

# Engaging Clients Who Have Substance Misuse Issues

In **CPS cases** with a finding of *substantiated* or *services needed*, **substance misuse** either directly contributed to the maltreatment, indirectly contributed to the maltreatment, or was a risk factor in nearly **2 out of 3** cases.

Source: Kentucky Statewide CPS Intake Fact Sheet, 1/2/2020

- What does substance use look like for you?
- How does your substance use affect you?
- How does it affect others in the home?

After clients teach you about their substance use, offer support..  
How can I help?

If a worker assesses that substance misuse has occurred, refer to the questions below.

- ◇ What's the plan to overcome your substance misuse issues?
- ◇ What has worked in the past?
- ◇ In the event of return to use, how can I help you make a plan to include protective factors?

## Four General Principles of Motivational Interviewing

- Ambivalence about substance use is normal and is an obstacle in recovery.
- Ambivalence can be overcome by working with the client's motivations and values.
- The relationship between the caseworker and the client should be collaborative with each participant bringing his or her own expertise.
- Argument and aggressive confrontation should be avoided.

## Long-term substance misuse changes brain functioning to include:

- Learning
- Judgement
- Decision-making
- Stress
- Memory
- Behavior

## Triggers for Return to Use/Relapse

- Feeling complacent in recovery
- Feeling overwhelmed, confused, stuck, or stressed
  - Relationship difficulties
- Having strong feelings of boredom, loneliness, anger, fear, anxiety, or guilt
  - Engaging in compulsive behaviors such as gambling
  - Failing to follow a treatment plan, quitting therapy, or skipping appointments
  - Being in the presence of drugs or alcohol