

# **Substances of Abuse: Policy for determining approved treatment programmes**

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# Substances of Abuse: Policy for determining approved treatment programmes

## 1. Introduction

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The 2021 World Anti-Doping Code introduces the concept of “Substances of Abuse”. An alternative sanctioning framework applies when an athlete can satisfactorily evidence that their ingestion or Use of a Substance of Abuse occurred Out-of-Competition and was unrelated to sport performance.

The list of “Substances of Abuse” is determined by WADA and denoted on the WADA Prohibited List from January 2021.

Under Article 10.2.4 of the 2021 UK Anti-Doping Rules (‘ADR’), if an athlete can establish that any ingestion or Use occurred Out-of-Competition and was unrelated to sport performance, the period of Ineligibility shall be three (3) months. This can be further reduced to one (1) month if the athlete satisfactorily completes a Substance of Abuse treatment programme approved by UKAD.

This policy sets out the criteria that shall be used to assess components of a treatment programme, in order to determine whether it is approved by UKAD for the purposes of Article 10.2.4 of the ADR.

Athletes must attend a treatment programme which complies with each component described within this policy in order to benefit from a further reduction in their period of Ineligibility. Participation in a treatment programme which does not fulfil these requirements (or failure to attend sessions recommended as part of the treatment programme) will result in the athlete being unable to receive this further reduction and the period of Ineligibility will remain three (3) months.

Athletes are advised to share this policy document with their chosen treatment programme provider to ensure that the requirements set out within this document can be fulfilled.

## **2. Components of a Treatment Programme**

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The following are mandatory components of a UKAD approved treatment programme:

- Suitably qualified and experienced practitioner(s), as described below;
- An initial assessment;
- A minimum of two clinically appropriate follow-up sessions; and
- A treatment programme report to be submitted to UKAD.

It is expected that the focus of the sessions after the initial assessment will be determined by the clinical judgement of the practitioner. A treatment programme may either include education sessions aimed at providing and discussing key information relating to substance use or, where clinically appropriate, therapeutic sessions.

## **3. Requirements for Practitioners**

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The practitioner(s) responsible for each of the components of the treatment programme must fulfil the following:

- i. Qualification (one of the below):
  - Level 4 diploma in Counselling
  - Addictions Counsellor (bachelors/masters)
  - Practising Psychiatrist
  - Behavioural Counsellor (bachelors/masters)
  - Practising Psychotherapist
  - BSc in Clinical Psychology
  - Practitioners who satisfy the UK Drug and Alcohol National Occupation Standards (DANOS)
- ii. Experience: At least three years' experience of working with issues relating to substance use and/or abuse.

It is possible that more than one practitioner may be involved during the treatment programme. In such circumstances, each practitioner must fulfil the requirements described above.

#### **4. Initial Assessment**

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All athletes are required to attend an initial assessment. The assessment must take place in an appropriate and confidential setting.

At a minimum, an initial assessment must cover the following topics:

- An individual's historical and current relationship with substance use
- An individual's vulnerability to other issues relating to substance use
- Any risk that an individual may be to themselves or others
- Proposal for a clinically appropriate follow-up programme for the individual to attend - and reasoning.

This follow-up programme must consist of either two or more education sessions or two or more therapeutic sessions, of a minimum of one hour each.

#### **5. Education Sessions**

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A minimum of two education sessions following the initial assessment will be considered as meeting the requirements of a UKAD approved treatment programme. Each session must be carried out on a one-to-one basis in an appropriate and confidential setting.

Education programmes must evidence that they achieve the following learning objectives:

- That an individual understands UK law relating to controlled drugs
- That an individual understands the difference between substance use and substance dependency (this should include physical and emotional dependency)
- That an individual is able to recognise habitual use
- That an individual recognises the dangers of substance use (personal, professional and societal)
- That an individual knows where to seek confidential support should they need to.

## **6. Therapeutic Sessions**

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A minimum of two therapeutic sessions following the initial assessment will be considered as meeting the requirements of a UKAD approved programme. Each session must be carried out on a one-to-one basis in an appropriate and confidential setting

Although therapeutic interventions will be focused on the attendee and their relationship to substances, they must aim to meet the following goals:

- That an individual understands UK law relating to controlled drugs
- That an individual understands their own personal relationship with substances and their readiness to change
- That an individual understands the difference between substance use and substance dependency and where they are in this process (this should include physical and emotional dependency)
- That an individual recognises the dangers of substance use as it relates to them including the personal, professional and societal effects
- That an individual knows where and how to receive further confidential support if needed.

## **7. Treatment Programme Report**

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Upon completion of the treatment programme, a report from the practitioner(s) involved must be provided to UKAD and include the following content:

- Details of the qualifications and experience of the practitioner(s) involved in the treatment programme provided to the athlete
- Confirmation of an initial assessment being conducted to the required standard
- Summary of recommendations from the initial assessment (including whether education or therapeutic sessions were advised and why)
- Confirmation of follow-up sessions being conducted to the required standard, incorporating the elements set out above

## **8. Confidentiality**

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All elements of the above process must be framed within a robust confidentiality agreement that respects the personal and professional rights of the athlete.

In addition to standard safeguarding clauses, the athlete will sign an addendum to the confidentiality agreement (as set out in Annex A) confirming that any disclosure of an intention to continue to breach the anti-doping rules will be included by the practitioner in the treatment programme report provided to UKAD.

## **9. Review by UKAD**

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Once received, the treatment programme report will be reviewed by the Case Management team at UKAD. A written response with a decision on the possible reduction in the period of Ineligibility pursuant to Article 10.2.4 of the ADR will be provided to the athlete as soon as practicable. UKAD may require further information before reaching its decision.

## **Annex A: Addendum to existing confidentiality agreements**

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It is a requirement of a UKAD approved treatment programme that a confidentiality agreement which sets out the parameters of any reporting must be agreed with an athlete. In addition to the standard safeguarding exemptions, an understanding of point one below must also be confirmed between both parties.

- 1) It is an expectation that if an individual discloses an intention to continue to breach anti-doping rules, that this information will be included in the Treatment Programme Report submitted to UKAD.

Declaration;

I ....., have read or been read the confidentiality agreement between me and .....(organisation).

In addition to this;

I understand that should I disclose an intention to continue with acts that would breach anti-doping rules that this will be included in the Treatment Programme Report submitted to UKAD.

Signed .....

Dated .....