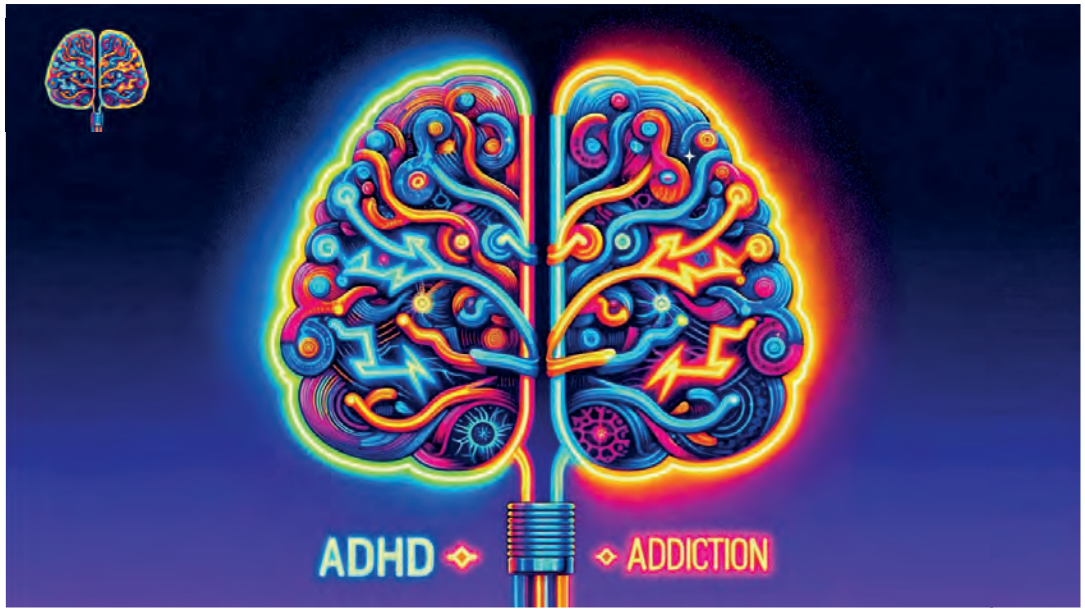


MATT THOMAS

- Here today with Forward Trust, Taking Action on Addiction and Clouds House hat on.
- Co-Founder, Chair of Trustees, Music Support
- Accredited Holistic Coaching Practitioner (EMCC) and Addiction Professional (FDAP)
- Care Manager / Recovery Coach
- ADHD & Trauma-informed in all practices.
- Creative consultancy - Clouds House, Taking Action on Addiction, Addiction Awareness Week

JAMES HANSEN

- BSc (Hons), specialised in Addictions Counselling from the University of Bath.
- Experienced addiction counsellor and ADHD life coach with over 13 years in the field.
- Over 20 years recovering from substance and alcohol misuse.
- Specialist ADHD Counsellor/Coach at Clouds House. Offers therapies including CBT and Human Givens Psychotherapy.
- Holistic Support: Focuses on individual and family recovery, emphasising holistic well-being.

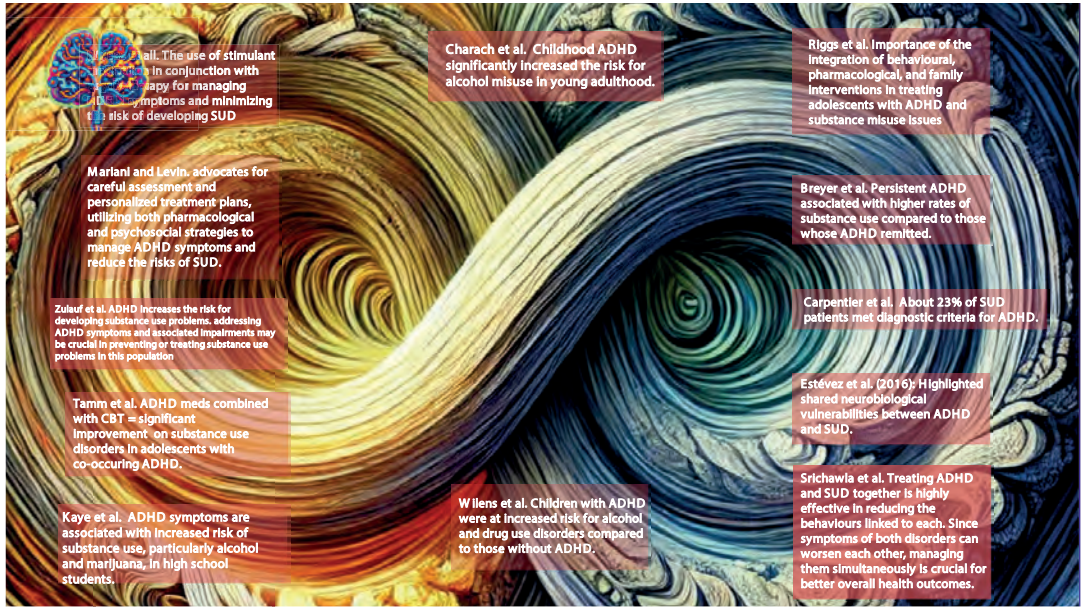
Prevalence of ADHD and Addiction Co-Occurence

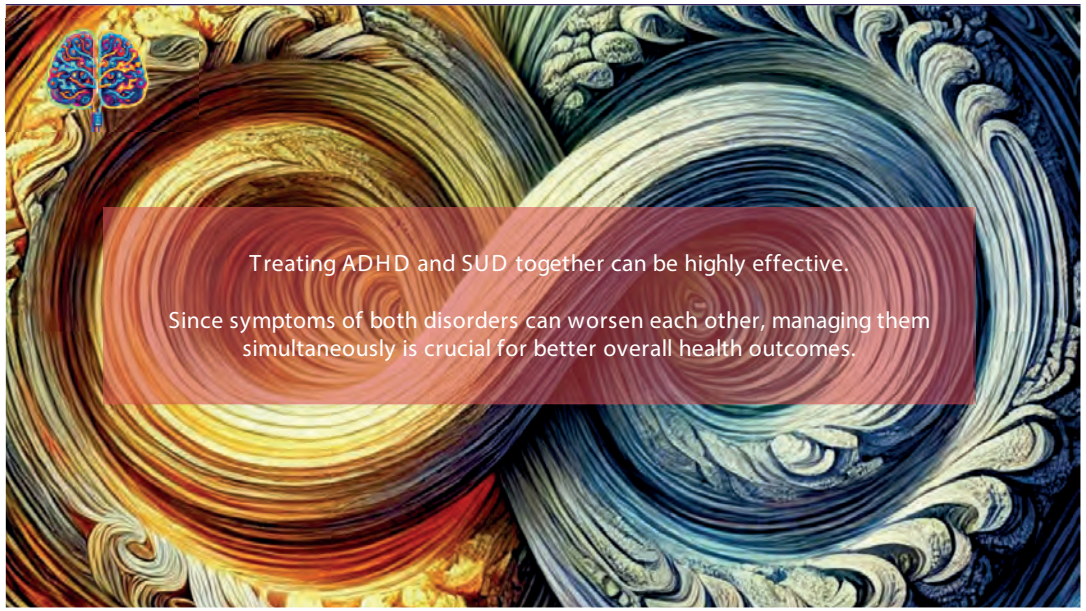
It's now believed that between 15% to 50% of individuals with addiction also have co-occurring ADHD.

Estimates may be conservative - do not account for undiagnosed cases

Untreated ADHD can negatively impact addiction treatment outcomes.

Addressing ADHD symptoms during treatment is important for improving recovery rates in individuals with comorbid ADHD and addiction





In a treatment setting

Effective models (Addictions & ADHD)

- Cognitive Behaviour Therapy (Automatic thoughts, Feelings)
- Dialectical Behaviour Therapy (Mindfulness, Emotional regulation, Interpersonal effectiveness skills & Distressed tolerance skills)
- Motivational Interviewing approach (Rolling with resistance) (OARS)
- Person-centred approach (core conditions- Empathy, Congruence and unconditional positive regard)
- Nature therapy

W hat helps reduce relapse rates?

- **Early Diagnosis**: Identify ADHD during rehab to tailor treatment plans effectively.
- **Integrated Support:** Collaborate with ADHD coaches both during and after rehab.
- **Structured Environment**: Implement routine and structure using weekly planners and whiteboards.
- **Prioritisation:** Use to-do lists to highlight tasks by importance.
- **Optimise Group Sessions:** Incorporate short breaks and allow for physical aids like fidget toys or doodling to enhance focus.
- **Empathy and Understanding:** Ensure communication styles make individuals with ADHD feel heard and not judged.
- **Engagement Techniques:** Use positive and motivating language to encourage participation.
- **Visualising Outcomes:** Motivate with visions of task completion to inspire action.
- **Managing Time Blindness:** Offer strategies like setting alarms 30 minutes early to foster punctuality.

W hat helps reduce relapse rates?

- **Mindfulness Activities:** Take green space walks, engage in nature therapy, colour, doodle, and do controlled breathing exercises.
- **Physical Hobbies:** Include activities like running, walking, golf, tennis, swimming, etc. to boost heart rate and benefit physical and mental health.
- **Reading:** Choose emotionally engaging books to foster inspiration, enterainment, connection and relaxation.
- **Healthy Diet:** Focus on nutritious food choices, avoiding sugar, artificial colours, and preservatives.
- **Reduce Screen Time:** Limit evening screen exposure to help the mind unwind.
- **Music for Motivation:** Consciously use music to inspire, motivate and stimulate.
- **Sleep and Environment:** Cultivate healthy sleep patterns and maintain a peaceful environment.
- **ADHD Life Coach:** Consider guidance from a certified ADHD life coach for daily support.
- **Clear Communication:** Regularly outline plans to reduce anxiety and set clear expectations.
- **Reward Positive Behaviour:** Acknowledge and reward positive actions to reinforce good habits.

To Medicate Or Not To Medicate?
That is the Billion Pound Question.

Using stimulant medications in addiction treatment must be about balancing benefits with potential risks—carefully monitored, it can significantly improve ADHD symptoms and reduce the overall impulse for substance use, guiding patients towards sustained recovery.

"It's like using a hammer to cure a headache"

Prescribing stimulants in the context of addiction might seem like using a hammer to cure a headache, but when used with precision and care, this 'hammer' could potentially improve the chances at sustainable long term recovery

SUMMARY
Integrated Treatment for ADHD & Addiction

Impact of Untreated ADHD:
Untreated ADHD can significantly worsen addiction treatment outcomes by increasing the complexity of recovery.

Importance of Addressing ADHD:
Addressing ADHD symptoms during treatment enhances recovery rates in individuals with comorbid addiction and ADHD, underscoring the necessity of integrated therapeutic approaches.

Simultaneous Management:
Concurrent treatment of ADHD and addiction is crucial due to the interrelated symptoms of both disorders, which can exacerbate each other, affecting overall health outcomes negatively.

Effective Treatment Models:
CBT, DBT, MI, Person-Centred Therapy, Nature Therapy, medication

Strategies to Improve Outcomes:
Early Diagnosis in the rehab process to tailor treatment plans effectively.
Integrated Support: Collaborative efforts with ADHD coaches during and post-rehab.
ADHD Specific Sklillset Sessions

Holistic Approach:
Combining medication with evidence-based talking therapies, ADHD coaching, and skills development ensures a comprehensive treatment framework that can significantly lower relapse rate