

PADERBORN

# SHIFT + Parent Training – An Intervention for Mothers and Fathers Using Illicit Drugs

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SHIFT+
Elterntraining

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## **Declaration**

- No conflict of interests
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#### Gefördert durch:



aufgrund eines Beschlusses des Deutschen Bundestages



# 1. Background

#### SHIFT & SHIFT +

- The original SHIFT parent training is a group intervention for mothers and fathers using methamphetamine with children up to 8 years of age
- SHIFT focusses on strengthening parenting skills and family resilience, and stabilizing abstinence
- SHIFT + is an adaption and extension of the SHIFT-programme: It addresses parents using other illicit substances, such as opiates, cannabis, stimulants, or poly drug use
- Moreover, SHIFT + contains two add-on family modules, integrating family members such as partners and/or children





#### 2. SHIFT + Intervention

#### **Structure**

- Structured, modularized group intervention for mothers and fathers using illicit substances with children between 0 and 8 years
- 10 modules á 90 minutes
- Includes 2 modules for family members in which the parents also participate:
  - 1 for adult family members
  - 1 for children
- SHIFT + is conducted by 2 trainers, e.g. 1 from substance abuse treatment facility and 1 from child welfare institution



# 2. SHIFT + Intervention

#### **Modules**

• Intro: "Start SHIFTing": Getting to know the programme and other participants, establishing group rules

• Parenting I: Approaching good times": Viewing parenthood positively, recognizing and fulfilling needs of children, improving parent-child-relationship

• Parenting II: "Tackling challenges": Reflecting one's own parenting behaviour, establishing and communicating rules successfully, managing challenges, raising children without violence

• Family Resilience I:,,None like us": Viewing family life positively, getting to know the concept of family resilience, increasing common optimistic belief systems within the family

• Family Resilience II: "Let's talk…": Appreciating existing successful rules and procedures within the family, getting ideas for new rules and procedures, learning how to communicate openly and to ask for help, problem-solving

• Addiction and the family: "Walking new paths - together": Reflecting effects of addiction on the family, coping with feelings of guilt, identifying risk factors for relapse within the family, getting family support, improving family relations

• Family Module I: "SHIFT with kids" (for parents and their children): Getting to know the kids, promoting positive interactions between parent and child, developing a common family goal

• Romantic relationships: "More than just parents": Improving the partner relationship, identifying conflict potentials, resolving conflicts, reflecting on common drug use and developing alternatives

• Family Module II: "Identify risks – use opportunities" (for parents and <u>adult family members</u>): Getting to know process of recovery and its impact on family members, coping with recovery for all family members, promoting self-care & use of help services

•Goodbye: "Bye-bye – and keep going!": Reviewing the process, positive outlook for future, transferring new skills into everyday-routines, relapse prevention/"emergency plan", promoting use of help services, saying goodbye



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## 3. Method

## Research design

- 8 project sites from all over Germany
- Randomized allocation to groups (ITG or WLCG/TAU) (if possible)
   >> quasi-experimental research design
- Standardized self-report questionnaires were used at 4 points of measurement
- ITG = SHIFT+ after T1, WLCG/TAU = SHIFT+ after T3





At the time of the outbreak of the COVID-19 pandemic in March 2020, the first groups had ended at 7 of 8 sites

Interruption of project until autumn 2020

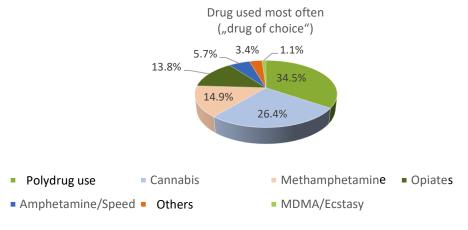


## 4. Results

## **Selected findings**

#### Sample T1:

Parents: n = 87 (74.7% females, 25.3% males), mean age
 = 32.7 years (range: 19-56 years)



• **Children**: n = 170 (M = 2.07 children per parent, range: 1-8 children per parent), 71% of them living together with parent, mean age = 7.02 years

#### Results (summary):

- Immediately after participation in the SHIFT+ parent training, mothers and fathers in the ITG reported significantly:
  - lower depression rates
  - more knowledge concerning drug use and family
- Long-term effects (3 months post intervention) showed that both groups exhibited significantly:
  - less mental health problems
  - less drug-related problems and
  - increased confidence in parenting
- The intervention was highly accepted by both trainers and participants



## 5. Discussion

- Even though the COVID-19 pandemic compromised data collection esp. with regard to long-term effects - existing findings indicate that SHIFT + is an intervention that is effective and tailored to the needs of drug-involved families
- Both groups improved: TAU was quite intensive (e.g. drug counselling, psychotherapy, family help services...) and all participants showed great interest in improving the family situation for the sake of their child
- The SHIFT manual has been published in German, the two family modules from SHIFT + are available online (in German only)
- An English translation for both programmes SHIFT and SHIFT+ is pending





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# Thank you very much for your attention

Find more information here:

www.shift-elterntraining.de

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