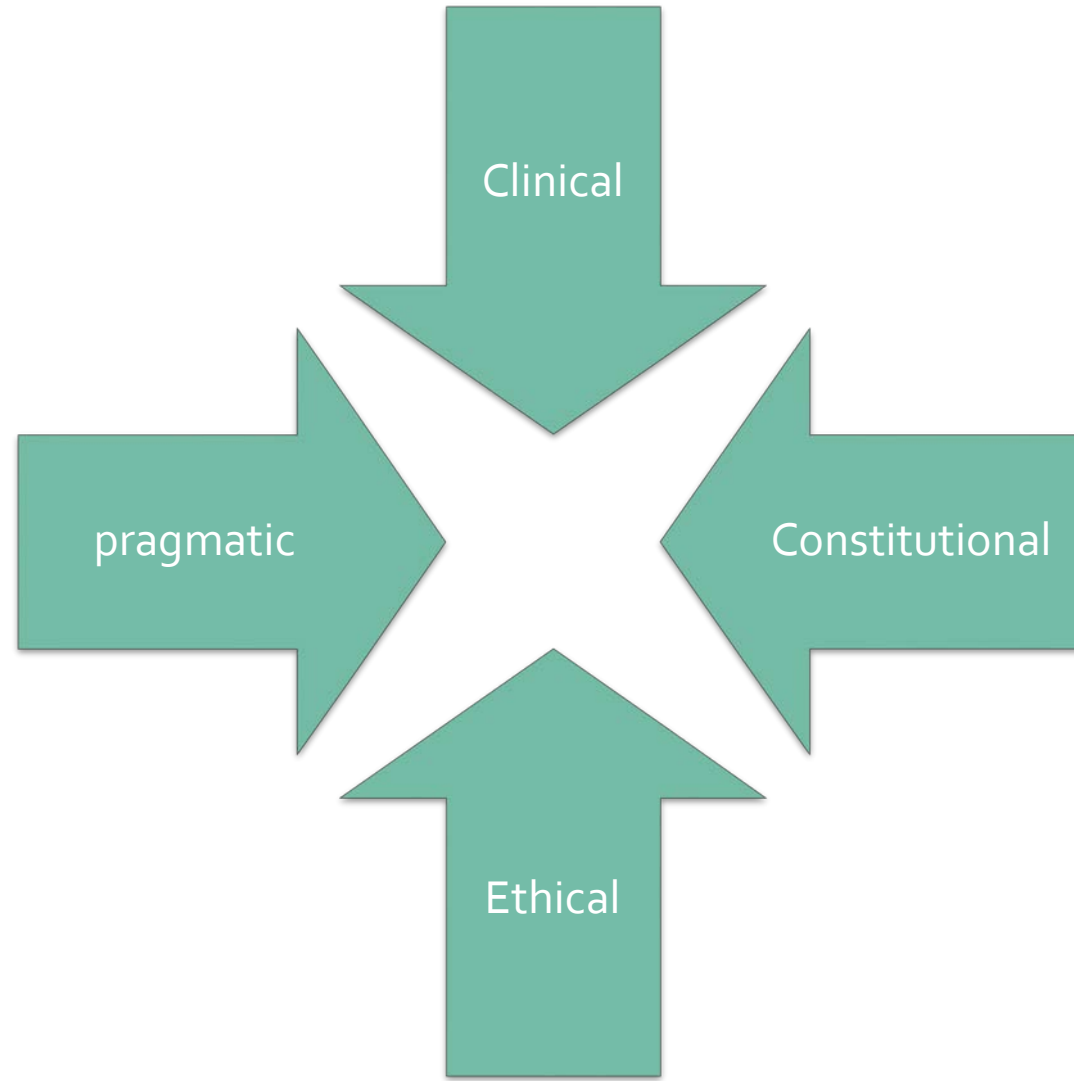
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Importance of Availability of Options

In Choice of Addiction
Recovery Pathways

Considerations



Clinical Issues

Over past 50 years, multiple studies have demonstrated that clients do better when they are able to select from a roster of treatment options vs. professional selection or randomized assignment.



Results similar over a range of psychological conditions, including addictions.

Clinical Examples of Issues Affecting Choice

Locus of control: Internal
vs. External
(Powerlessness vs.
Self-Empowerment)

Labeling vs. Avoidance
of Labeling

Religious/spiritual vs.
Non-religious/Non-
Theist/Agnostic

Platonic vs. Aristotleian

Didactic/Authoritarian
vs.
Interactive/Crosstalking

Large Group vs.
Small Group

Lifelong vs.
Transitory/Time-Limited

Constitutional/Legal

7 Circuit Courts of Appeals and 3 State Supreme Courts have determined that 12-Step Programs are pervasively religious.

Therefore, no Non-Theist/Agnostic individuals can be mandated/coerced into 12-Step treatment without the offer of access to a secular alternative program.

Precept applies to any program funded by or under the jurisdiction of any federal or State entity.

Last decision by the 9th Circuit stated explicitly that this principle constitutes "unusually well settled law."

Hazle v. Crofoot resulted in liability of \$1,000,000 for State of California and \$900,000 for the contractor which refused to provide a secular option for atheist Hazle who was remanded to prison for 100 days.

Reasons For Rejection of 12-Step Programs

Religiosity

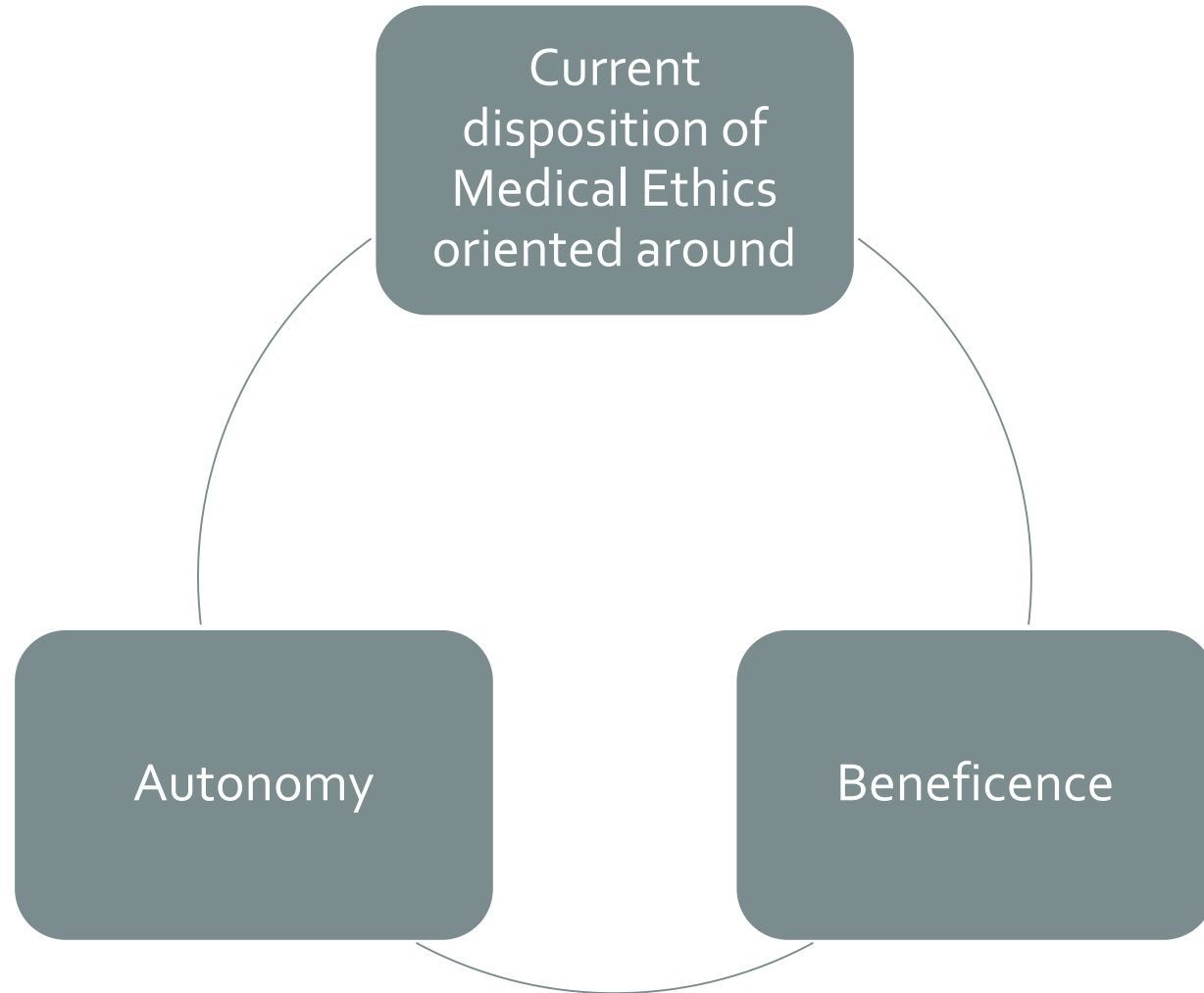
Autocracy

What Happens When Choice Is Offered?

- Danbury Prison Experience
 - Approximately 45% of Women Inmates Chose 12-Step and 45% SMART Recovery after a week of indoctrination
 - 10% wanted to stay with a particular friend in either program
 - Federal RDAP Program patterned on SMART Recovery 4-Point Program
 - About 30% of SMART Recovery attendees also attend 12-Step programs, at least occasionally.



Ethical Issues



Being Informed

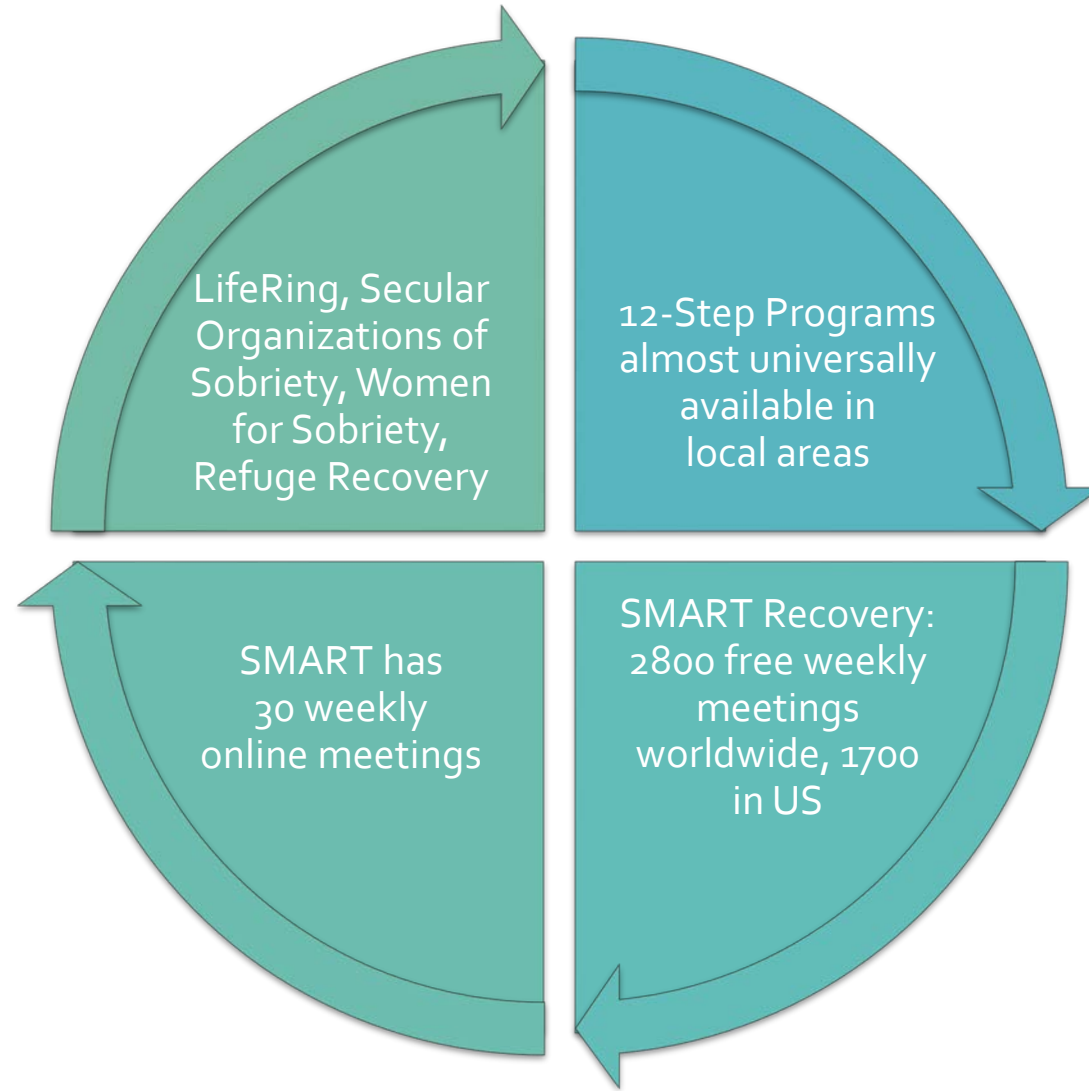
Patients/Clients should always be informed of and offered options when feasible and available.

Recent paper in AMA Journal of Ethics supported options in addiction treatment in face of murky evidentiary standards currently available.

Cochrane Assessment found no convincing evidence of efficacy vs. other approaches

Chad Emrich found "AA helps those that it helps" after 10 years of study).

Pragmatic Issues

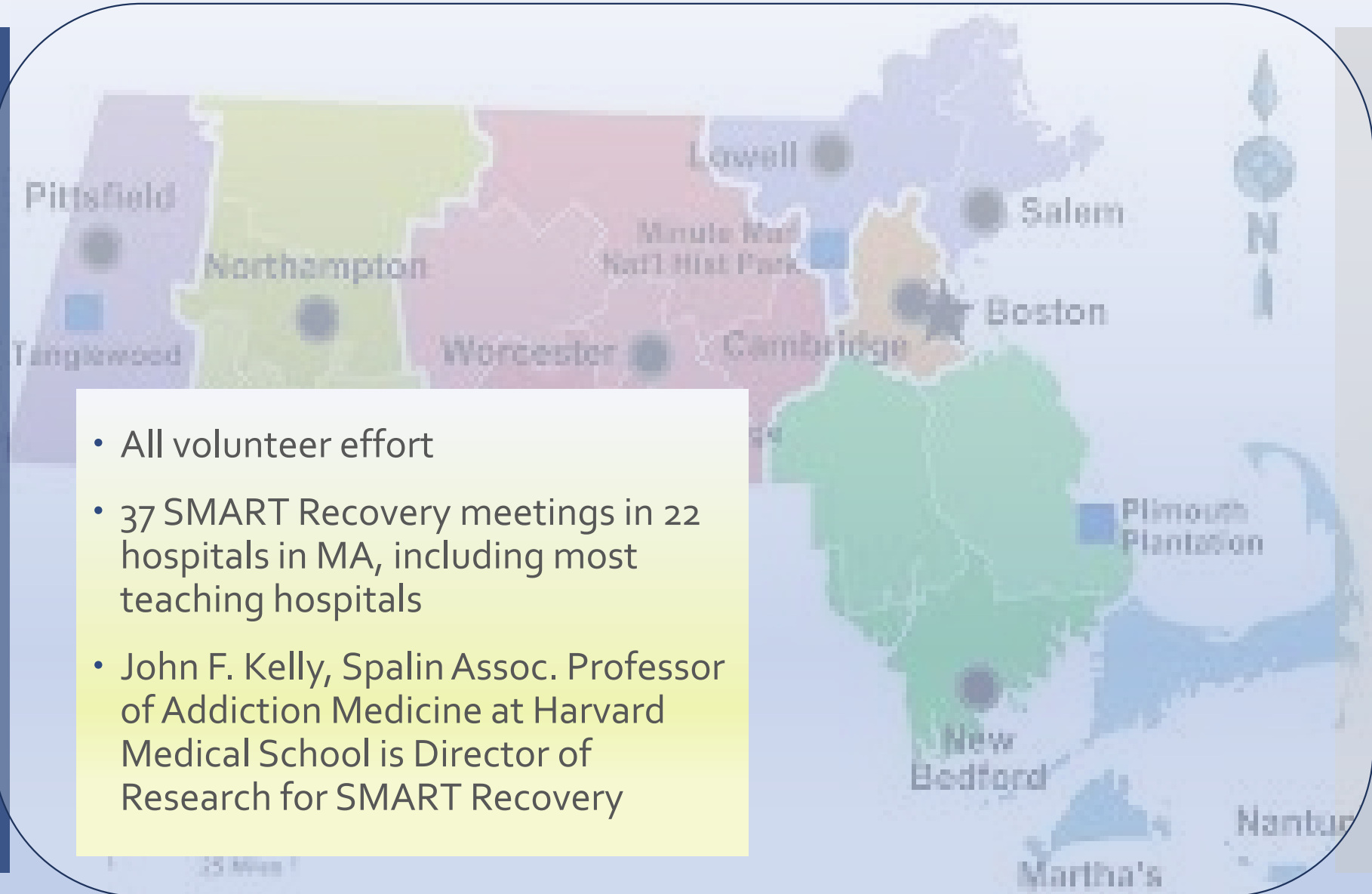


SMART Recovery 4-Point Program

- Abstinence-Oriented, Self-Empowering, Evidence-Based
- Delivered by trained facilitators in small groups of 10-15
- Now training about 300 per month, 2/3 professionals
- Endorsed by NIDA, NIAAA, SAMHSA, NADCP, EAPA, ASAM, Federal Prison system, Robert Wood Johnson Foundation, NICE (UK), ACHRQ (Australia)



Example: over 31,000 free SMART meetings in MA over the last 28 years.



Current Research

- Prize for Most Effective Evaluative Research Program awarded in 2018 by New South Wales to SMART Recovery Australia's Research Advisory Committee.
- Studies by Sarah Zemore, et al. demonstrated similar outcomes and parameters of support and engagement for large sample of subjects with alcohol addiction participating in AA, SMART, LifeRing or Women For Sobriety





Contact us

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Cigna Behavioral Health Awareness

If you are a Cigna customer and have questions about Substance Use treatment or about your benefits and how to use them, please contact:

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