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Catholic University of Applied Sciences

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

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Diana Moesgen, Janina Dyba, Michael Klein & Thorsten Köhler

German Institute of Addiction and Prevention Research, Catholic University of Applied Sciences North Rhine-Westphalia, Cologne/Paderborn, Germany



Declaration

- No conflict of interests
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Gefördert durch:



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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



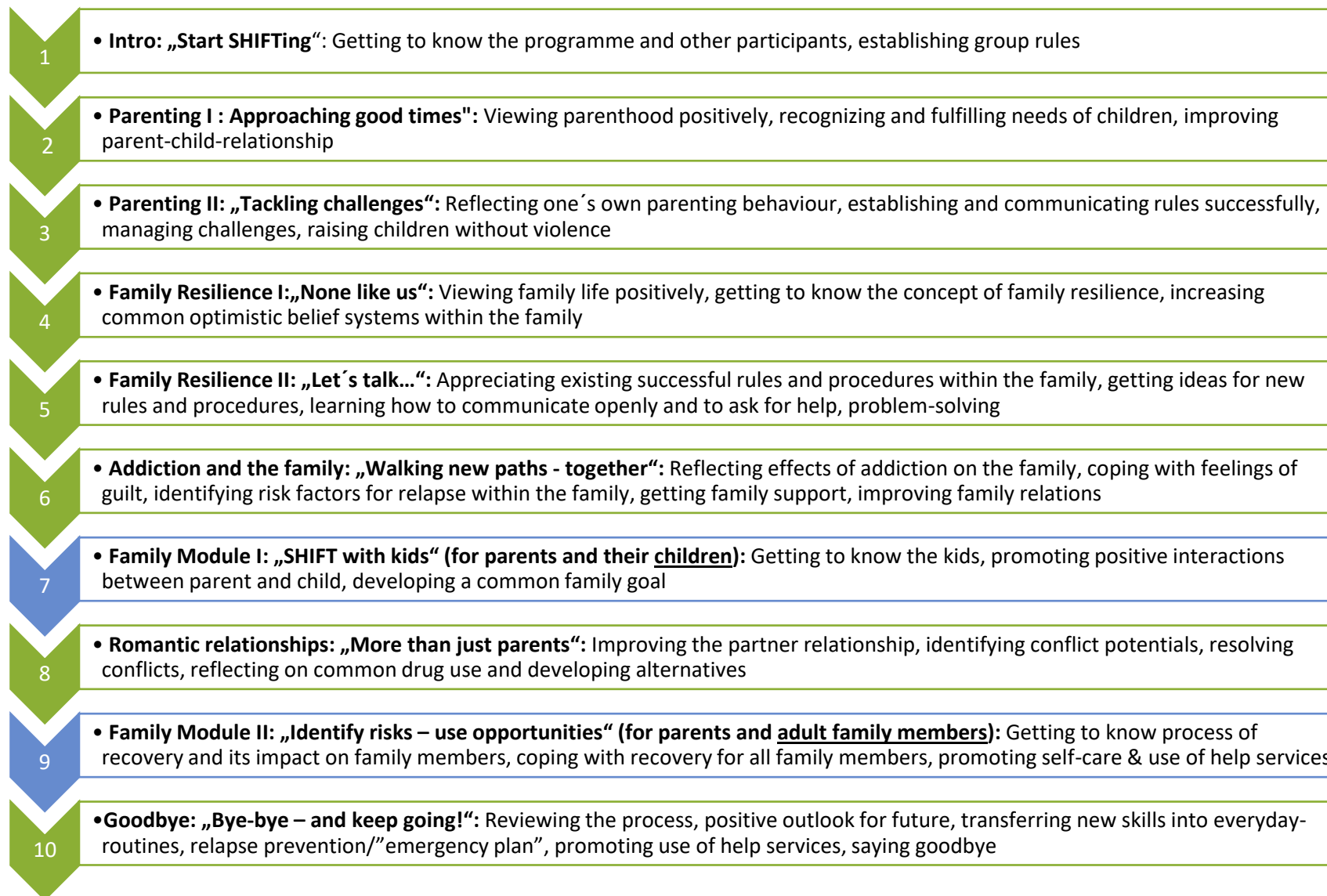
2. SHIFT + Intervention

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

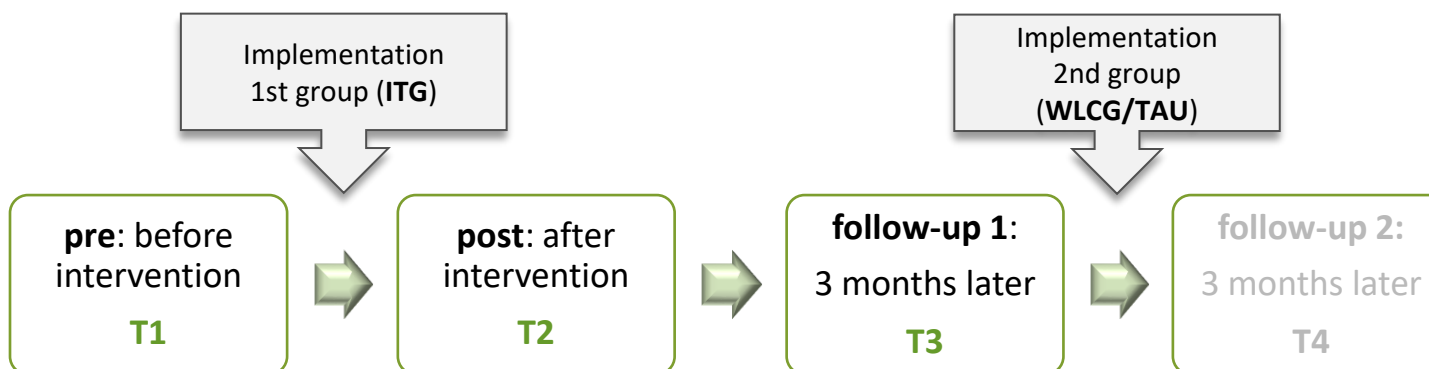
Modules



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

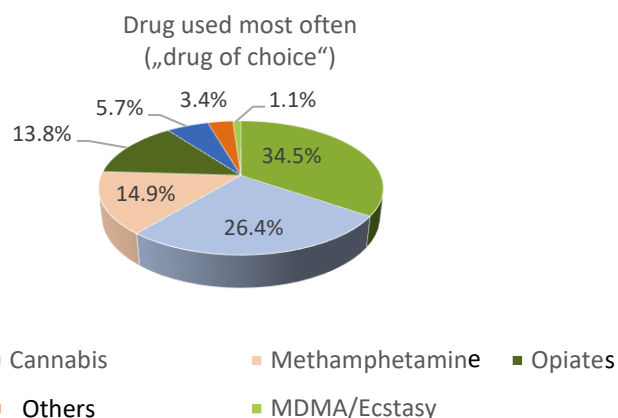


4. Results

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

Contact:

Prof. Dr. Diana Moesgen

Mail: d.moesgen@katho-nrw.de

Web: www.katho-nrw.de, www.disup.de