



Indian Health Service 2012 NATIONAL BEHAVIORAL HEALTH CONFERENCE

Welcome

ACRA/Adolescent Community
Reinforcement Approach
Angela Sumter & Chris Vaughn



Mobilizing Partnerships to Promote Wellness



House Keeping

- Please be sure to sign in and out on the Sign In Sheets located near the entrance to this room.
- Please complete the evaluation at the end of this presentation.
- For more information on Continuing Education Units (CEUs), please visit the Registration Desk

Comfort Room

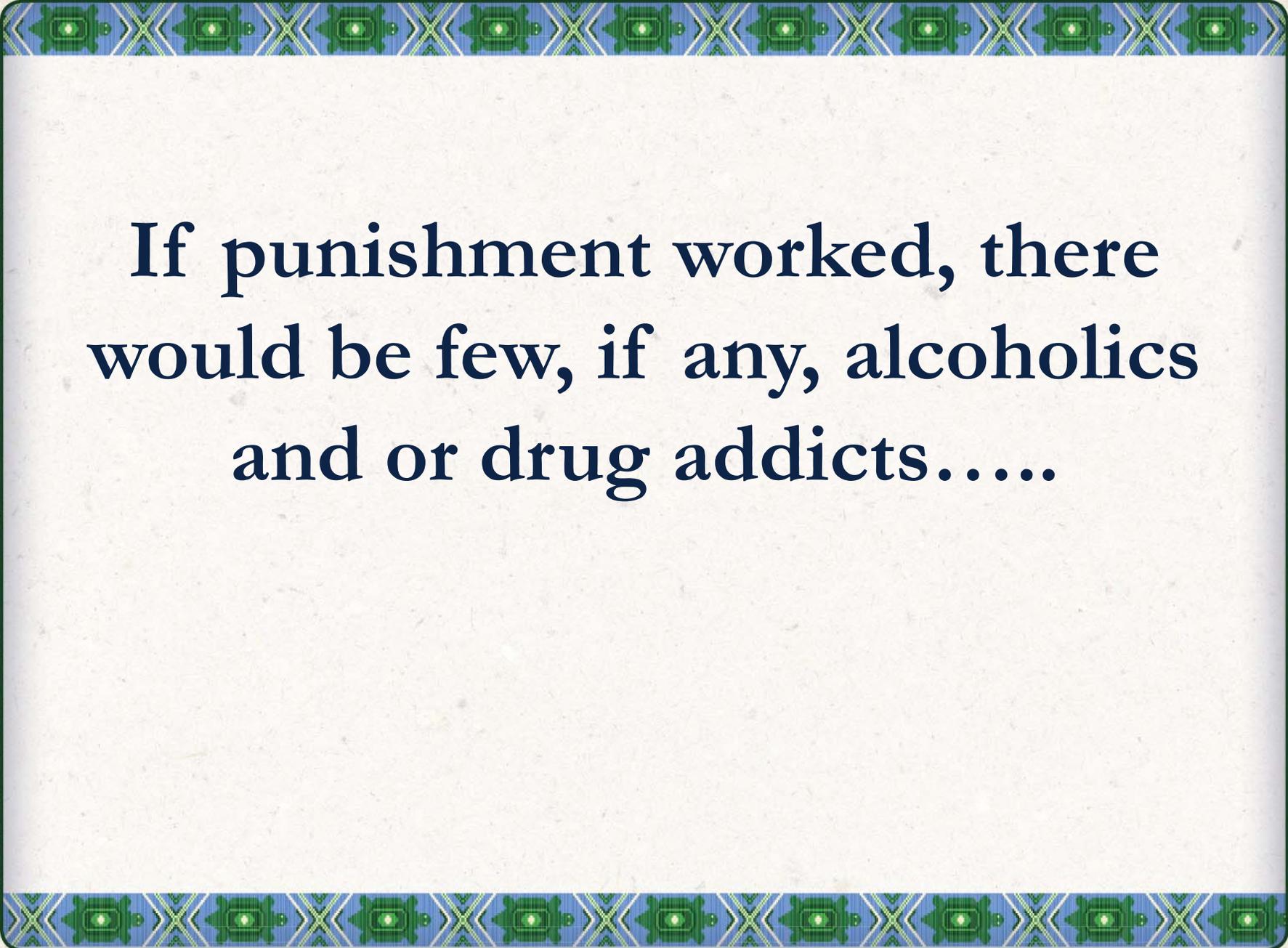
- To promote wellness and self-care, a Comfort Room is available in Atrium Room 8 for your use.
- If you need further assistance, please visit the Indian Health Service Division of Behavioral Health booth.



ACRA/ACC

Adolescent Community
Reinforcement Approach
&
Assertive Continuing Care





**If punishment worked, there
would be few, if any, alcoholics
and or drug addicts.....**

What is the goal of ACRA?

- “..to rearrange the vocational, family, and social reinforcers of the alcoholic such that time-out from these reinforcers would occur if he began to drink” (Hunt & Azrin, 1973)

ACRA's General Goals

- Goals with client:
 - Abstinence
 - Participation in pro-social activities
 - Positive relationships with family
 - Positive relationships with peers

Goals Cont.

- Goals with caregivers:
 - Motivate their participation
 - Promote the clients abstinence
 - Provide information about effective care giving.

General Flow of ACRA Sessions:

- Session 1: Rapport and introduction
- Session 2-4: Functional Analysis x2/Goals
- Session 5-6: Begin with Caregivers
- Sessions 6-13: Everything else
- Session 14: Wrap-up/review or negotiate more time.

Positive Reinforcers

- What is a reinforcer?
- How do I find one?
- Does everyone have them?
- How can I use them to help?

What is a Functional Analysis (F.A) ?

- An interview that examines the negative and positive consequences of behavior.
- It's a “roadmap”
- F.A's can be used for 2 kinds of behaviors:
 - A problem behavior
 - A healthy behavior

F.A for Substance Using Behaviors..

- Objective: To work toward decreasing or stopping problem behaviors
- Outline individual triggers for substance use
- Clarify consequences (positive and negative) of substance use for client



Functional Analysis of Using Behavior..

- Outlines triggers (external and internal)
 - Outlines positive and negative consequences of this behavior
 - typical using day
 - What is the negative?
 - What is the positive?
- 



Functional Analysis of Pro-social behavior

- What do they like to do for fun?
 - What things did you do for fun before you started using?
 - What fun things do you do now that you can do without using?
 - What do you enjoy doing that you have not been able to do lately but would like to do more of.
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Happiness Scale:

- How do you feel about your life **RIGH NOW**. What things do you think would be helpful if they improved.
- What are you satisfied with? Or not satisfied with in these areas:
 - Marijuana use/non use
 - Alcohol use/nonuse

Happiness Scale Cont..

- Recreational activities
- Personal habits
- Legal issues
- Money management
- Emotional life (feelings)
- Communication
- General happiness

Treatment Plan/Goals of counseling:

- Use happiness scale
- What do the clients want to work on. Clients do not have to work on all the goals and can pick and choose what they feel is important

Increasing Pro-Social Recreation:

- Discuss importance of healthy social life
- Identify reasonable activities
- Make plans to participate in these activities
- look at obstacles
- do problem solving skills if needed

Drink/Drug Refusal Skills:

- List social supports
- High risk situations
- Review and present options for assertive refusal
- Role play

Relapse Prevention:

- Discuss behavioral chain of events or triggers
- Discuss and describe early warning signs
- set up a warning sign system

Sobriety Sampling

- Coping skills
- negotiation of period of sobriety
- Develop specific plan for maintaining sobriety until at least next session
- Develop back up plan
- Remind client of reinforcers to stay clean

Communication Skills:

- Why is it important to have good communication?
- What is good communication
- Examples of bad communication
- Examples of good communication

Communication Cont..

- Avoiding “no”- work with parents and child to try to talk things out. Come up with solutions, offers to help, other suggestions of activities and avoid the automatic no
- Role play

Problem Solving Skills:

- Look at other ways to solve problems
- What works? What don't?
- Brainstorm
- Look at obstacles
- How to solve obstacles

Problem Solving Cont...

- Example:
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- Define Problem: “I use when I get bored”
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- Brainstorm solutions:
- Clean room watch Tv Read

Problem Solving Cont..

- Possible obstacles:
- Its raining
- Its too hot
- Its too cold
-
- Address obstacle:
- Its raining- “if its raining that day

Cont...

- I could stay in and play games with my sister”
- Too hot- take water with me outside or I could read

Caregiver/Adolescent skills:

- Positive expectations
- What does the caregiver want?
- give research regarding program and parenting practices
- identify reinforces
- positive things about their children

Caregiver/Adolescent Cont..

- Happiness scale with parent and adolescent on daily things in the house
 - Household responsibilities
 - Communication
 - Affection
 - Job or school
 - Emotional support

Cont...

- Emotional Support
- Role play

Anger Management

- Identify reinforcers to control anger
- how to recognize anger
- teach taking time to cool down
- teach fostering empathy
- relaxation skills

Job Finding Skills:

- Help generate possibilities
- what area/category
- how to get applications
- how to make calls
- follow ups on possibilities
- role play job interviews
- complete applications



THANK YOU!!!

QUESTIONS??



Partnerships

- Chestnut Health Care Systems

References:

- ACRA/ACC Training Manual

Contact Information

- Angela Sumter: angela-sumter@cherokee.org
- 918-316-8258
- Chris Vaughn: chris-vaughn@cherokee.org
- 918-316-5468



Crisis Hotline Numbers

Suicide Prevention Lifeline Number:

- 1-800-273-TALK (8255)

National Domestic Violence Hotline:

- 1-800-799-SAFE (7233) or TTY 1-800-787-3224

National Child Abuse Hotline:

- 1-800-4-A-CHILD

Sexual Assault Hotline:

- 1-800-262-9800
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