

REPORT ON THE MEETINGS, WORKSHOP & TRAINING COURSE ADDICTION TECHNOLOGY TRANSFER CENTER NETWORK APRIL 27-28, 2018, KYIV, UKRAINE

A meeting of the working group on the development of standards of rehabilitation in Ukraine was held. The organization AIDS Foundation East-West – AFEW, upon request from the Ministry of Social Policy, is developing a draft of standards in accordance to model approved by the Ministry of Social Policy in a short time. For the development of the document, the representatives of the ministries, stakeholders and representatives of the consumers organizations are involved. After drafting a document, it is expected that it will be field tested in several rehabilitation centers with subsequent analysis and revision.

Workgroup Meeting «Standards of treatment and rehabilitation» April 27th



Workgroup key topics:

- Process of development and adoption standards in Ukraine
- Standards of addiction rehabilitation
- Licensing of rehabilitation centers
- Certification and education of specialists

Chairs:

- Igor Koutsenok (USA). MD, Professor of Psychiatry University of California San Diego, Director of I-ATTC in Ukraine
- Iryna Pinchuk (Ukraine). MD, PhD, Director of Ukrainian Scientific Research Institute of Social and Forensic Psychiatry and Drug Abuse Ministry of Health of Ukraine

Participants: 15 representatives of Ministry of Social Policy, Ministry of Health, NGOs, stakeholders.



Workgroup Meeting «Masters program in addictions» April 27th

During the working meeting, the possibility of creating a master's program for medical and non-medical specialists on the basis of Ukrainian research Institute of Social and Forensic Psychiatry and drug Abuse was discussed. The main focus of this program is on non-medical personnel working in rehabilitation centers and providing assistance on the basis of standards of addiction treatment. The need for a state mechanism, which would indicate the availability of addiction certified specialists as one of the requirements for the establishment of the rehabilitation center, was discussed. A masters program could be considered in this way.

In the absence of a system of licensing non-state rehabilitation centers, difficulties may arise at the stage of wide introduction of these standards into practice. In this regard, the Ministry of Social Policy proposes the creation of a single register of rehabilitation centers. The second difficulty can directly concern practitioners, who will implement standards into their work. Different levels of education, absence of a profession addiction counselor and lack of certification of specialists who provide addiction rehabilitation - can not guarantee quality of implementation of standards in practice.

The ATTC is ready to provide expert opinion on the draft copy of the rehabilitation standards, as well as to introduce programs for the training of non-medical specialists.



To create a master's program, it is needed to carefully study the issue of creating master's programs in Ukraine and their certification.

The ATTC is ready to help with the introduction of UTC and UPC in the curriculum of the master's program.

Workgroup key topics:

- Education of non-medical specialists in Ukraine
- Process of development and adoption masters program in Ukraine
- Masters program in Addictions: target audience, certification, duration, curriculum

Chairs:

- Igor Koutsenok (USA). MD, Professor of Psychiatry University of California San Diego, Director of I-ATTC in Ukraine
- Iryna Pinchuk (Ukraine). MD, PhD, Director of Ukrainian Scientific Research Institute of Social and Forensic Psychiatry and Drug Abuse Ministry of Health of Ukraine

Participants: 10 – representatives from Ukrainian Research Institute, UPA, international universities (Norway, USA).

Meeting «Risk and resiliency factors in initiation of substance use in children and adolescents» April 27th

During the meeting, the current state of assistance to children and adolescents who use psychoactive substances, in the world and in Ukraine, as well as issues of prevention were discussed. The lack of children's psychiatrists and the lack of competence of non-medical specialists in this matter do not contribute to an early resolution of this problem.



The possibility of organizing educational programs on addictions by ATTC for specialists who work with children was discussed.

Meeting key topics:

- Use of psychoactive substances by children, adolescents and youth
- Evidence based practices of prevention and interventions
- Collaborative work of specialists in addressing substance use problem in children&youth
- How ATTC can help

Chairs:

- Igor Koutsenok (USA). MD, Professor of Psychiatry University of California San Diego, Director of I-ATTC in Ukraine
- Iryna Pinchuk (Ukraine). MD, PhD, Director of Ukrainian Scientific Research Institute of Social and Forensic Psychiatry and Drug Abuse Ministry of Health of Ukraine

Participants: 29 - participants with medical (psychiatrists and children psychiatrists) and non-medical background (specialists from rehabilitation programs and centers).

Workshop motivational interviewing, April 27th

On 27 of April The International Addiction Technology Center in Ukraine (I-ATTC) held a workshop «Pragmatic of the motivation management in patients with addictions». The event took place in the Ultramarine conference center as part of the Annual International Conference «Ukrainian Psychiatry in the Fast-Changing World», Kyiv, Ukraine. Lecturers were Sherry Larkins, MD, Co-Director of I-ATTC Ukraine and Anna Blyum, PhD Student, I-ATTC Coordinator. The aim of the workshop was to demonstrate the methodology of motivational interview to Ukrainian psychology & psychiatry specialists.

Workshop consisted of two parts - interactive lectures, accompanied by Power Point presentations and participants work in the groups. The first lecture «Motivational Interviewing» was presented by Anna Blyum, who showed that MI is as a powerful and flexible tool for specialists who work with addictions. The second lecture was «How Drugs Affect Brain and Behavior & Motivational Approaches to Engage Patients and Support Change» by Sherry Larkins. Afterwards all participants were divided into groups of three people to work on the case on alcohol dependence. In each group there were two therapists and one client with alcohol dependence. Therapists needed to conduct a motivational intervention to practice newly obtained knowledge and skills.

In the end, all participants had opportunity to express their impressions and ask questions about workshop they completed. Obtained feedback about course quality was between positive and very positive.

Workshop key topics:

- Motivational interviewing
- Drugs effect on brain and behavior
- Addiction development mechanism
- Use of Screening, Brief Intervention, and Referral to Treatment (SBIRT)

**Chairs:**

- Sherry Larkins (USA). MD, professor at UCLA, Co-director of I-ATTC Ukraine.
- Anna Blyum (USA). PhD student at UCSD/SDSU Joint Doctoral Program, I-ATTC Coordinator.
- Yulia Yachnik (Ukraine). MD, I-ATTC Project Coordinator, Research Associate of the Ukrainian Research Institute of Social and Forensic Psychiatry and Drug Abuse of MoH Ministry of Health of Ukraine

Participants: 44 – medical practitioners and specialists in psychosocial sphere

Training course, April 28th

On 28 of April The International Addiction Technology Center in Ukraine (I-ATTC) provided a training course «The current science on the nature of substance use disorders and treatment – knowledge dissemination strategies». The event happened in the Premier Hotel Lybid, Kyiv, Ukraine. Training was provided by Igor Koutsenok, MD, Director of I-ATTC in Ukraine, Sherry Larkins, MD, Co-Director of I-ATTC Ukraine, Iryna Pinchuk, MD, Director of I-ATTC in Ukraine, Anna Blyum, PhD Student, I-ATTC Coordinator. The meeting was cross-sectional as there were representatives of public organizations, psychologists, psychiatrists and faculty members.

The training course included both lectures, interactive exercises and group work. The aim was to provide deep science-based understanding of addiction development risk factors and up-to-date treating methods.

The meeting began with a prelude, in which organizers presented themselves, an aim of I-ATTC in Ukraine and highlighted work plan for the day. Afterwards, participants were divided in groups and were asked to get acquainted with each other, then - to make a list of

topics of interest for the current meeting. Further, lectures «Biological risk and vulnerability factors», «Environmental risk and vulnerability factors», «Individuals risk and vulnerability factors», «Understanding of treatment as a continuum» by Prof. Igor Koutsenok followed. In the last part of the training participants in groups completed the exercises to consolidate received knowledge – they were asked to develop a presentation about addiction risk factors.

In the end, all participants had opportunity to share their impressions and ask questions about training course they have completed. Received feedback grade was between positive and very positive.

Training course key topics:

- Biological risk and vulnerability factors
- Environmental risk and vulnerability factors
- Individuals risk and vulnerability factors
- Up-to-date treatment methods

Chairs:

- Igor Koutsenok (USA). MD, Professor of Psychiatry University of California San Diego, Director of I-ATTC in Ukraine
- Sherry Larkins (USA). MD, professor at UCLA, Co-director of I-ATTC Ukraine.
- Iryna Pinchuk (Ukraine). MD, PhD, Director of Ukrainian Scientific Research Institute of Social and Forensic Psychiatry and Drug Abuse Ministry of Health of Ukraine
- Anna Blyum (USA). PhD student at UCSD/SDSU Joint Doctoral Program, I-ATTC Coordinator.

Participants: 42 – representatives from institutes of higher education who provide education on mental health and addictions and practitioners who provide actual addiction treatment and rehabilitation.