

Substance Use Disorder & Recovery Solutions

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Regional Manager, Groups: Recover Together

Substance Use Treatment



▶ Abstinence Model

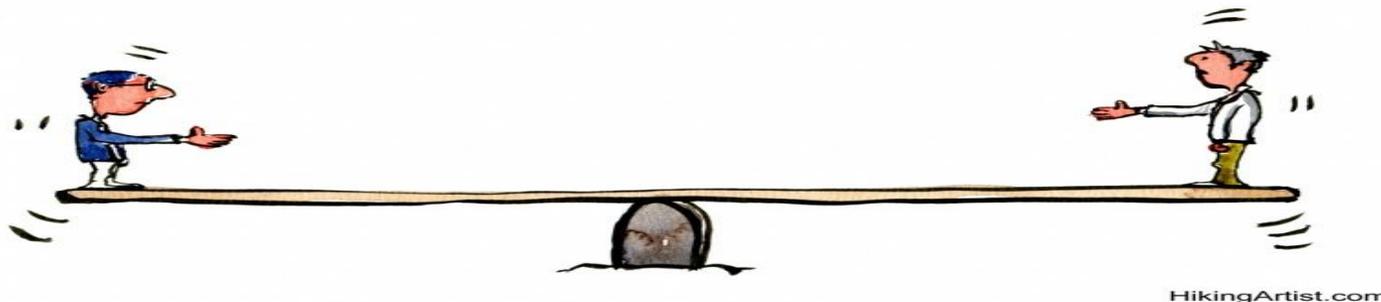
- ▶ No substances or medication whatsoever
- ▶ Heavy emphasis on mutual help groups
- ▶ You can't get sober until you're 'ready'

▶ Harm Reduction

- ▶ Focusing on one or more substances at a time or controlled use is acceptable
- ▶ Heavy emphasis on reduced negative outcomes from behavior
- ▶ People can begin in any stage of change

Meeting in the Middle

- ▶ Any goal is supported, whether abstinence or harm reduction
- ▶ Both professional counseling and mutual help environments are encouraged
- ▶ Treatment can be entered at any stage of change, focus should be on retention
- ▶ Change process can be slow or rapid, depending on the person
- ▶ Treatment should be individualized for each unique blend of biological, psychological, social, and spiritual needs
- ▶ Addiction is a medical disease, so medication is a valid & effective component of recovery



Medication-Assisted Treatment (MAT)

- ▶ Combines behavioral therapy and medications to treat substance use disorder
- ▶ Medications operate to normalize brain chemistry and body functions, block the euphoric effects of the substance, and relieve physiological cravings
- ▶ MAT medications are approved by the food & Drug administration (FDA)
- ▶ MAT medications currently only exist for alcohol, opioids, and tobacco

Why MAT?

The ultimate goal of MAT is full recovery, including the ability to live a self-directed life.

This treatment approach has been shown to:

- ▶ Improve patient survival
- ▶ Increase retention in treatment
- ▶ Decrease illicit drug use and other criminal activity among people with substance use disorders
- ▶ Increase patients' ability to gain and maintain employment
- ▶ Improve birth outcomes among women who have substance use disorders and are pregnant
- ▶ lower risk of contracting HIV or hepatitis C by reducing the potential for relapse



Common Barriers

Unfortunately, MAT is greatly underused. For instance, according to [SAMHSA's Treatment Episode Data Set \(TEDS\) 2002-2010](#), the proportion of heroin admissions with treatment plans that included receiving medication-assisted opioid therapy fell from 35% in 2002 to 28% in 2010.

- ▶ Misconceptions about substituting one drug for another
- ▶ Discrimination against MAT patients, despite state and federal laws clearly prohibiting it
- ▶ Lack of training for physicians
- ▶ Negative opinions toward MAT in communities and among health care professionals.

Opioid Use Disorder Medications

- ▶ Methadone
- ▶ Buprenorphine
- ▶ Naltrexone

Methadone

- ▶ Began in the 1960's
- ▶ Dispensed at DEA & DMHA regulated opioid treatment program facilities
- ▶ Requires just one daily dose of medication
- ▶ Highly effective for severe opioid use
- ▶ Eases withdrawal symptoms
- ▶ Stops illicit opioid use
- ▶ Helps individual stabilize
- ▶ Inexpensive

Methadone Criticisms

- ▶ “It’s just substituting one drug for another”
 - ▶ Methadone is a legal medication, not a “drug”
 - ▶ It is taken under medical supervision
 - ▶ It reduces multiple negative consequences that illicit drugs cause
- ▶ “Patients are getting high”
 - ▶ Methadone has a slow onset and is long-acting (24 hours)
 - ▶ It matches the patient’s level of addiction
 - ▶ It stops the daily cycle of sedation and sickness
 - ▶ It allows the patient to function normally

Buprenorphine

- ▶ Brand names are Suboxone and Subutex
 - ▶ Suboxone contains naloxone
 - ▶ Subutex is pure buprenorphine
- ▶ Prescribed by physicians, NPs and PAs that hold a special DEA waiver, does not require visits to special clinics
- ▶ Partial opioid agonist, taken sublingually or orally daily
- ▶ May not be as effective with severely addicted opioid users
- ▶ Ceiling effect makes overdose less likely
- ▶ Eases withdrawal symptoms
- ▶ Stops illicit opioid use
- ▶ Helps individual stabilize

Probuphine Implant

- ▶ Polymer rod that is infused with buprenorphine, inserted in the arm
- ▶ 4 implants are inserted sub-dermally for 6 months
- ▶ Each implant contains 74.2mg buprenorphine, which deliver continuous and stable levels throughout the time inserted
- ▶ Only clients who are stable on 8mg of oral buprenorphine or less and are engaged in treatment with a support structure are clinically appropriate



Naltrexone

- ▶ Brand names are Revia, Depade, and Vivitrol
- ▶ Naltrexone is an opioid antagonist, it is non-addictive and cannot be abused
- ▶ It completely blocks the effects of opioids
- ▶ It prevents relapse
- ▶ A person must be opioid free for 7 to 10 days before beginning treatment

Comprehensive Treatment Components

- ▶ Counseling (group, individual, family)
 - ▶ Counseling helps:
 - ▶ Improve problem-solving and interpersonal skills
 - ▶ Find incentives for reduced use and abstinence
 - ▶ Build a set of techniques to resist drug use
 - ▶ Replace drug use with constructive, rewarding activities
 - ▶ Evidence-based practices:
 - ▶ Motivational Interviewing / Enhancement
 - ▶ Cognitive Behavioral Therapy
 - ▶ Moral Reconciliation Therapy
 - ▶ Dialectical Behavioral Therapy



Comprehensive Treatment Components

- ▶ Skills development
- ▶ Case management
- ▶ Drug Screening
- ▶ Insurance navigation
- ▶ Housing / Food assistance services
- ▶ Employment / Legal services
- ▶ Medical / Dental Services
- ▶ Pain Management
- ▶ Mutual help group engagement
- ▶ Spiritual engagement



Comprehensive Treatment Components

- ▶ Drug Poisoning Prevention Education
 - ▶ Educate on naloxone administration
 - ▶ Help clients get naloxone for home
 - ▶ Inform clients and family members of any Good Samaritan laws which protect against drug offenses for people who call for medical help while experiencing or observing drug poisoning
 - ▶ Emphasize that a person given naloxone for overdose must be taken to the emergency department, as naloxone can wear off
 - ▶ All organizations should have a naloxone kit available for emergency use

Role of Mutual Help Groups in Recovery

- ▶ What are Mutual Help (Self-Help) groups?
 - ▶ Nonprofessional groups with members who share the same problem and voluntarily support one another in recovery from that problem
 - ▶ Part of a recovery-oriented system-of-care approach
 - ▶ Provide social, emotional, informational support for members throughout recovery process - help members take responsibility for sustained health, wellness, and recovery
- ▶ Popular groups
 - ▶ 12-step groups (AA, NA, CA, Al-Anon, Alateen, Nar-Anon)
 - ▶ SMART Recovery
 - ▶ Celebrate Recovery
 - ▶ Women for Sobriety



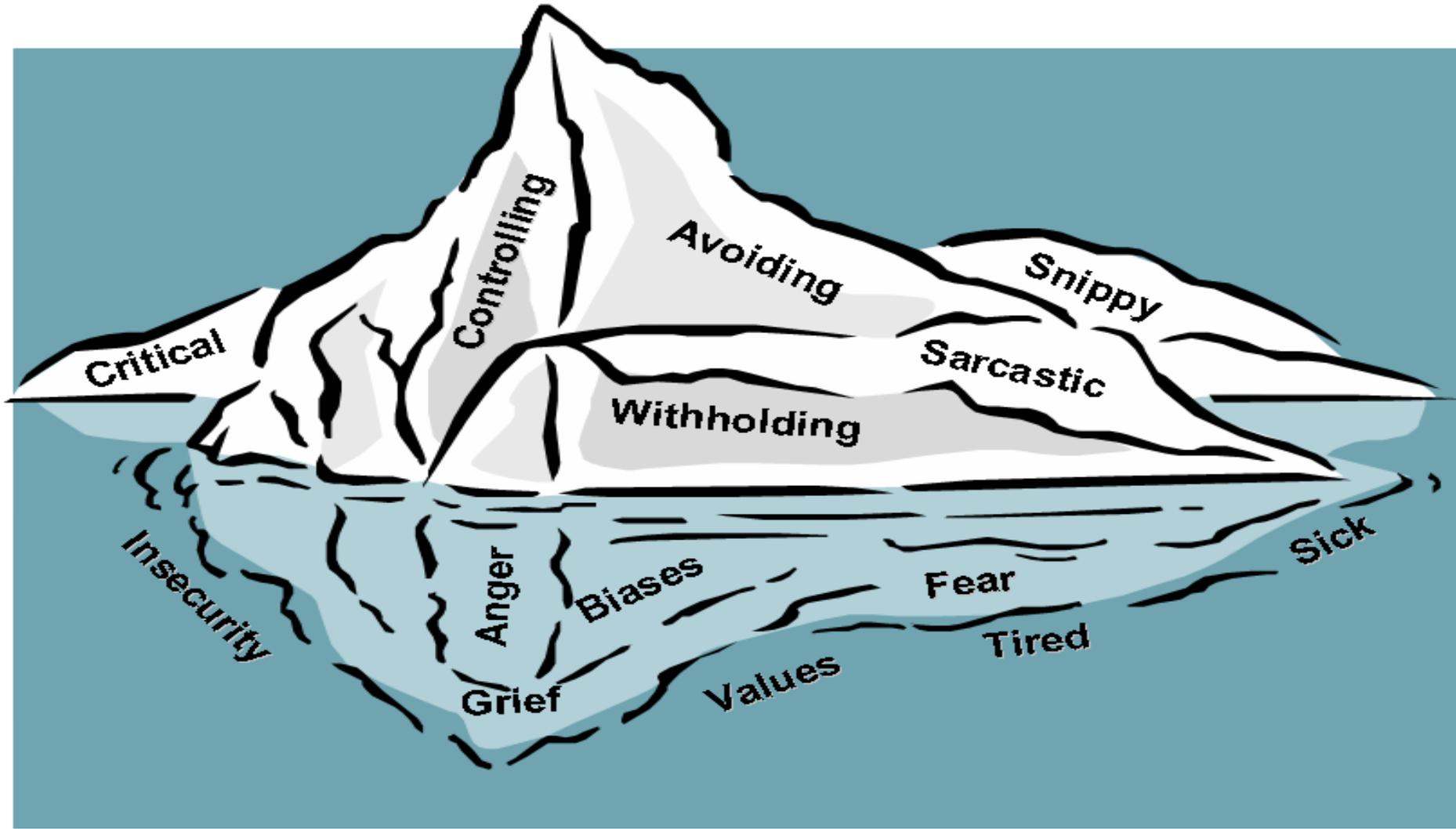
Addiction is a Family Disease

▶ Family Feelings

- ▶ Guilt
- ▶ Grief
- ▶ Anger
- ▶ Shame and loneliness
- ▶ Fear and hopelessness
- ▶ Hurt

▶ Family Reactions

- ▶ Denial
- ▶ Preoccupation
- ▶ Making changes in oneself
- ▶ Bargaining
- ▶ Blaming
- ▶ Controlling
- ▶ Disorganization of the family



Role of Family in Recovery

- ▶ Strategies to help clients develop and support positive relations with their families:
 - ▶ Suggest clients invite family and friends to aid in the recovery planning process
 - ▶ Emphasize the importance of relationships with family and friends who actively support recovery
 - ▶ Support clients in mending broken relationships with loved ones
 - ▶ Help clients cut ties with individuals who still use drugs or enable clients' drug use
 - ▶ Encourage clients to build new relationships that support recovery
- ▶ Strategies to help family members engage in treatment to offer support:
 - ▶ Recognize that the family has been harmed and participation can help them heal too
 - ▶ Ask family to recall some positive experiences they have had with the client
 - ▶ Introduce family to mutual help groups and other supports
 - ▶ Help the family understand OUD, the treatment process, and medication's role in recovery
 - ▶ Hold multifamily therapy groups or informal discussion sessions for families
 - ▶ Offer family or couples therapy

Recovery Resources

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▶ LookUp Indiana

▶ <https://lookupindiana.org/>

▶ Faces & Voices of Recovery Guide to Mutual Aid Resources

▶ <https://facesandvoicesofrecovery.org/resources/mutual-aid-resources/>

▶ Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline

▶ <https://www.samhsa.gov/find-help/national-helpline>

▶ National Institute on Drug Abuse (NIDA)

▶ <https://www.drugabuse.gov/>

▶ American Society of Addiction Medicine (ASAM)

▶ <https://www.asam.org/>

▶ Indiana Next Level Recovery

▶ www.knowthefacts.org