



SHIFT parent training - an intervention for mothers and fathers using methamphetamine

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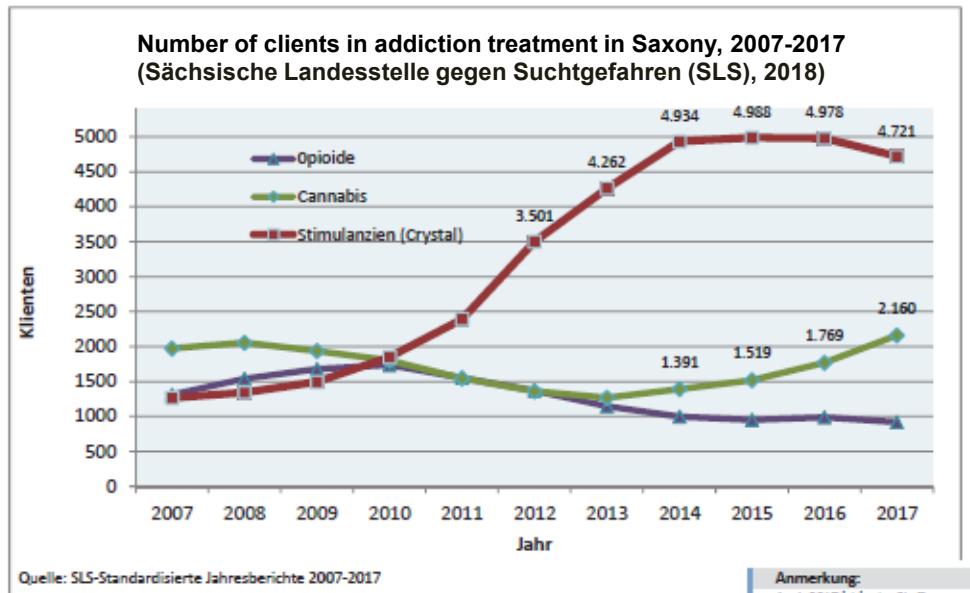
Newcastle, United Kingdom

Overview

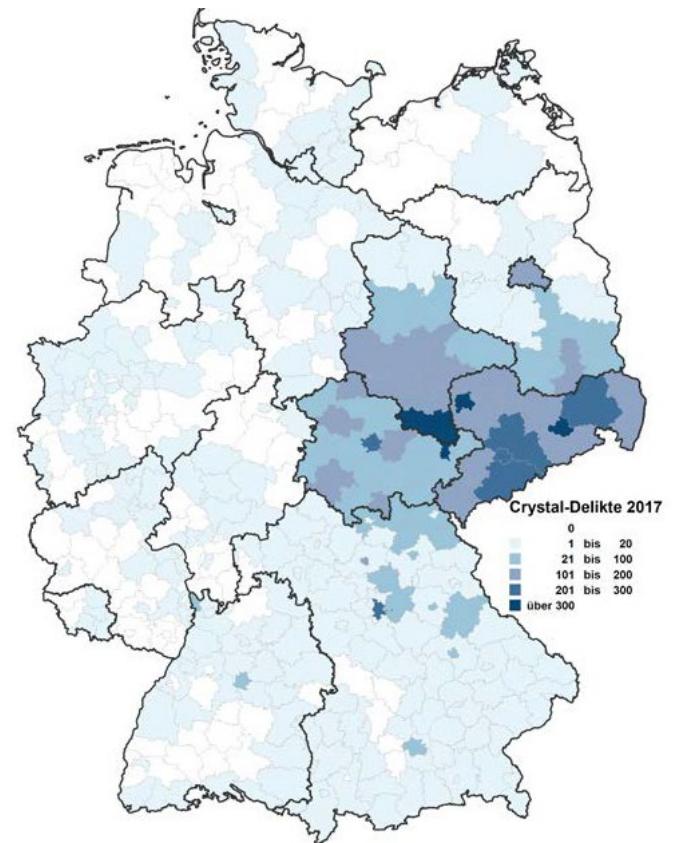
- Background: Methamphetamine and Parenting
- The SHIFT Parent Training
- Results
- Discussion / Future directions
- Questions / Discussion Points

Crystal Meth in Germany

- High prevalence of methamphetamine use and addiction in Germany
- Esp. in border regions to the Czech Republic (federal states of Saxony, Thuringia, Northern Bavaria)



Locations of Crystal Meth-related offences 2017
(Federal Criminal Police Office, 2018)



Background

- (Young) parents have been identified as a particular risk group for methamphetamine use (→ young (childbearing) age of users, many female users, sexually disinhibiting effect of substance) (Milin et al., 2014)
- The use of methamphetamine frequently evokes dysfunctional parenting behavior (e.g. neglect, emotional unavailability / “coldness”, strictness / harshness vs. high permissiveness) (Calhoun et al., 2015; Dyba et al., 2017, 2018)
- Parental methamphetamine use may have adverse effects on their children’s developmental pathways (e.g. behavioural / emotional problems, ADHD, PTSD) (Asanbe et al., 2008; Haight et al., 2009; Parvaresh et al., 2015)
- Considering the high numbers of methamphetamine-using women and men having children, there is a great need for parenting interventions tailored to the special needs of methamphetamine-using parents

SHIFT Parent Training

- **Timeline:** 31.03.2016 - 30.09.2018
- Funded by the German Federal Ministry of Health
- **Target group:** (Former) methamphetamine-using parents with children aged 0-8 years
- **Goals:**
 - Improve parenting skills
 - Reduce dysfunctional parenting behaviour
 - Strengthen family functioning and family resilience
 - Achieving / maintaining abstinence
 - Foster utilization of treatment and related services

Gefördert durch:



aufgrund eines Beschlusses
des Deutschen Bundestages

SHIFT Parent Training

- Based on current research results about methamphetamine-involved families, parent trainings, and practitioners' recommendations
- **Structured, modularized group intervention**
- **8 modules: 90 minutes** per session
- **2 trainers** per session
- **6-8 participants** per group
- Each module focusses on one specific topic, which is relevant for the target group
- All exercises consider variation in cognitive functioning among participants, some of whom may have experienced cognitive impairment as a result of long-term substance use
- **Interactive** participation is required



SHIFT Parent Training



Module No.	Name	Objectives and contents	Exercises (examples)
1	Introduction: Start SHIFTing	Getting to know each other, exchanging aims and expectations, agreeing on group rules, establishing trust in the group	“What is the SHIFT Parent Training” (worksheet) “Group rules” (flipchart)
2	Parenting I: Approaching good times	Viewing parenthood positively, developing sensitivity for the needs of children, fulfilling children’s needs, fostering the parent-child-relationship	“Me as Mom or Dad” (worksheet / self-observation) “Good times with my kid” (worksheet / self-observation)
3	Parenting II: Tackling challenges	Reflecting parenting behaviour, establishing and communicating clear rules, managing challenges successfully, raising children without violence	“Establishing and enforcing rules” (worksheet and role play) “How not to lose your nerves” (worksheet / psychoeducation)
4	Family Resilience I: None like us	Viewing family life positively, becoming familiar with the concept of family resilience and its key characteristics, enhancing common optimistic belief systems within the family	“Key aspects of family resilience” (flipchart / psychoeducation) “Beliefs and expectations in our family” (presentation cards)



SHIFT Parent Training



Module No.	Name	Objectives and contents	Exercises (examples)
5	Family Resilience II: Let's talk...	Acknowledging successful rules and procedures in the family, getting to know new ideas for promising rules and procedures, asking for help, communicating openly and positively, improving problem solving	"Helping hands" (worksheet) "Successful communication" (worksheet & roleplay)
6	Addiction and the family: Walking new paths - together	Dissolving the taboo of addiction within the family, accepting effects of addiction on the family, coping with feelings of guilt, identifying risk factors for relapse inside the family, learning about how the family can help to stay clean, improving family relations	"Children and Crystal Meth" (worksheet / psychoeducation) "My family and my clean life" (worksheet / self-observation)
7	Romantic relationships: More than "just" parents	Nurturing the partner relationship, identifying conflict potentials within the relationship, coping with conflicts and arguments, reflecting on crystal meth use in sexual contexts	"What we fight about" (worksheet / self-observation) "Ending a fight – what do I do, what do I want to do?" (worksheet / self-observation) "Crystal Meth and sexuality" (worksheet / self-observation)
8	Goodbye: Bye bye, and keep going!	Reviewing the SHIFT Parent Training, establishing a positive outlook for the future and plans for change, transferring new skills into everyday-routines, preventing relapse, coping with crises, fostering motivations for and utilization of help services, saying goodbye	"Emergency cards for me and my kid" (worksheet) "Where to get help and information" (worksheet)

Research design

- SHIFT was evaluated in a RCT with pre-, post- and 6-month follow-up-measurements



- Standardized self-report questionnaires were used
- ITG = SHIFT after T1, WLCG/TAU = SHIFT after T3
- Participants were recruited through 7 drug treatment facilities and child welfare institutions in the federal German States of Saxony and Thuringia

Sample

Participating parents (N=87)

- Gender: 78.2% female, 21.8% male
- $M = 30.76$ years ($SD = 4.82$, range 19-42)
- Relationship status: 55.8% were in a relationship, only 12.6% married
- Parents had between one and 5 children
- Substance use: 93.1% had been diagnosed with methamphetamine dependence (26.7% had used methamphetamine in the past six months)

Children involved (N=161)

- Age: $M = 6.00$ years ($SD = 4.66$, range 0.2-20 years)
- Mostly pre-/elementary-school-age
- Gender: 46.6% girls, 53.4% boys
- Living situation: More than one third (38.5%) of the children did not live with the participating parent at baseline

Selected results

- At baseline, parents using methamphetamine were experiencing high levels of parental stress and mental health problems
- After the training, both the intervention and control group reported improvements in family functioning, parental stress, and mental health problems
- Moreover, the intervention group demonstrated more positive parenting and less drug-related problems

Discussion / Future directions

- SHIFT is the first intervention addressing the specific challenges methamphetamine-involved families may experience
- SHIFT is able to improve aspects of the individual and family situation
- The program is going to be adapted to address parents using other illicit substances such as other stimulants, opioids or cannabis (“SHIFT Plus”: 2018-2021)
- The SHIFT Manual is going to be published in 2019
- Hopefully, there will be an English translation soon

Questions / Discussion points

- Any questions about the SHIFT parent training?
- Situation of methamphetamine-involved families in other countries (research / practice / interventions)?
- What should be considered when implementing SHIFT Plus with parents using other illicit substances?
- ...

Literature on methamphetamine- / substance-involved families

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Thank you very much for your attention!



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