Substance Use Disorder Therapies

Ashley E. Collins, LCSW

Ashley.Collins@Centerstone.org

CENTERSTONE

What is Addiction?

- Addiction **IS** a brain disease !

- Using drugs initially is a choice.
  - Becoming addicted to them is not a choice.

- Drug addiction is defined as: a chronic, often relapsing brain disease that causes compulsive drug seeking and use, despite harmful consequences to the individual and those around them.—National Institute on Drug Abuse

NIDA. 2020, July 13. Drug Misuse and Addiction. Retrieved from https://nida.nih.gov/publications/drugs-brains-behavior-science-addiction/drug-misuse-addiction on 2022, June 21

CENTERSTONE

Why do people use drugs?

Drugs and alcohol activate the "pleasure center" of the brain which rewards us – makes us feel good – for doing drugs.

Being intoxicated offers a TEMPORARY escape from problems or reality:

Anxiety	Boredom	Conflict with Others
Depression	Enhance Abilities	Fatigue
Loneliness	Pain	Peer Pressure
Poor Self-Esteem	Recreation	Seeking Normalcy
Stress		

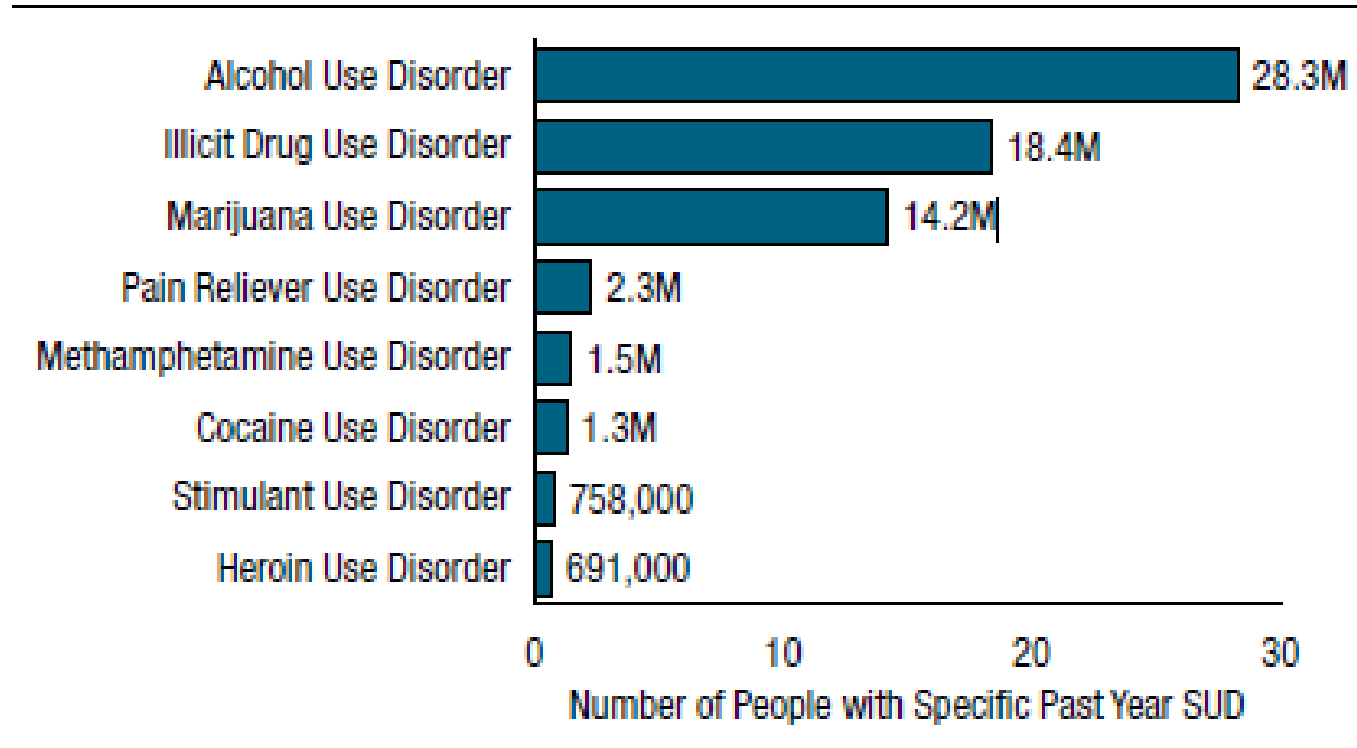CENTERSTONE

Substance Use Disorders Data

According to SAMHSA, in 2020, 40.3 million people 12 years old or older (14.5% of this population) had a SUD in the past year, including 28.3 million who had alcohol use disorder and 18.4 million who had an illicit drug use disorder.
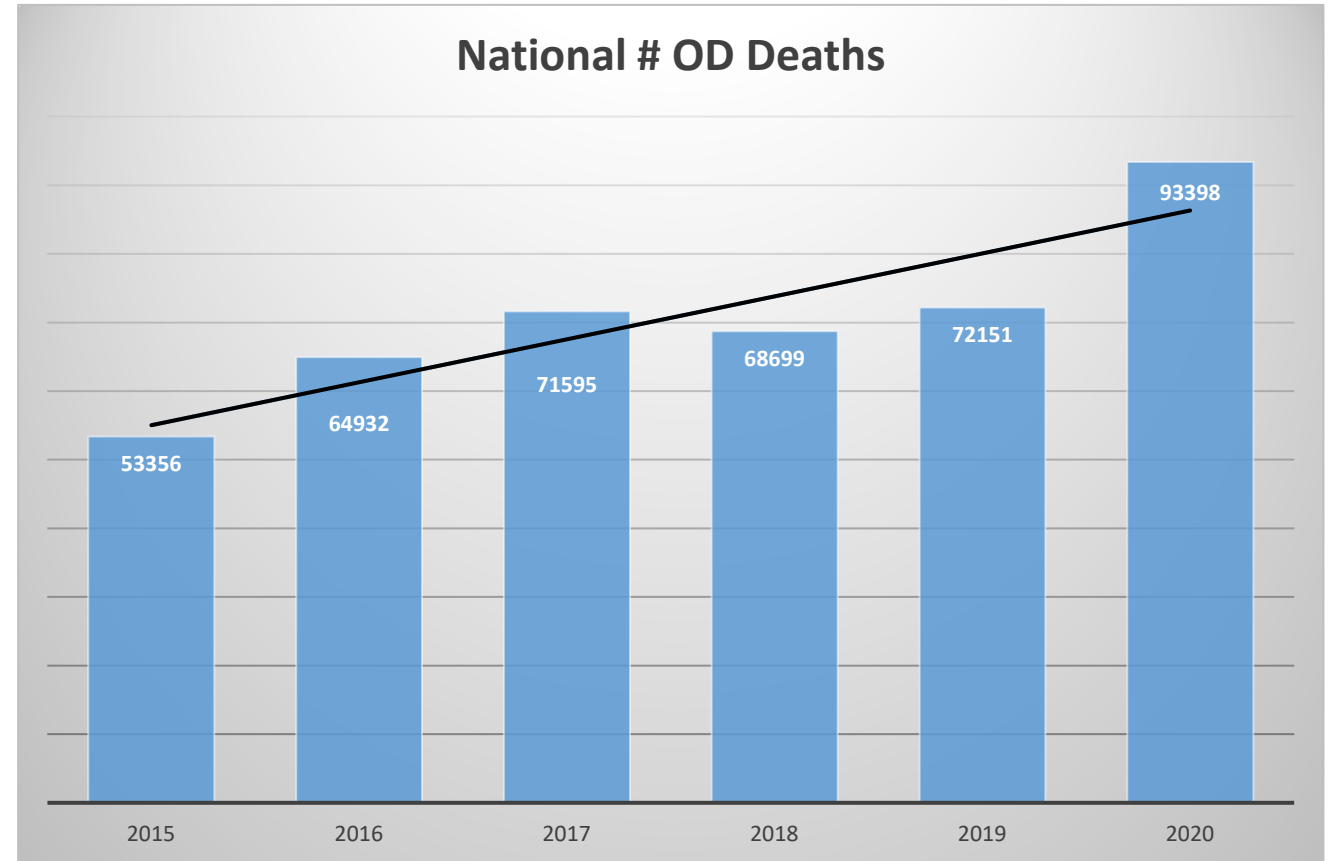

Substance Abuse and Mental Health Services Administration. (2021). *Key substance use and mental health indicators in the United States: Results from the 2020 National Survey on Drug Use and Health* (HHS Publication No. PEP21-07-01-003, NSDUH Series H-56). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from https://www.samhsa.gov/data/

CENTERSTONE

Overdose Deaths: National

- ## United States
  - ### 2015: 53,356 deaths
  - ### 2020: 93,398 deaths

NCHS, National Vital Statistics System. Estimates for 2020 are based on provisional data. Estimates for 2015-2019 are based on final data (available from: https://www.cdc.gov/nchs/nvss/mortality_public_use_data.htm).

National # OD Deaths

Year	Deaths
2015	53356
2016	64932
2017	71595
2018	68699
2019	72151
2020	93398

CENTERSTONE

Overdose Deaths: Indiana

- Indiana
  - 2015: 1,232 deaths
  - 2020: 2,267 deaths

NCHS, National Vital Statistics System. Estimates for 2020 are based on provisional data. Estimates for 2015-2019 are based on final data (available from: https://www.cdc.gov/nchs/nvss/mortality_public_use_data.htm).
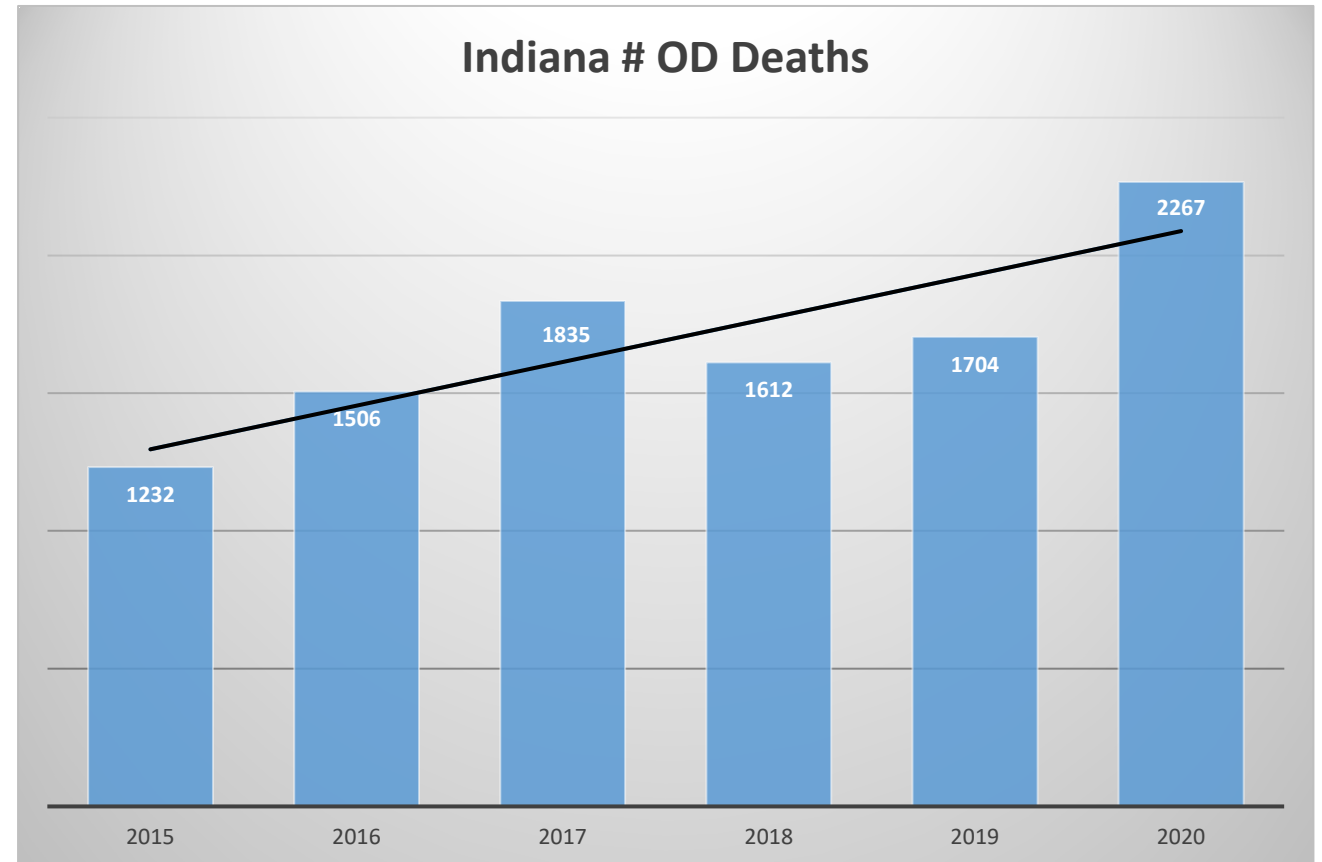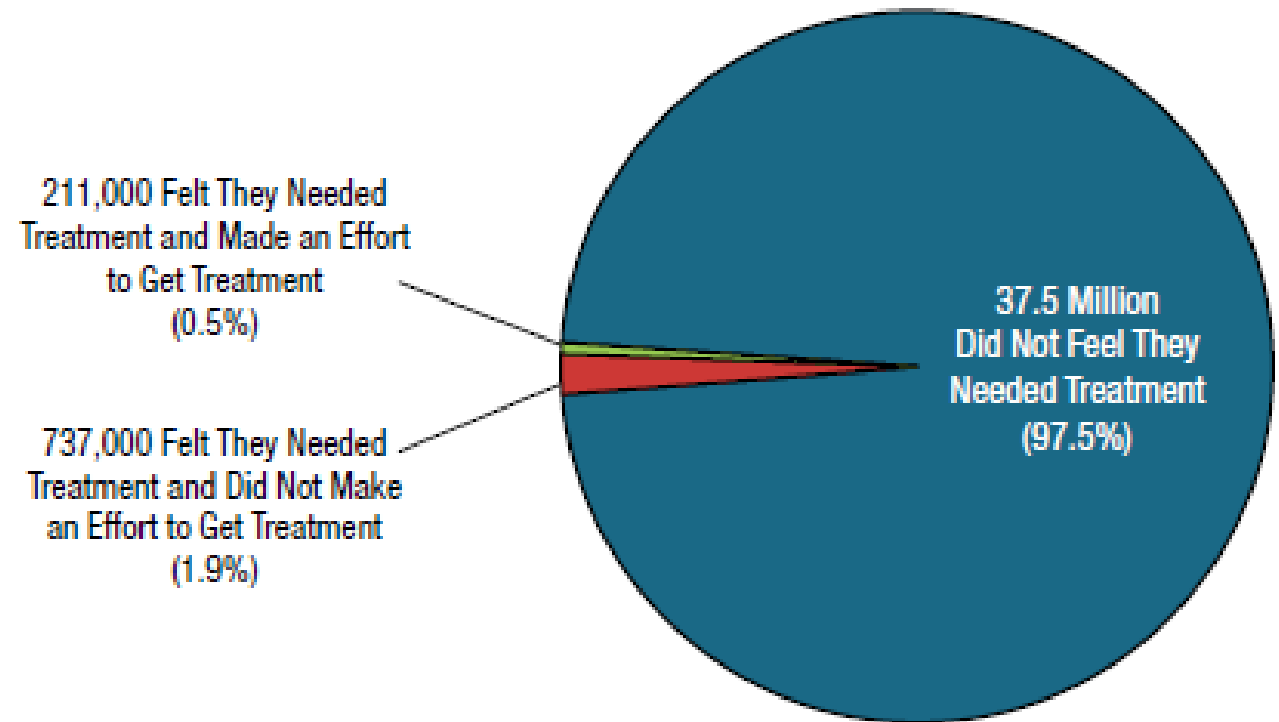
Indiana # OD Deaths

Year	Deaths
2015	1232
2016	1506
2017	1835
2018	1612
2019	1704
2020	2267

CENTERSTONE

Clinical/Therapeutic Approaches

Substance Abuse Counseling	98.3%	Anger Management	79.3%
12-Step Facilitation	65.5%	Matrix Model	45.1%
Brief Intervention	81.7%	Community Reinforcement plus Vouchers	10.4%
Cognitive Behavioral Therapy	93.8%	Rational Emotive Behavioral Therapy	42.6%
Dialectical Behavioral Therapy	60.7%	Relapse Prevention	96%
Contingency Management/Motivational Incentives	54.1%	Telemedicine/telehealth therapy	58.6%
Motivational Interviewing	93.3%	Other Treatment approaches	12.1%
Trauma-Related Counseling	83.1%	We do not use any of these clinical/therapeutic approaches	0.4%

CENTERSTONE

How Many are Getting Treatment?

Figure 45. Perceived Need for Substance Use Treatment: Among People Aged 12 or Older with a Past Year Substance Use Disorder (SUD) Who Did Not Receive Substance Use Treatment at a Specialty Facility in the Past Year; 2020

211,000 Felt They Needed Treatment and Made an Effort to Get Treatment (0.5%)

737,000 Felt They Needed Treatment and Did Not Make an Effort to Get Treatment (1.9%)

37.5 Million Did Not Feel They Needed Treatment (97.5%)

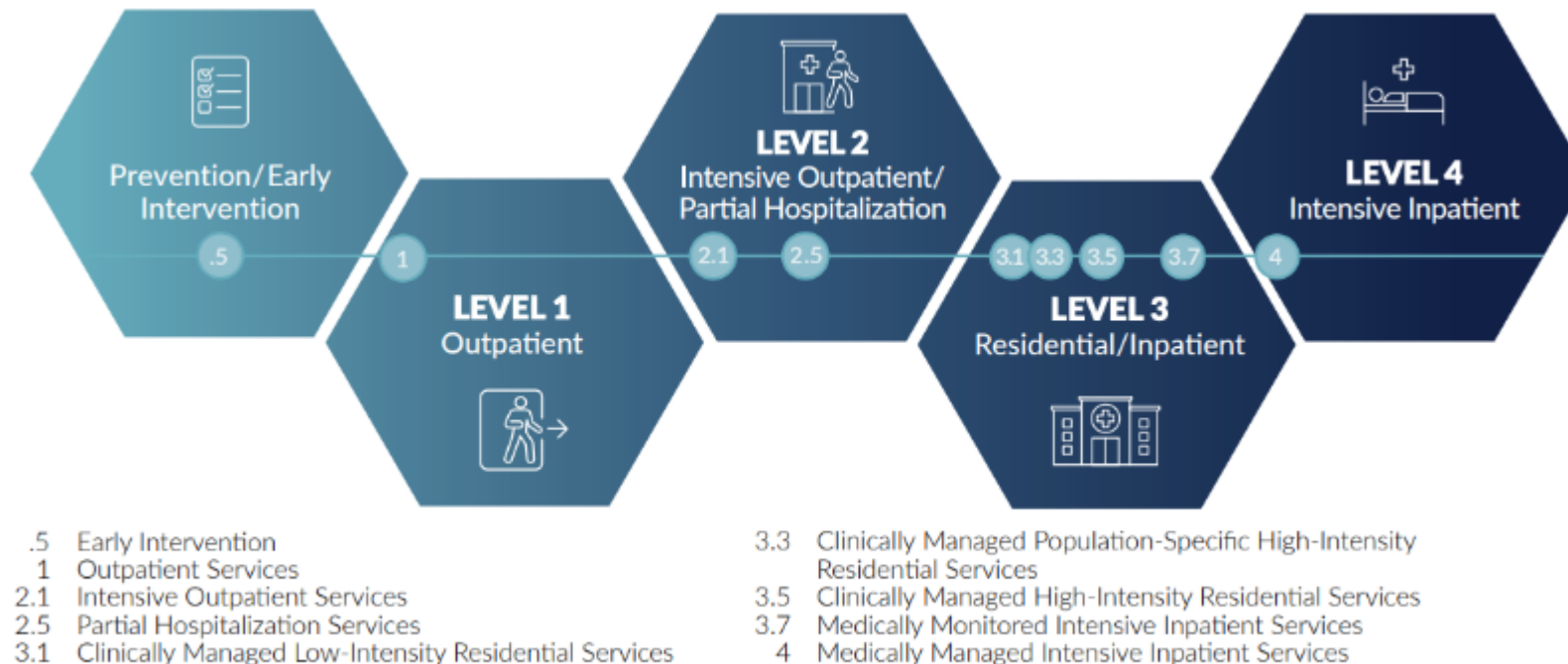38.4 Million People with an SUD Who Did Not Receive Substance Use Treatment at a Specialty Facility

Note: People who had an SUD were classified as needing substance use treatment.

Note: The percentages do not add to 100 percent due to rounding.

Substance Abuse and Mental Health Services Administration. (2021). *Key substance use and mental health indicators in the United States: Results from the 2020 National Survey on Drug Use and Health* (HHS Publication No. PEP21-07-01-003, NSDUH Series H-56). Rockville, MD: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration. Retrieved from https://www.samhsa.gov/data/

Levels of Care--ASAM

- The ASAM Criteria's strength-based multidimensional assessment takes into account a client's needs, obstacles, and liabilities, as well as their strengths, assets, resources, and support structure.

Prevention/Early Intervention
.5

LEVEL 1
Outpatient
1

LEVEL 2
Intensive Outpatient/
Partial Hospitalization
2.1   2.5

LEVEL 3
Residential/Inpatient
3.1 3.3 3.5 3.7

LEVEL 4
Intensive Inpatient
4

.5   Early Intervention
1   Outpatient Services
2.1   Intensive Outpatient Services
2.5   Partial Hospitalization Services
3.1   Clinically Managed Low-Intensity Residential Services

3.3   Clinically Managed Population-Specific High-Intensity Residential Services
3.5   Clinically Managed High-Intensity Residential Services
3.7   Medically Monitored Intensive Inpatient Services
4   Medically Managed Intensive Inpatient Services

CENTERSTONE

Principles of Drug Addiction Treatment

- Addiction is a complex but treatable disease that affects brain function and behavior.
- No single treatment is appropriate for everyone.
- Treatment needs to be readily available.
- Effective treatment attends to multiple needs of the individual, not just his/her drug abuse.

- Remaining in treatment is critical.
- Behavioral therapies—individual, family, or group—are the most commonly used forms of drug abuse treatment.
- Medications are an important element of treatment for many clients, especially when combined with counseling and other bx therapies.

NIDA. 2020, June 3. Why do drug-addicted persons keep using drugs?. Retrieved from https://nida.nih.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/why-do-drug-addicted-persons-keep-using-drugs on 2022, June 21

CENTERSTONE
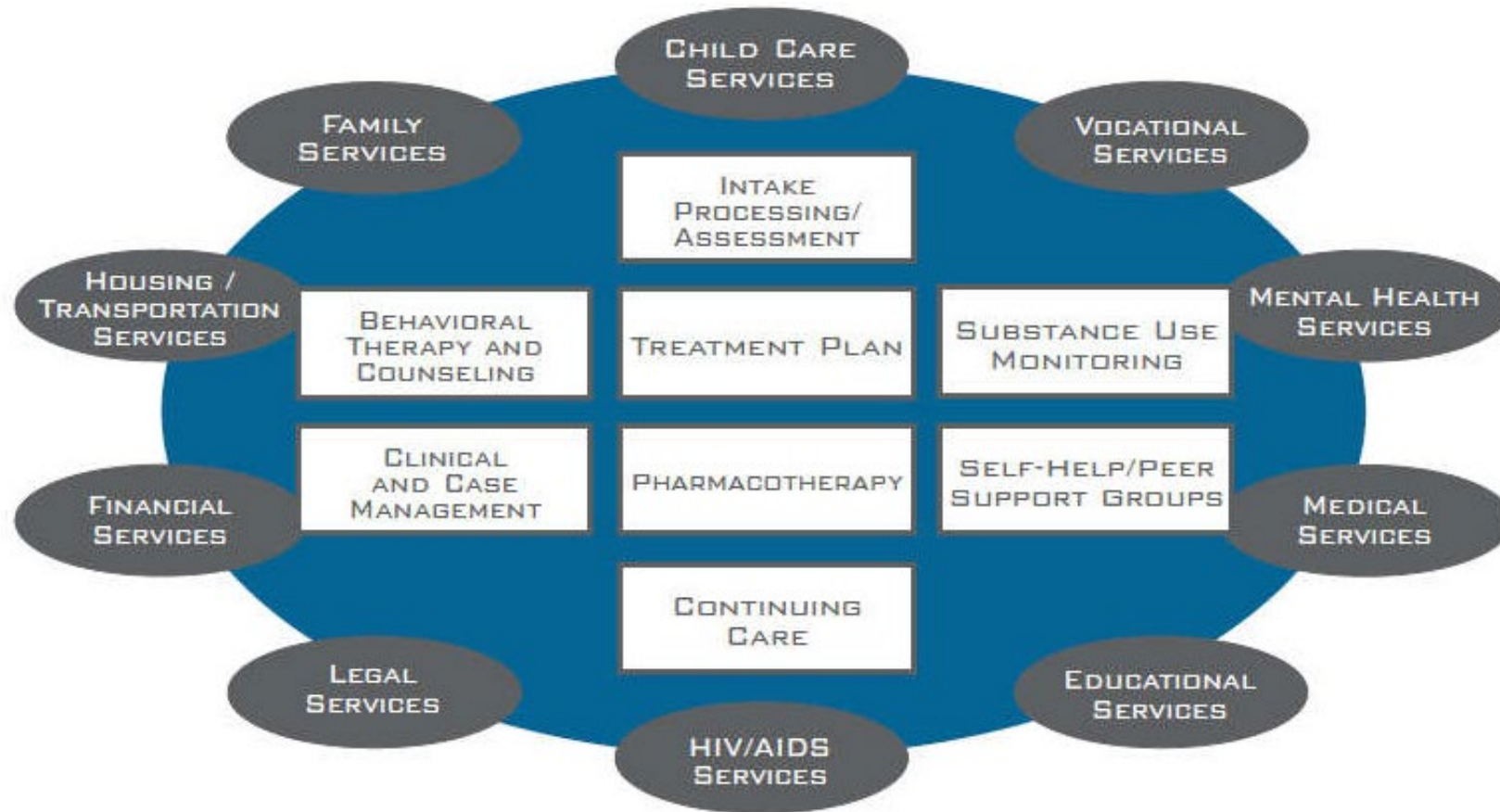
Principles of Drug Addiction Treatment Cont.

- An individuals' treatment and services plan must be assessed continually and modified as necessary to ensure that it meets his/her needs.

- Many drug-addicted individuals also have other mental disorders.

- Medically assisted detoxification is only the first stage of addiction tx and by itself does little to change long-term use.

- Treatment does not need to be voluntary to be effective.

- Drug use during treatment must be monitored continuously, as lapses during treatment do occur.

- Treatment programs should test clients for presence of HIV/AIDS, hepatitis B and C, tuberculosis, and other infectious diseases as well as provide targeted risk-reduction counseling, linking clients to treatment if necessary.

NIDA. 2020, June 3. Why do drug-addicted persons keep using drugs?. Retrieved from https://nida.nih.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/why-do-drug-addicted-persons-keep-using-drugs on 2022, June 21

CENTERSTONE

Comprehensive SUD Treatment

The best treatment programs provide a combination of therapies and other services to meet the needs of the individual patient.

Harm Reduction

- Needle Exchange
- Naloxone and education and training on administration
- Fentanyl Testing Strips
- HIV, Hep B, Hep C
- Education about safer ways to use
- Condoms
- Provide information about local resources—medical, prevention, legal, food, safe places to get help

CENTERSTONE

Medicated Assisted Treatment (MAT) for Opioids

EXHIBIT 1.2. Comparison of Medications for OUD

PRESCRIBING CONSIDERATIONS	METHADONE	NALTREXONE	BUPRENORPHINE
Mechanism of Action at mu-Opioid Receptor	Agonist	Antagonist	Partial agonist
Phase of Treatment	Medically supervised withdrawal, maintenance	Prevention of relapse to opioid misuse, following medically supervised withdrawal	Medically supervised withdrawal, maintenance
Route of Administration	Oral	Oral, intramuscular extended-release	Sublingual, buccal, subdermal implant, subcutaneous extended release injection

Substance Abuse and Mental Health Services Administration. *Medications for Opioid Use Disorder*. Treatment Improvement Protocol (TIP) Series 63 Publication No. PEP21-02-01-002. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2021.

CENTERSTONE

Medicated Assisted Treatment (MAT) for Alcohol

- Disulfiram (Antabuse)

- Acamprosate (Campral)

- Naltrexone (Vivitrol)

- Topiramate

NIDA. 2020, September 18. What is drug addiction treatment?. Retrieved from https://nida.nih.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/what-drug-addiction-treatment on 2022, June 21

CENTERSTONE

Psychosocial Interventions

- Cognitive-Behavioral Therapy (CBT)
- Brief Interventions (BI)
- Motivational Interviewing (MI)
- Relapse Prevention (RP)
- Contingency Management (CM)

NIDA. 2020, September 18. What is drug addiction treatment?. Retrieved from https://nida.nih.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/frequently-asked-questions/what-drug-addiction-treatment on 2022, June 21

Jhanjee S. (2014). Evidence based psychosocial interventions in substance use. *Indian journal of psychological medicine*, *36*(2), 112–118. https://doi.org/10.4103/0253-7176.130960

CENTERSTONE

Additional Interventions

- Dialectic Behavioral Therapy (DBT)
- Matrix Model
- Eye Movement Desensitization and Reprocessing (EMDR)

Dimeff, L. A., & Linehan, M. M. (2008). Dialectical behavior therapy for substance abusers. *Addiction science & clinical practice*, *4*(2), 39–47. https://doi.org/10.1151/ascp084239

NIDA. 2020, June 1. The Matrix Model (Stimulants). Retrieved from https://nida.nih.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/evidence-based-approaches-to-drug-addiction-treatment/behavioral-therapies/matrix on 2022, June 21
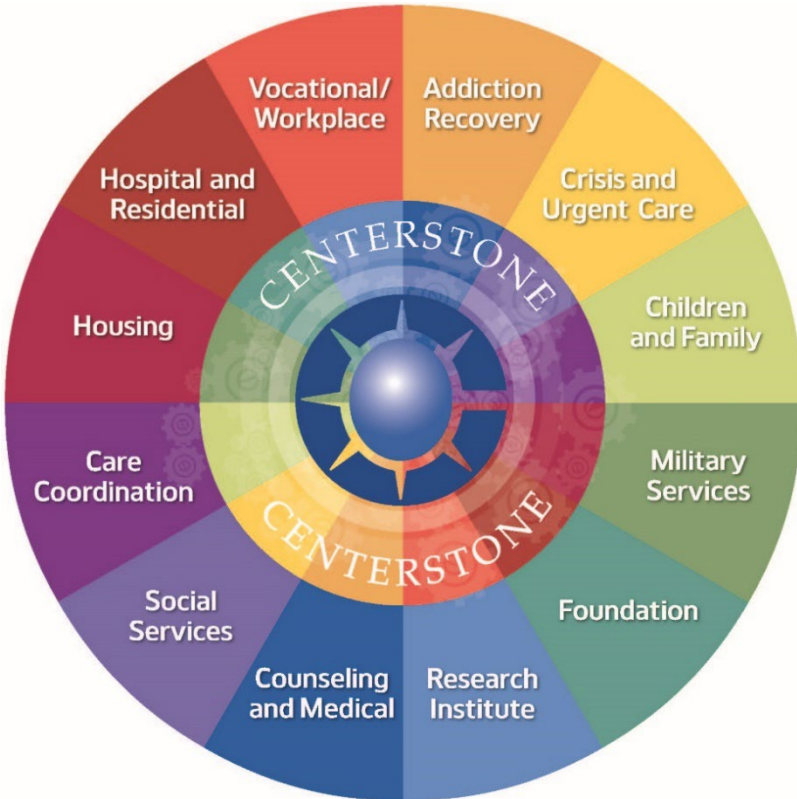
CENTERSTONE

Centerstone at a glance

- Centerstone is a private, not-for-profit healthcare organization with services available nationally

- Specialized programs for the military community, therapeutic foster care, children's services and employee assistance programs (eap)

- 60+ years in operation

- CARF and Joint Commission Accredited

- Centerstone's Research Institute provides guidance through research and technology, leveraging the best practices for use in all our communities

- Centerstone's Foundation secures philanthropic resources to support the work and mission of delivering care that changes people's lives

CENTERSTONE

Care In FY 2020

People Served:
140,000+ total
    44,500 children
    95,500 adults

Staff:
3,800 clinical and administrative staff plus a nationwide network of contracted behavioral health providers.

Services Provided:
2,955,500+ total

Operating Budget:
$278 million

Centerstone Facilities

1 Inpatient Behavioral Hospital & Addiction Center

74 Residential Facilities

95 Outpatient Community-Based Clinics

700+ Schools

CENTERSTONE