

# Diabetes Self-Management and Substance Use Treatment: An Integrated Approach

## Project

Karen improved diabetes-related and substance-use related outcomes for underinsured adults in Durham, North Carolina by offering an integrated group intervention in a substance use treatment facility for outpatient care.

## Services Provided

A substance use treatment group was offered on a weekly basis as a part of a Substance Abuse Intensive Outpatient Program at Freedom House Outpatient Clinic of Durham. The integrated intervention was a combination of two evidence-based interventions: Matrix Early Recovery Series and Diabetes Empowerment Education Program.

Participants chose 2 markers of success each as goals for diabetes-related outcomes. These markers included biometric information (hBA1c, weight, blood pressure) and self-efficacy goals (better understanding of nutrition and exercise related to diabetes and substance use). All participants also strived for abstinence from substance use for the duration of the program.



## Results

- 50 people participated in the program over a 10 month period.
- All 50 participants abstained from substance use for the duration of the program.
- 40 out of 50 participants reported lowered HbA1c, increased exercise, lower BMIs, lower blood-pressure and better feelings of self-efficacy related to both diabetes and substance use.

## Sustainability

A wellness group will be offered on a weekly basis beginning in June as a part of the Substance Abuse Intensive Outpatient Program at Freedom House Outpatient Clinic of Durham. The focus of the group intervention will be broadened to include any chronic disorder and general health literacy as it relates to substance use.