

# Welcome to the Webinar!



**We will begin the presentation shortly. Thank you for your patience.**

# Substance Use Disorder 101

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“TAILORING TREATMENT”



**ctac**

THE COMMUNITY TECHNICAL  
ASSISTANCE CENTER OF NEW YORK



The National Center on  
Addiction and Substance Abuse

# Presenters

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# Who We Are

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- ▶ **The National Center on Addiction and Substance Abuse (CASA) is a national non-profit research and policy organization focused on improving the understanding, prevention, and treatment of substance use and addiction. CASA connects science with policy and practice to better the lives of all people impacted by substance use and addiction.**

# Who We Are- MCTAC

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In partnership with the Community Technical Assistance Center of New York (CTAC), MCTAC is a training, consultation, and educational resource center that offers resources to *all mental health and substance use disorder providers in New York State.*

## MCTAC's Goal

Provide training and intensive support on quality improvement strategies, including business, organizational, and clinical practices to achieve the overall goal of preparing and assisting providers with the transition to Medicaid Managed Care.

# ADDICTION TREATMENT

# Addiction Treatment

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- ▶ **Addiction is a treatable disease.**
- ▶ **Treatment interventions are physician-driven, team-based and use an array of evidence-based pharmacological and psychosocial approaches.**
- ▶ **Addiction treatment is available within a continuum of care.**

# Level of Care for Alcohol and Drug Treatment Referral

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- ▶ NYS OASAS, in partnership with The National Center on Addiction and Substance Abuse (CASA), developed the LOCADTR 3.0.
- ▶ This web-based tool is used by SUD treatment providers, Managed Care plans, and other referral sources to determine the most appropriate level of care.
- ▶ LOCADTR 3.0 factors in client risks and resources to identify an appropriate treatment setting in a patient-centered way that will be safe and effective given the clients situation and needs

# SUD Treatment Modalities

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- ▶ **Treatment is comprised of multiple levels of care which include:**
  - In-Patient Rehabilitation
  - Crisis Services/Detoxification
  - Residential
  - Outpatient
  
- ▶ **Additional Services**
  - Recovery Support Services
  - Peer Supports

*New York State Office of Alcoholism and Substance Abuse Services (OASAS)*

# Inpatient



## Inpatient Rehab



- 24- hour medical coverage and oversight
- Individuals **are not in need of medical detoxification**
- Services are short-term and intensive

# Crisis Services

## Medically Managed Withdrawal

- Hospital setting
- 48 hour observation-beds
- Medical management of **severe** withdrawal or risk of **severe** withdrawal symptoms
- May include risk of acute physical or psychiatric co-morbidity

## Medically Supervised Withdrawal- Inpatient

- Physician directed – 24/7 staffing & 24 hour medical coverage
  - Treatment of **moderate** withdrawal symptoms and non acute physical or psychiatric
- Must provide:**
- ✓ Biopsychosocial assessment
  - ✓ medical supervision of intoxication and withdrawal conditions
  - ✓ pharmacological services
  - ✓ Individual and group counseling
  - ✓ Level of care determination
  - ✓ Referral to other appropriate services.

## Medically Supervised Withdrawal – Outpatient

- Outpatient setting
  - **Moderate** alcohol or substance withdrawal, do not meet the admission criteria for medically managed or inpatient medically supervised
  - Has recovery resources
- Must provide:**
- ✓ Be seen by a medical professional every day
  - ✓ Engage in counseling services
  - ✓ Have access to a 24 hour hotline - access to a medical professional

# Residential

## Stabilization

- Focused on stabilizing the individual and increasing coping skills
- Provides medical and clinical services including:
  - ✓ Medical evaluation
  - ✓ Ongoing medication management and limited medical intervention
  - ✓ Ancillary withdrawal and MAT
  - ✓ Psychiatric evaluation and ongoing management
  - ✓ Group, individual and family counseling
- Medical staff are available in the residence daily – on call 24/7
- Admitting hours 7days/week

## Rehabilitation

- Stable enough to manage emotional states, urges and cravings, co-occurring psychiatric symptoms and medical conditions within the safety of a residential setting.
- Services include:**
- ✓ Medical monitoring of chronic conditions
  - ✓ Routine medication management
  - ✓ Individual, group and family counseling focused on rehabilitation

## Reintegration

- Transition from structured treatment environments to more independent living
- May be provided in a congregate or scatter-site setting
- Most services are provided in the community and include clinical and social services
- **Services include**
  - ✓ Medical and clinical oversight of chronic but stable medical and psychiatric symptoms
  - ✓ Community meetings
  - ✓ Activities of daily living (ADL) support
  - ✓ Case management
  - ✓ Vocational support
  - ✓ Clinical services to support transition to independent living.

# Outpatient

## Outpatient Clinic

- Length of stay and the intensity will vary during the course of treatment

### Treatment includes:

- ✓ Group and individual counseling
- ✓ Self-help groups
- ✓ Alcohol and substance abuse disorder awareness
- ✓ Relapse prevention
- ✓ HIV and other communicable disease education
- ✓ Risk assessment
- ✓ Supportive counseling and referral
- ✓ Family treatment

## Intensive Outpatient Clinic

- time-limited, multi-faceted array of services
- 9 service hours per week delivered during the day, evening or weekends.

### Treatment includes:

- ✓ individual, group and family counseling
- ✓ Relapse prevention
- ✓ Cognitive and behavioral interventions;
- ✓ Motivational enhancement
- ✓ Development of coping skills -deal with emotions and environmental stressors

## Outpatient Rehabilitation

- Initially three to five days a week for at least four hours per day
- Chronic medical and psychiatric conditions

### Treatment includes:

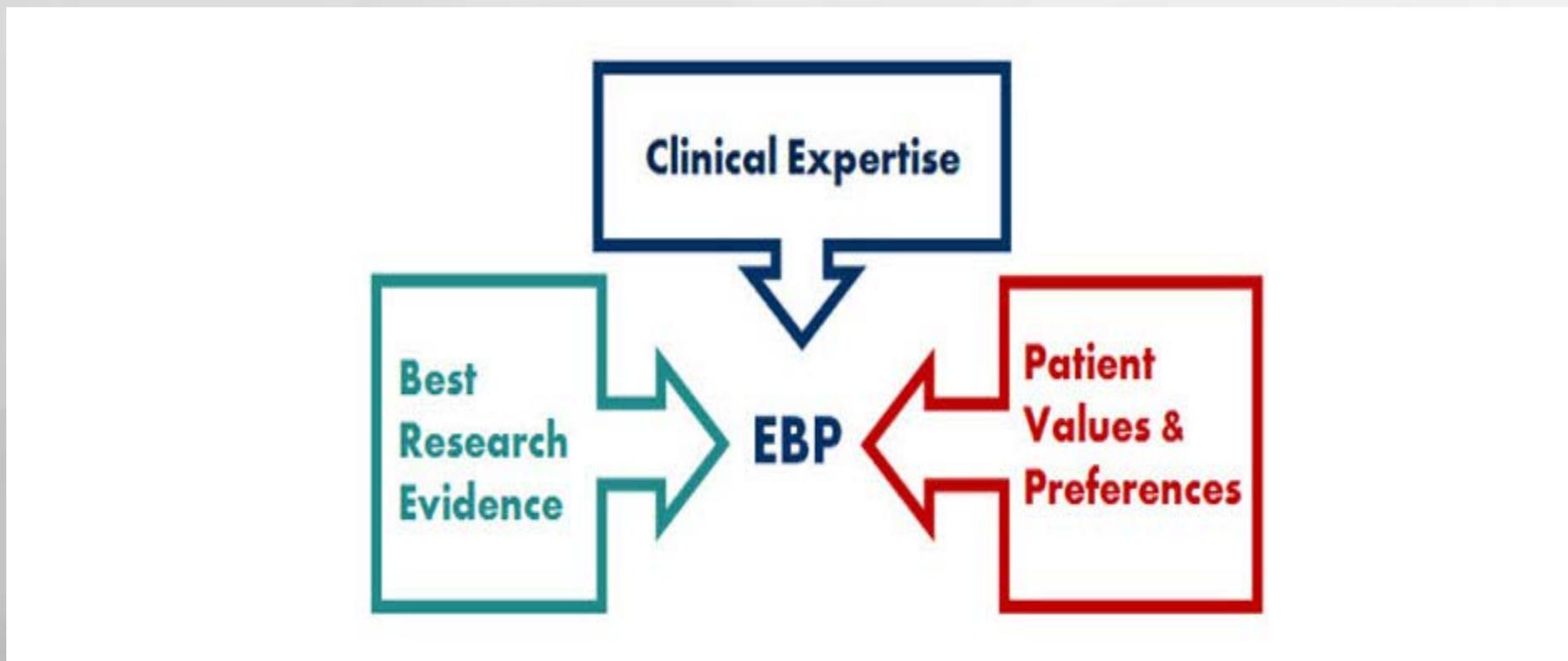
- ✓ Social and health care services
- ✓ Skill development
- ✓ Accessing community services
- ✓ Activity therapies
- ✓ Information and education about nutritional requirements
- ✓ Vocational and educational evaluation

## Opioid Treatment Program (OTP)

- OASAS-certified sites - methadone or other approved medications are administered to treat opioid dependency
- Prescribe and deliver medication assisted treatment
- Offers medical and support services including counseling and educational and vocational rehabilitation.
- Recently incorporated into OP regulations

# Evidence-Based Practices

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Source: Sackett, Straus, Richardson, Rosenberg, & Haynes, 2000)

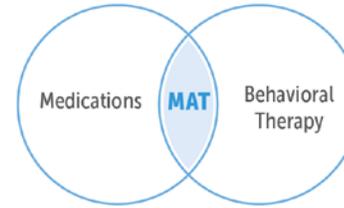
# Evidenced-Based Practices

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- **EBP's for SUD include:**
  - Medication Assisted Treatment
  - Motivational Interviewing
  - Contingency Management
  - Family Therapy
  - Cognitive behavioral therapies:
    - teach individuals to recognize and stop negative patterns of thinking and behavior
    - Cognitive-behavioral therapy may, for example, help a person become aware of stressors, situations, and feelings that lead to substance use so that the person can avoid them or act differently when they occur
- ▶ **Manualized EBP examples:** Seeking Safety, Thinking for a Change

## Medication-Assisted Treatment (MAT)

Medication-assisted treatment (MAT) is the **most effective treatment for opioid addiction**. It involves the combination of behavioral therapy with FDA-approved medications prescribed by a medical professional.



[www.centeronaddiction.org](http://www.centeronaddiction.org)

### FDA-Approved Medications for Opioid Addiction

#### METHADONE



Medication is taken daily (liquid)



Can only be dispensed in opioid treatment programs

Numerous federal, state and local regulations

#### BUPRENORPHINE (SUBOXONE®)



Medication is taken daily (pill or film)



Prescribed by office-based providers and dispensed in pharmacies for at home use

Special requirements on providers and limit on number of patients

#### ORAL OR INJECTABLE NALTREXONE (VIVITROL®)



Medication is taken thrice weekly (pills) or once monthly (injection)



Prescribed or administered in a doctor's office

No regulations

# Multiple Pathways to Recovery

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- ▶ An individual's treatment course may ebb and flow between abstinence, active use and recovery.
- ▶ The journey leading to sustained recovery can take multiple paths
- ▶ An individual may experience periods of abstinence where treatment is addressing ongoing recovery goals; and
- ▶ Periods of active use where treatment is focused on regaining stability and eliminating acute symptoms.

# Recovery Support Services

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- ▶ **Recovery Support Services** - are available through community service providers and include:
  - ▶ Recovery centers
  - ▶ Recovery coaching
  - ▶ Case management
  - ▶ HCBS services
  - ▶ Mutual Aid Groups
  - ▶ Certified Recovery Peer Advocates

# Mutual Support Groups

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- ▶ Mutual support (also called self-help) groups are an important part of recovery from substance use disorders. Mutual support groups exist both for persons with an SUD and for their families or significant others.
- ▶ Mutual support groups are nonprofessional groups comprising members who share the same problem and voluntarily support one another in the recovery from that problem.
- ▶ Twelve-step groups emphasize abstinence and have 12 core developmental “steps” to recovering from dependence.

# Mutual Support Groups (Con't)

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- ▶ Examples of 12-step mutual support groups include:
- ▶ Alcohol Anonymous (AA)
- ▶ Narcotics Anonymous (NA)
- ▶ Cocaine Anonymous (CA)
- ▶ Double Trouble in Recovery (persons with co-occurring substance use and mental disorders)
- ▶ Families Anonymous
- ▶ Al-Anon/Alateen (provide support to significant others, families and friends of persons with SUDs)

# Certified Recovery Peer Advocate

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- ▶ A Certified Recovery Peer Advocate (CRPA) is a person who provides outreach, advocacy, mentoring and recovery support services to those seeking or sustaining recovery.
- ▶ A CRPA-Youth- provides peer support services based on clinical need as identified in the patient's treatment/recovery plan. (s)he utilizes their recovery expertise and experience to help peers develop recovery plans, learn and practice new skills, help peers self-monitor their progress, and model effective coping skills.

# Certified Recovery Peer Advocate Cont.

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- ▶ A CRPA- Family- provides services to families caring for/raising a child who is experiencing social emotional, developmental, medical, substance use, and/or behavioral challenges in their home, school, placement, and/or community. This service can be delivered in either an individual face-to-face intervention or a group face-to-face intervention.

# References

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- ▶ [www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/evidence-based-approaches-to-drug-addiction-treatment/behavioral-2](http://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/evidence-based-approaches-to-drug-addiction-treatment/behavioral-2)
- ▶ [www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/evidence-based-approaches-to-drug-addiction-treatment/behavioral](http://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/evidence-based-approaches-to-drug-addiction-treatment/behavioral)
- ▶ [www.oasas.ny.gov/procurements/documents/Youth-Family\\_Peer\\_Services.pdf](http://www.oasas.ny.gov/procurements/documents/Youth-Family_Peer_Services.pdf)
- ▶ [www.samhsa.gov/medication-assisted-treatment](http://www.samhsa.gov/medication-assisted-treatment)
- ▶ <https://store.samhsa.gov/shin/content/SMA08-4336/SMA08-4336.pdf>



**Questions?**

# THANK YOU



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