

Non-pharmacological treatment interventions in UK drug and alcohol services

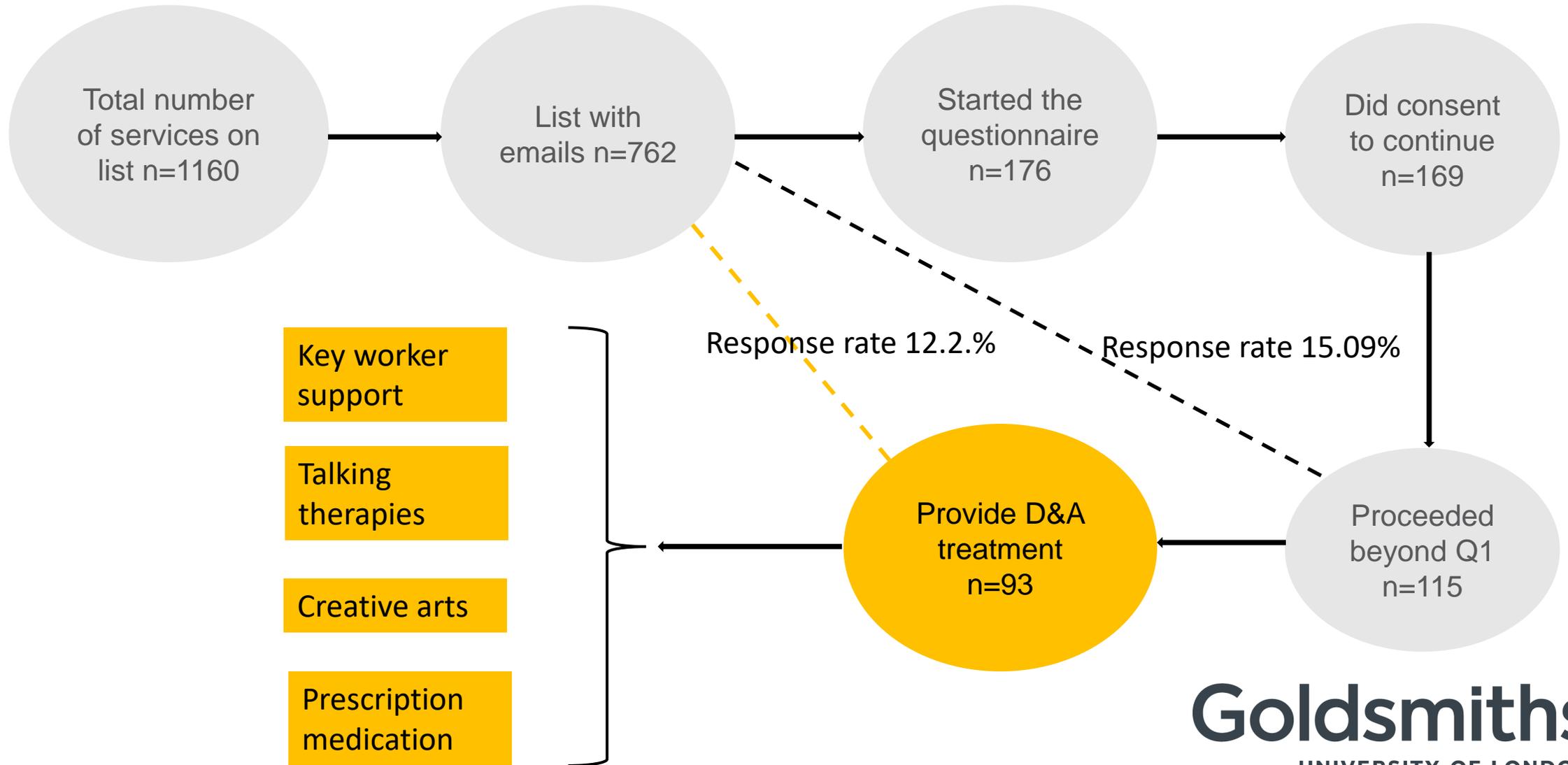
No conflicts of
interest to
declare

Purpose of this study

Exploring the use of non-pharmacological interventions in UK drug and alcohol services

- Compile a list of UK drug and alcohol services
- Invite UK drug and alcohol services to participate
- Collect data using an online questionnaire

UK drug and alcohol treatment services list and progression to included participants



Non-pharmacological interventions - UK drug and alcohol treatment services

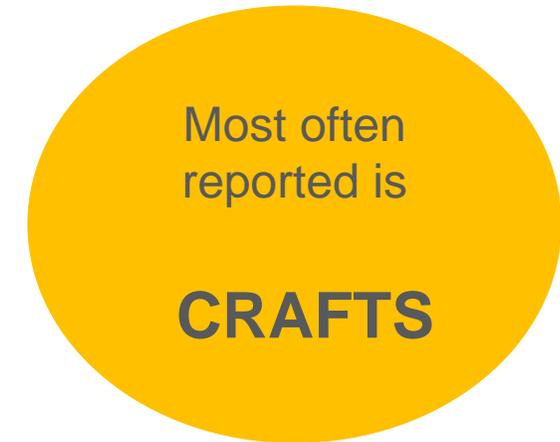
Treatments / activities	Number of services	% of 48 services that include creative arts	% of 93 services included in the study
Key worker support	79	96	84.94
Talking therapies	78	96	83.87
Creative arts	48	100	51.61
Prescription Medication	35	35	37.63

Most often reported is

Key worker support

Types of creative arts interventions provided by UK drug and alcohol treatment services?

Creative arts Treatments / activities	Number of services	% of 48 services that include creative arts	% 93 services included in the study
Crafts	30	62.5	32.25
Creative writing	25	52.08	26.88
Art therapy	24	50	25.8
Painting	23	47.91	24.73
Music Activities	19*	39.58	20.43
Drama Therapy	11	22.91	11.82
Music therapy	9*	18.75	9.67
Dance and Movement	5	10.41	5.37



Top three!

*NB: when merging Music activities and Music therapy the total number of services providing music is n=20

Others included; pantomime, poetry, spoken word, woodwork, pottery & furniture restoration

Do creative arts improve motivation for recovery?

Yes + maybe is 90%

68% say Yes!

Answer	Number of services
Yes	33
Maybe	10
No	1
Don't know	0
Missing data	4

Do creative arts improve treatment recovery rates?

Answer	Number of services
Definitely yes	10
Probably yes	17
May or may not	16
Probably not	1
Definitely not	0
Missing data	4

{ **56.25%** say Yes, or probably Yes

Pearson r correlation null hypothesis analysis?

Motivation for recovery?

Does the number of types of creative arts interventions correlate with the outcome variable improved levels of motivation?

Null hypothesis

Results $r(44) = .325$, $p = .031$

Improved rates of recovery?

Does the number of types of creative arts interventions correlate with the outcome variable improved rates of recovery?

Null hypothesis

Results $r(44) = .155$, $p = .315$

Key Conclusions

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- Key worker support is the most often used non-pharmacological component of UK drug and alcohol treatment
- Crafts and creative writing are the most common creative arts being offered
- Creative arts interventions are thought to improve motivation and rates of recovery.
- An increase in research evidence base is required to test the effectiveness of creative arts interventions for substance use dependence treatment.

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