

Social Work Education Core Principles for the Prevention and Management of Substance Misuse

RECOMMENDATIONS FROM THE GOVERNOR'S SOCIAL WORK
EDUCATION WORKING GROUP ON SUBSTANCE MISUSE



Governor's Social Work Education
Working Group on Substance Misuse

October 2017

CORE PRINCIPLES FOR THE PREVENTION AND MANAGEMENT OF SUBSTANCE MISUSE

Working Group Background:

In an effort to prepare the next generation of social workers with the necessary tools to curb the nation's current opioid epidemic, the Baker-Polito Administration, the Massachusetts Chapter of the National Association of Social Workers, and the deans and program directors of the Commonwealth's nine graduate schools of social work have partnered to enhance current social work education. This first-in-the-nation partnership has resulted in the establishment of cross-institutional core principles for the prevention and management of substance misuse that will reach the more than 4,300 enrolled social work students across the Commonwealth of Massachusetts.

Social workers are on the front lines when it comes to supporting individuals, from diverse cultural and linguistic backgrounds in their environments. The struggle with the unhealthy use of and addictions to alcohol, tobacco, and other drugs, gambling, and other process addictions, is one that many social workers' clients experience, either personally or with their loved ones. As services to support people struggling with addictions expand, both within the traditional treatment system and throughout human service systems via service integration, there is an increased need for well-prepared clinicians, case managers, supervisors, and the many other roles that social workers play.

The NASW Code of Ethics obligates social workers to ensure that their clients receive the services they need in an appropriate and timely fashion. This obligation, along with changes in the health care system which require close integration of behavioral and physical health care services, necessitates a clear set of principles (in concert with the core competencies developed and adopted by all medical schools, dental schools, advanced practice nursing programs, and physician assistant programs in the Commonwealth) to frame the topic of substance use and addictions education for social work students.

This collaboration and set of cross-institutional core principles will serve as a vital bridge between social work education and practice by providing social work students with enhanced training in

primary, secondary, and tertiary prevention strategies regarding substance misuse, representing an innovative and forward-thinking contribution to a multi-faceted strategy to curb the opioid epidemic. The Commonwealth of Massachusetts is again setting a new standard – this time by providing future generations of social workers with a strong foundation in preventing substance misuse, identifying substance use disorders, and referring individuals to appropriate treatment and recovery support services through high-quality, person-centered, and inter-professional practice. With this enhanced educational foundation, Massachusetts' social work students will be better prepared to provide excellent person-centered care as our future social workers.

Core Principles Overview:

The Governor's Working Group is pleased to outline the following cross-institutional consensus document regarding a set of measureable core principles for the prevention and management of substance misuse. Working Group members, representing the Executive Office of Health and Human Services, the Department of Public Health, the Department of Mental Health, the Massachusetts Chapter of the National Association of Social Workers, and the deans and program directors of the Commonwealth's nine social work schools convened and advanced recommendations.

The following recommendations for the core principle domains will be adopted by all Massachusetts social work schools for integration into the education and training of all Massachusetts social work students. Each school will establish appropriate curricular interventions and innovations to ensure that the stated principles are being addressed for all students by the time they graduate, allowing schools to tailor these principles to their own curriculum development.

To this end, the schools have agreed to develop and implement an assessment of these principles in order to evaluate students for baseline and post-implementation measurements. The Working Group recognizes opportunities to link these skills to emerging trends in social work education and performance-based evaluation as a key component of curricula, utilizing simulated settings and/or encounter-based assessments using standardized cases. These assessments represent the gold standard for objective skill evaluation.

Preamble:

The following cross-institutional core principles are framed from the perspective of an encounter with an individual suffering from, or at risk for, a substance use disorder. The goal of the stated core principles is to support future social workers, over the course of their education, with both skills and a foundational knowledge in substance misuse prevention, intervention, treatment, and recovery supports. These principles set clear baseline standards for primary (preventing substance misuse), secondary (caring for individuals at-risk for substance use disorders), and tertiary (managing substance use disorders as a chronic disease) prevention skills and knowledge in the areas of screening, evaluation, and supportive recovery. This document enlists skills and knowledge which should be broadly applied to enhance the ability of future social workers to prevent and manage substance misuse, and to support individuals and their families seeking recovery from addictions.

These core principles are designed to serve as a vital bridge between social work education and practice, thus ensuring that future generations of social workers are equipped with essential skills for high-quality, person-centered, inter-professional practice. These concepts both encourage and demand a social worker's understanding of the importance of both team- and system-based care provision, ensuring the holistic treatment of substance use disorders as a chronic disease. The Massachusetts schools of social work universally recognize these core principles as integral to the abilities of all social workers to safely and competently prevent, identify, treat or refer to treatment, and support recovery from substance use disorders.

CORE PRINCIPLES FOR THE PREVENTION AND MANAGEMENT OF SUBSTANCE MISUSE

In the appropriate setting, using recommended and evidence-based methodologies, with a clear understanding of the cultural contexts of the individuals they serve, the graduating social work student should demonstrate the independent ability and/or knowledge to:

- Primary Prevention Domain – Preventing Substance Misuse: *Screening, Evaluation, and Prevention***
 - 1. Demonstrate an understanding of evidence-based prevention techniques and strategies,** including community assessment, the use of data to inform prevention efforts, a focus on risk and protective factors for substance misuse, and other approaches consistent with the Strategic Prevention Framework and other evidence-based strategies.
 - 2. Assess a person's risk for substance use disorders** by utilizing age-, gender-, and culturally and linguistically-appropriate communication, screening, and assessment methodologies, supplemented with relevant available information, including (but not limited to) family history, co-occurring mental health disorders (especially depression, anxiety disorders, and PTSD), and environmental indicators.
 - 3. Demonstrate an awareness of how to inform individuals** about the risks associated with substance misuse and the neurobiology of addiction, and to coach them about available resources, such as pharmacologic and non-pharmacologic treatment options, including opioid and non-opioid pharmacologic treatments for acute and chronic pain management.
- Secondary Prevention Domain – Caring for Individuals At-Risk for Substance Use Disorders: *Engaging Individuals in Safe, Informed, and Person-Centered Care***
 - 4. Demonstrate an understanding of the substance use disorder treatment and recovery supports system, and how to appropriately refer individuals** to their primary care physician, substance use intervention and treatment services, mental health specialists, community-based supports, and/or pain specialists for consultation and collaboration.
 - 5. Demonstrate the ability to complete a multi-dimensional contextual assessment** inclusive of substance use and its interaction with symptoms of mental illness, which informs treatment and recovery support recommendations across the continuum of care.
 - 6. Articulate the foundational skills in person-centered counseling and behavior change,** consistent with evidence-based techniques, including motivational interviewing, harm reduction, relapse prevention, and brief intervention skills.
- Tertiary Prevention Domain - Managing Substance Use Disorders as a Chronic Disease: *Eliminate Stigma and Build Awareness of Social Determinants***
 - 7. Recognize the risk factors for, and signs of, opioid overdose** and demonstrate the correct use of naloxone (Narcan) rescue.
 - 8. Recognize substance use disorders as a chronic disease** that affects individuals and families physically, mentally, spiritually, and socially. Importantly, substance use affects pregnancies and parent-child relationships. Addiction can be treated and recovered from with effective assessment, referral, community supports, and inter-professional collaboration.

- 9. Recognize and assess their own and societal stigmas and biases** against individuals suffering from substance use disorders and associated evidence-based medication-assisted treatment to work toward eliminating stigma.
- 10. Identify and incorporate relevant information regarding health inequities, current and historical drug policies, criminal justice practices, and related forms of systemic oppression** into planning how to support individuals in the management of their substance use disorder, and **recognize that in order to have a better chance at recovery, an individual's basic needs must be met**, including safe and stable housing, primary health care, mental health care, and access to ongoing support services as needed.

References:

1. Council on Social Work Education. *Core Competencies*,
https://www.cswe.org/getattachment/Accreditation/Accreditation-Process/2015EPAS/2015EPAS_Web_FINAL.pdf.aspx
2. National Association of Social Work, Code of Ethics. Revised 2008.
<https://www.socialworkers.org/pubs/code/code.asp>
3. Massachusetts Department of Public Health, *Chapter 55 Legislative Report: An Assessment of Opioid-Related Deaths in Massachusetts (2013 – 2014)*. 2016.
<http://www.mass.gov/eohhs/gov/departments/dph/stop-addiction/chapter-55-overdose-assessment.html>
4. Massachusetts Department of Public Health, Bureau of Substance Abuse Services, *Principles of Care and Practice Guidance*. <http://www.mass.gov/eohhs/gov/departments/dph/programs/substance-abuse/providers/program-licensing/principles-of-care-and-practice-guidance.html>
5. Massachusetts Department of Public Health, Bureau of Substance Abuse Services, *Prevention Programs*.
<http://www.mass.gov/eohhs/gov/departments/dph/programs/substance-abuse/prevention/prevention-programs.html>
6. Massachusetts Department of Public Health, Bureau of Substance Abuse Services, Health Promotion Clearinghouse, *Prevention Materials*. <https://massclearinghouse.ehs.state.ma.us/category/BSASYTH.html>
7. Massachusetts Department of Public Health, *Substance Misuse Statistics*. 2016.
<http://www.mass.gov/eohhs/gov/departments/dph/stop-addiction/current-statistics.html>
8. Mee-Lee, D. and American Society of Addiction Medicine, *The ASAM criteria: treatment for addictive, substance-related, and co-occurring conditions*. Third edition. ed. 2013, Chevy Chase, Maryland: American Society of Addiction Medicine. xv, 460 pages.
9. Office of the Surgeon General of the United States, *Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health*. 2016.
<https://addiction.surgeongeneral.gov/>
10. (SAMHSA). *Addiction Counseling Competencies (TAP21)*. <http://store.samhsa.gov/product/TAP-21-Addiction-Counseling-Competencies/SMA15-4171>
11. (SAMHSA). *Applying the Strategic Prevention Framework*. <https://www.samhsa.gov/capt/applying-strategic-prevention-framework>
12. (SAMHSA) CSAP. Video: *The Power of Parents*. <https://www.youtube.com/watch?v=gcpHAI6gDu8>
13. (SAMHSA). *Medication-Assisted Treatment of Opioid Use Disorder Pocket Guide*/SAMHSA. 2016.
<http://store.samhsa.gov/product/Medication-Assisted-Treatment-of-Opioid-Use-Disorder-Pocket-Guide/SMA16-4892PG>
14. (SAMHSA). *Recovery Oriented Systems of Care (ROSC) Resource Guide*.
https://www.samhsa.gov/sites/default/files/rosc_resource_guide_book.pdf
15. (SAMHSA). *Screening, Brief Intervention, and Referral to Treatment (SBIRT)*. <https://www.samhsa.gov/sbirt>

**Membership of the Governor's Social Work Education
Working Group on Substance misuse**

Secretary Marylou Sudders, MSW
Executive Office of Health and Human Services

Commissioner Monica Bharel, MD, MPH
Massachusetts Department of Public Health

Commissioner Joan Mikula
Massachusetts Department of Mental Health

Allison F. Bauer, JD, LISCW
Director, Bureau of Substance Abuse Services
Massachusetts Department of Public Health

Rebekah Gewirtz, MPA
Executive Director
The National Association of Social Workers, MA Chapter

Gautam N. Yadama, PhD
Dean and Professor
Boston College School of Social Work

Thomas Walsh, PhD
Associate Dean and MSW Program Director
Boston College School of Social Work

Mary Collins
Associate Dean for Academic Affairs
Boston University School of Social Work

Arnaa Alcon, PhD, MSW
Chair, School of Social Work
Bridgewater State University

Carol E. Bonner, MSW, MBA, EdD
Associate Dean
Salem State University School of Social Work

Cheryl A. Parks, MSW, PhD
Dean & Professor
Simmons College

Marianne Yoshioka
Dean
Smith College School for Social Work

Francine J. Vecchiolla, MSW, PhD
Dean
Springfield College

Robert C. Kersting, MSW, PhD
Chair Department of Social Work
M.S.W. Program Director
Westfield State University

Hope Haslam Straughan, PhD, MSW, ACSW
Interim Dean
School of Social Work, Leadership, & Youth Advocacy
Wheelock College