

# Telecounseling Intervention

MANUAL



MICHIGAN OPIOID COLLABORATIVE



**MI-teleCONNECT**

# **Telecounseling intervention manual with patients on medications for opioid use disorder**

# Session One

**Focus** building rapport, assessing readiness to change/motivation to adhere to treatment, highlight strengths and build confidence

## Pre-session questionnaire (if applicable)

Review substance use since the last time meeting with the individual, or over the past week.

## Session content

Agenda setting

Experience with treatment for opioid use disorder previously

- Induction to their MOUD
- Length of treatment historically, if at all
- Challenges they face around MOUD treatment
- Urges/cravings interacting with their treatment adherence
- Provider/client relationship
- MOUD treatment requirements

History of substance use

- Initiation to substance use
- Periods of sobriety or limited use

Goal of time together

- Confidence in achieving these goals

Review session

- Next refill/injection
- Barriers to next appointment with provider

## Post-session questionnaire, if applicable

Provide appointment reminders, if desired by client

## Session Two

**Note** Completed over the next two sessions

### Pre-session questionnaire (if applicable)

Review substance use, MOUD treatment and any concerns or barriers since the last time meeting with the individual, or over the past week.

### Session content

Bridge with last session/review homework, if applicable

Agenda setting

Discuss stressors in their life and how they relieve stress

Elicit/Provide/Elicit the definition of “trigger”

- Internal: emotions/feelings, bodily states | External: people, places, situations
- Ask patient their experiences with both and which is more prevalent for them now (internal or external). *Focus session on the type of trigger identified as more prevalent.*

How can stress be a trigger for substance use? What is your experience?

Elicit preference for talking about one trigger in detail with the following items:

- Discuss past coping strategies for the triggers.
- For external triggers such as risky people or situations, avoidance of these may be an important strategy.
- For internal triggers such as anxiety or depression, help patients come up with healthy ways to cope.
- Having a list of negatives of using and positives of staying sober
- Incorporating a “healthy” lifestyle to include exercise, nutrition, regular sleep schedule

What would make it easier if you wanted to try this strategy in the future?

Go over Trigger Worksheet (See Appendix)

Review Session

- Highlight strengths and how this discussion tied into the client’s goal discussed in session one
- Confidence in using the discussed strategies

### Post-session questionnaire, if applicable

Provide appointment reminders, if desired by client

## Session Three

**Note** Discuss the other trigger (internal/external) that was not focused on in session two

### Pre-session questionnaire (if applicable)

Review substance use, MOUD treatment and any concerns or barriers since the last time meeting with the individual, or over the past week.

### Session content

Bridge with last session/review homework

#### Agenda setting

Last week we focused on internal/external triggers. Today, let's spend time talking about the other type of trigger

- Examples of triggers
- Elicit client's triggers
- Last experience with that trigger

Elicit/Provide/Elicit coping strategies for dealing with this type of trigger

- Discuss past coping strategies for the triggers.
- For external triggers such as risky people or situations, avoidance of these may be an important strategy.
- For internal triggers such as anxiety or depression, help patients come up with healthy ways to cope.
- Having a list of negatives of using and positives of staying sober
- Incorporating a "healthy" lifestyle to include exercise, nutrition, regular sleep schedule

What would make it easier if you wanted to try this strategy in the future?

Go over Trigger Worksheet (See Appendix)

#### Review Session

- Highlight strengths and how this discussion tied into the client's goal discussed in session one
- Confidence in using the discussed strategies

### Post-session questionnaire, if applicable

Provide appointment reminders, if desired by client

# Session Four

## Pre-session questionnaire (if applicable)

Review substance use, MOUD treatment and any concerns or barriers since the last time meeting with the individual, or over the past week.

## Session content

Bridge with last session/review homework

Agenda setting

Elicit/Provide/Elicit definition of “craving”

- How have you experienced it?
- How long does it usually last?
- Provide information from the *Craving Handout*
  - Cravings or urges are experienced in a variety of ways by different patients.
  - For some, the experience is primarily somatic; for example, “I just get a feeling in my stomach” or “My heart races” or “I start smelling it.” For others, craving is experienced more cognitively; for example, “I need it now” or “I can’t get it out of my head” or “It calls me.” Or it may be experienced affectively; for example, “I get nervous” or “I’m bored.”

Managing Cravings

- What have you done in the past to manage cravings?
  - Distraction | Talking about the craving | Going with the craving | Recalling the negative consequences/rational thinking | Using self-talk
- What is realistic for you to try next time you experience cravings?
- Discuss potential situations and use of identified strategies

*Therapist may wish to point out that these strategies may not stop craving completely. However, with practice, they will reduce the frequency and intensity of craving and make them less disturbing and frustrating.*

Review Session

- Highlight strengths and how this discussion tied into the client’s goal discussed in session one
- Confidence in using the discussed strategies

## Post-session questionnaire, if applicable

Provide appointment reminders, if desired by client

# Session Five

## Pre-session questionnaire (if applicable)

Review substance use, MOUD treatment and any concerns or barriers since the last time meeting with the individual, or over the past week.

## Session content

Bridge with last session/review homework

Agenda setting

Discuss mental health and what it means to be mentally healthy

- Elicit information about what client is experiencing around their mood and mental health, and explore how they maintain or manage their mood
- Elicit coping strategies for managing their mood/mental health, along with what they may have heard from others
- Discuss client's perceived impact on MOUD treatment and their goals for treatment

Transition to healthy habits and/or thought management

Elicit/Provide/Elicit "healthier" and strategies client uses to be healthy

Discuss strategies for managing thoughts

- Challenging thoughts
- Think non-judgmentally
- Cognitive restructuring

Review Session

- Highlight strengths and how this discussion tied into the client's goal discussed in session one
- Confidence in using the discussed strategies

## Post-session questionnaire, if applicable

Provide appointment reminders, if desired by client

# Session Six

## Pre-session questionnaire (if applicable)

Review substance use, MOUD treatment and any concerns or barriers since the last time meeting with the individual, or over the past week.

## Session content

Bridge with last session/review homework

Agenda setting

People and substance use

- Tell me about the people you spend time with
- How many use and don't use substances?
  - Elicit/Provide/Elicit strategies client has used to not use in situations where others are using
    - *Avoiding? reflect client's ambivalence about social situations or people*
    - Elicit/Provide/Elicit communication styles: passive, aggressive, assertive
      - Basic thought, associated body language, language style, and potential outcomes
    - What has worked best for the client?

Role play

Discuss communicating in a way that improves relationship with the person and supports your goals/recovery

- Assertive communication
- Assess likelihood of client using assertive communication

Transition to healthy habits and/or thought management

Review Session

- Highlight strengths and how this discussion tied into the client's goal discussed in session one
- Confidence in using the discussed strategies

## Post-session questionnaire, if applicable

Provide appointment reminders, if desired by client



# Session Seven

## Pre-session questionnaire (if applicable)

Review substance use, MOUD treatment and any concerns or barriers since the last time meeting with the individual, or over the past week.

## Session content

Bridge with last session/review homework

Agenda setting

Discuss importance of support system in recovery

Who are the people in your life where you find support?

- Connect to discussion about assertive communication
- Elicit/Provide/Elicit on the different types of support provided by each individual/group mentioned by client and impact on their goals/recovery
  - Emotional | Practical | Companionship | Advice

Identify type of support client needs the most

Explore ways to expand support system

- How do you feel about meeting new people?
- How would you do it and where would you start?
- What would get in the way of meeting new people or what has prevented you from meeting new people before?
- How can you overcome those barriers?

Review Session

- Highlight strengths and how this discussion tied into the client's goal discussed in session one
- Confidence in using the discussed strategies

## Post-session questionnaire, if applicable

Provide appointment reminders, if desired by client

## Session Eight

**Note** This session will focus on a review of all the sessions so far and the progress on the client's goals identified in session one.

### Pre-session questionnaire (if applicable)

Review substance use, MOUD treatment and any concerns or barriers since the last time meeting with the individual, or over the past week.

### Session content

Bridge with last session/review homework

Agenda setting

Previous session

- What has been the most impactful for you?
- What stands out the most for you?
- What have you found most beneficial?
  - Least beneficial?
- What would make these sessions better?
- What skills might you use in the future?
- What are your next steps in treatment?
- How will you maintain sobriety?

Goals

- Remind the client of their initial goal
- What progress have you made around this goal?
- What would you like to continue to do around this goal?

Review Session

- Highlight strengths and how this discussion tied into the client's goal discussed in session one
- Confidence in using the discussed strategies
- Discuss next steps for continued support for client if your sessions end

### Post-session questionnaire, if applicable