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Computer based training for cognitive behavioral therapy (CBT4CBT): An innovative new substance abuse therapy for Canada

Created by Dr. Kathleen Carroll at the Yale School of Medicine, CBT4CBT is a revolutionary new substance abuse treatment program that is currently being rolled out in the United States. Introductory trials conducted among urban populations in the US have demonstrated CBT4CBT's effectiveness in providing a meaningful treatment option at moderately low cost and with lasting effects. A recent collaboration between Dr. Carroll and Drs. Juergen Krause and Michelle Patterson of the Centre for Health and Community Research (CHCR) will bring this innovative treatment program to Canada for the first time. CBT4CBT is currently being implemented and evaluated in sub-populations of high-need individuals as part of a CIHR funded pilot project and will subsequently be rolled out across Canada. The pilot program aims to determine the effectiveness of this computer-based treatment option for addiction therapy within specific rural Canadian populations through randomized controlled trials. CBT4CBT is offered at trial sites which have been selected as representative of high-needs populations who may benefit from improved addiction treatment options and support. The trial populations include First Nations, youth (age 18-24 years), post-secondary students, individuals maintained on methadone, and individuals transitioning out of inpatient facilities. Preliminary results from each of these populations will be discussed. A larger-scale implementation of CBT4CBT across Canada will offer an innovative and in-demand therapeutic option for individuals struggling with substance abuse. A roll-out plan for the implementation of CBT4CBT across Canada is under development, and a list of priority revisions and enhancements for future iterations the program is being established.

Biography

Michelle Patterson has been the CHCR's Research Project Manager since 2014. She received her PhD in Medical Physics from UPEI and also serves as Adjunct and Graduate Faculty in the UPEI Department of Biomedical Sciences. She is responsible for facilitating the formation of new national and international collaborations, developing multiple research projects, and applying for funding grants. She oversees and manages all research projects conducted by the CHCR and is responsible for the development and enhancement of all new and current projects.

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