Cognitive remediation
ACI AOD Network Innovation forum
In Summary-what is the issue?

- Just under ½ of the clients presenting at WHOS for treatment will have cognitive impairment (Marceau et al, 2015)

- If clients have impaired executive functioning this leads to:
  1. Reduced capacity to organise, plan, solve problems
  2. Reduced capacity to make decisions quickly
  3. Reduced capacity to moderate emotions

  *All of these skills/capacities are essential to identify issues, promote and achieve successful behavioural change.*
Core Question 1. Will this project improve health outcomes for clients?

- Clients attained and then maintained three months after the intervention ceased, a cognitive capacity equal to or better than the normal population (BRIEF A)

- The intervention doubled the likelihood of clients completing program—strong indicator of long term improvement in medical, mental health and quality of life
Core Question 2. Will this project improve the experience of care for clients?

- Intervention completely client focused
- That the improvement in cognitive capacity and increased cognitive skill translated to a 300% increase in the chance of clients achieving goals they have set for themselves
- Intervention Participant satisfaction findings
  - 100% found the information in the groups either very helpful (93%) or helpful
  - 93% found the information either easy (40%) or very easy (53%) to understand
  - 100% of participants liked the groups, 93% liked the groups a lot
Core Questions 3.
Does this project represent value for money?

- This intervention has been designed so that existing generalist staff can implement it.
- The resources can be designed so that it can be implemented either individually or in a group setting. Ultimate aim is to explore on-line options.
- This intervention is compatible with any existing AOD intervention be it pharmacotherapy or psycho-social.
Core Question 4.
Would you take this project up in your organisation?

- NADA conference
- Other potential applications/trials
  - Mental health
  - Acquired Brain Injury
  - Victims and perpetrators of Domestic Violence
  - Aging population-cognitive decline
  - Cardiovascular disease-heart attack, stroke
  - ADHD
  - Treatment compliance for chronic conditions
How do we believe the ACI can support us?

- Further development of the resources e.g. videos, group/or individual manual development-aim for app, on-line version, Train the trainer options, etc
- Roll out a large trial across a range of diverse services to further evaluate the intervention effectiveness (dose, client types, service setting, service delivery) and refine the intervention.
- Demonstrate cost effectiveness of the intervention
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Thank you for your time

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