


BACKGROUND

MY NAME IS KEVIN GAMBLIN, I AM CURRENTLY GOING INTO MY THIRD YEAR STUDYING BSC SPORTS THERAPY AND REHABILITATION AT TEESSIDE UNIVERSITY. FOR THE PAST 24 YEARS I HAVE BEEN INVOLVED IN SUPPORT WORK THAT INCLUDES:


- LEARNING DISABILITY – CARE ASSISTANT
- YOUTH WORK – INTENSIVE ONE-TO-ONE SUPPORT
- DRUG AND ALCOHOL – GROUP WORK AND INTENSIVE ONE-TO-ONE SUPPORT
- AND CURRENTLY ADULT ACUTE PSYCHIATRIC IN-PATIENT CARE – HEALTHCARE ASSISTANT



IN 2008 DRAWING ON A WEALTH OF PSYCHOLOGICAL AND ECONOMIC LITERATURE THE NEW ECONOMICS FOUNDATION (NEF) WAS COMMISSIONED BY THE GOVERNMENT'S FORESIGHT PROJECT ON MENTAL CAPITAL AND WELLBEING TO DEVELOP A SET OF EVIDENCE-BASED ACTIONS TO IMPROVE PERSONAL WELLBEING

THE PROJECT AIMS WERE TO ANALYSE THE MOST IMPORTANT DRIVERS OF MENTAL CAPITAL AND WELLBEING TO DEVELOP A LONG-TERM VISION FOR MAXIMISING MENTAL CAPITAL AND WELLBEING IN THE UK FOR THE BENEFITS OF SOCIETY AND THE INDIVIDUAL.

THE REPORT IDENTIFIES 5 WAYS TO WELL BEING



GETTING STARTED? A MAP...

TOPIC	ACTION	SCORE 5=High 1=Low				
		5	4	3	2	1
Connect	<ul style="list-style-type: none"> •SMART RECOVERY •AA, NA, CA, OA... •Weight Watchers •Stop Smoking Groups •Peer Led Groups 					
Be Active	<ul style="list-style-type: none"> •Exercise 					
Give	<ul style="list-style-type: none"> •Volunteering •Community Involvement 					
Keep Learning	<ul style="list-style-type: none"> •Further Education •Hobbies 					
Take Notice	<ul style="list-style-type: none"> •Mindfulness •Spiritual Activity 					





INTRODUCTION

I AM CARRYING OUT RESEARCH ON THE FOLLOWING QUESTION:

“WOULD A PERSON CENTRED “EVIDENCE-BASED” INDIVIDUALIZED PHYSICAL TRAINING PROGRAMME, IMPLEMENTED BY AN EXERCISE PROFESSIONAL BE ADVANTAGEOUS AS AN ADJUNCT TREATMENT FOR SUBSTANCE USE RELAPSE PREVENTION”



AIM

THE AIM OF THIS RESEARCH IS TO EMPOWER, EDUCATE AND INFORM PEOPLE STRUGGLING WITH THE IMPACT OF SUBSTANCE USE BY INTRODUCING AND OFFERING THE BENEFITS OF AN EVIDENCE-BASED PERSONALIZED PHYSICAL ACTIVITY TRAINING PROGRAMS AS AN ADJUNCT TREATMENT INTERVENTION FOR POSSIBLE SERVICE IMPROVEMENT.

DATA COLLECTION

- SEMI STRUCTURED INTERVIEWS AND A QUESTIONNAIRE WILL BE USED, THIS METHOD WILL BE AIMED AT MANAGERS WITHIN DRUG AND ALCOHOL REHABILITATION SETTINGS TO GAIN THEIR VALUES AND OPINIONS.
- I WILL ALSO USE A SEMI-STRUCTURED INTERVIEW TO INDIVIDUALS USING THESE SERVICES TO ASK THEIR OPINIONS ON THE IMPACT OF EXERCISE AS AN INTERVENTION AND ASK FOR POSSIBLE SERVICE IMPROVEMENTS.

DATA COLLECTION CONT..

THE PURPOSE OF THIS RESEARCH IS TO IMPROVE THE SERVICE OF INTERVENTION METHODS BY INTERVIEWING MANAGERS WORKING WITHIN DRUG AND ALCOHOL AND ALSO INDIVIDUALS USING THESE SERVICES

QUESTIONS TO MANAGERS WILL INCLUDE:

- WHAT PROVISIONS ARE PROVIDED
- WHY THEY ARE PROVIDED
- THE VALUE OF THIS INTERVENTION
- WHAT IS THE FUNDING ALLOCATED TO THIS INTERVENTION
- WHAT BARRIERS ARE PRESENT TO IMPLEMENTING THIS INTERVENTION

QUESTIONS TO INDIVIDUALS USING THESE SERVICES WILL INCLUDE:

- HOW DO YOU FEEL THIS INTERVENTION WORKS IN PRACTICE
- WHAT WORKS
- WHAT DOESN'T WORK
- WHAT ARE THE BARRIERS

BACKGROUND RESEARCH

A NUMBER OF STUDIES EXIST THAT REFER TO EXERCISE AS AN ADJUNCT TREATMENT WITHIN DRUG AND ALCOHOL, HOWEVER THERE IS VERY LITTLE EVIDENCE IF ANY TO MAKE RECOMMENDATIONS ABOUT WHICH GUIDELINES IN REGARD TO EXERCISE PROGRAMMES ARE EVIDENCE BASED. NON HAVE BEEN PUBLISHED TO SPECIFY INDIVIDUALIZED TRAINING PROGRAMMES TAILORED AROUND PEOPLES NEEDS FOR BEHAVIORAL CHANGE.

THE MAJORITY OF INTERVENTION STUDIES HAVE INVOLVED GROUP BASED SUPERVISED EXERCISE.

RESEARCH CONT..

HOWEVER A STUDY BY ABRANTES ET AL (2011) PARTICIPANTS WERE SURVEYED FROM AN INTENSIVE DAY ALCOHOL AND DRUG TREATMENT PROGRAMME OF A PRIVATE NOT FOR PROFIT PSYCHIATRIC AND SUBSTANCE USE HOSPITAL, ONLY PARTICIPANTS WHO WERE INVOLVED IN THE DRUG AND ALCOHOL PROGRAMME WERE ELIGIBLE FOR THE STUDY, EXCLUDING MENTAL HEALTH PATIENTS OR PATIENTS WITH ANY HISTORY OF MENTAL HEALTH.

IT WAS CONCLUDED FROM THE FINDINGS OF THE STUDY THAT INDIVIDUALS WITH SUDS WOULD BE INTERESTED IN INCREASING THEIR EXERCISE LEVELS AND FEEL THAT THEY MAY DEVELOP BENEFITS FROM EXERCISE IN TERMS OF GENERAL HEALTH AND FITNESS AND SUD RECOVERY.

RESEARCH CONT..

RAMO & BROWN (2008) STATE THAT 60% OF INDIVIDUALS WITH SUBSTANCE USE DISORDERS (SUDS) ARE LIKELY TO RELAPSE WITHIN A YEAR OF TREATMENT, THIS SUGGESTS THAT A NEED TO BE INNOVATIVE IN APPROACH TO TREATMENT.

A META-ANALYSIS CARRIED OUT BY WANG, ET AL (2014) STATES THAT IN LINE WITH THE AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM) GUIDELINES PHYSICAL EXERCISE CAN BE AN EFFECTIVE ADJUNCT TREATMENT METHOD FOR ABSTINENCE FROM ALCOHOL, NICOTINE, AND ILLICIT DRUGS.

WORLDWIDE UP TO 15% OF INDIVIDUALS ARE LIKELY TO EXPERIENCE A SUDS IN THEIR LIFETIME (KESSLER ET AL, 2007).

GLOBALLY THERE ARE 250,000 DEATHS ATTRIBUTED TO ILLICIT DRUG USE WITH A FURTHER 2.25 MILLION DEATHS ATTRIBUTED TO ALCOHOL ABUSE (DEGENHARDT & HALL 2012). THIS DOES NOT COUNT CANNABIS AS THIS SUBSTANCE TENDS TO SURFACE INTO PSYCHOTIC TENDENCIES AND IS THEN ADDRESSED BY MENTAL HEALTH TEAMS.



Public Health
England

The annual cost of drug addiction

Every year it costs society

£15.4bn

Any heroin or crack user not in treatment commits crime costing an average **£26,074** a year

Every year drug misuse costs the NHS in England **£488m**

Annual cost of looking after drug using parents' children who have been taken into care is **£42.5m**



Public Health
England

The annual cost of alcohol-related harm



**Total cost
to society:
£21bn**



**Crime in
England:
£11bn**



**Lost
productivity
in UK:
£7bn**



**NHS in
England:
£3.5bn**

RESEARCH CONT..

A SYSTEMATIC REVIEW BY ZSCHUCKE, ET AL (2012) HAS SHOWN A SIGNIFICANT IMPACT ON LONG-TERM ABSTINENCE FROM ALCOHOL AFTER UNDERGOING TREATMENT THAT INCLUDED SUPERVISED EXERCISE.

ALTHOUGH OVERALL RESULTS SUGGEST THAT EXERCISE IS A POTENTIALLY PROMISING ADJUNCT TREATMENT FOR SUDS THERE HAS BEEN A SCARCITY OF RESEARCH (BROWN ET AL 2010).

QUALITY STUDIES WITH WELL-CONTROLLED PROCEDURES SHOULD BE IMPLEMENTED THAT COVER THE FOLLOWING QUESTIONS:

- 1) WHICH MECHANISMS OF ACTION ARE PARTICULARLY IMPORTANT IN SUD PATIENTS?
- 2) WHAT IS THE MINIMAL DURATION AND INTENSITY OF AN EFFICIENT EXERCISE PROGRAMME?
- 3) WHICH TYPES OF EXERCISE ARE THE MOST EFFECTIVE, AND HOW IS THE TYPE OF EFFECTIVE EXERCISE RELATED TO THE PATIENTS' CHARACTERISTICS AND CULTURAL BACKGROUND?

RESEARCH CONT..

4) WHICH ROLES DO FACTORS LIKE INDOORS VERSUS OUTDOORS, INDIVIDUAL VERSUS GROUP EXERCISE, SUPERVISED VERSUS NON-SUPERVISED TRAINING PLAY?

5) DOES AN EFFECTIVE EXERCISE INTERVENTION NECESSARILY REQUIRE FITNESS INCREASES?

6) HOW CAN PATIENTS BE MOTIVATED TO ADHERE AND CONTINUE EXERCISE PROGRAMMES?

ZSCHUCKE, ET AL (2012) STATES THAT FURTHER RESEARCH IS NEEDED AND COMPARES RESEARCH IN COMPARISON TO PHARMACEUTICAL AND PSYCHOTHERAPEUTIC INTERVENTION STUDIES.

KVAAVIK, ET AL (2010) STATES THAT ALTHOUGH EXERCISE TENDS TO BE PARTICIPATED IN BY PEOPLE WITHOUT SUDS IT COULD BE ARGUED THAT IT MAY BE THE FOUNDATION TO START COMBINED POSITIVE HEALTH BEHAVIOURS.


RESEARCH CONT..

WITH THE TREND OF PEOPLE SEEKING THE EXPERTISE OF PERSONAL TRAINERS MCLARAN (2003) STATES THAT ONE-ON-ONE PERSONAL TRAINING IS AN EFFECTIVE METHOD FOR CHANGING ATTITUDES AND THUS INCREASING THE AMOUNT OF PHYSICAL ACTIVITY. FURTHERMORE, IT APPEARS THAT USING PROBLEM-SOLVING TECHNIQUES IS OF SIGNIFICANCE FOR POSITIVE BEHAVIOUR CHANGE.

THIS STUDY WAS IMPLEMENTED USING 129 VOLUNTEER PARTICIPANTS (CLIENTS), AGED BETWEEN 20-65 Y/O WERE ALLOCATED A UNIVERSITY SENIOR PERSONAL TRAINER FOR A 10-WEEK PROGRAMME.


STAGES OF THE TRANSTHEORETICAL MODEL (STM) WAS USED TO DETERMINE THE SIGNIFICANCE OF PERSONAL TRAINING.

AFTER THE INITIAL ASSESSMENT THE TRAINER MET WITH CLIENTS ONCE A WEEK AND HAD SPECIFIC DISCUSSIONS ON PROBLEM SOLVING TECHNIQUES INCLUDING, DETERMINING THE BARRIERS/OBSTACLES TO EXERCISE, BENEFITS OF PHYSICAL ACTIVITY SUPPORT SYSTEM GOAL SETTING, RECRUITMENT, AND RELAPSE PREVENTION IN ADDITION TO PROVIDING INDIVIDUAL SUGGESTIONS FOR THE CLIENT'S OTHER EXERCISE DAYS DURING THE WEEK.



FINALLY, THOMAS G. KIMBALL PH.D., LMFT, HOLDS THE GEORGE C MILLER PROFESSORSHIP AT TEXAS TECH UNIVERSITY AND THE DIRECTOR OF THE CENTER OF THE STUDY OF ADDICTION AND RECOVERY.

AT A COLLEGIATE RECOVERY PRESENTATION AT TEESSIDE UNIVERSITY ON 14TH JUNE 2017, HE STATED THAT “STUDENTS OVERCOMING ADDICTION AND RECOVERY ACHIEVE HIGHER ACADEMIC RESULTS THAN THE AVERAGE STUDENT”.



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The image features a light gray gradient background with several realistic water droplets of various sizes scattered in the corners. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text "THANKS FOR LISTENING!" is centered in the middle of the page.

THANKS FOR LISTENING!