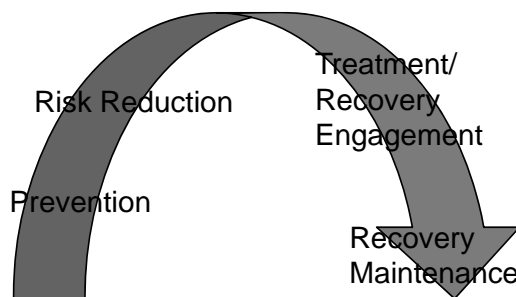


Best Practices for Treatment of Opioid Use Disorders

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SUBSTANCE USE CONTINUUM OF CARE



2016 SURGEON GENERAL'S REPORT

Medications for SUDs are like insulin for patients with diabetes.

Insulin reduces symptoms by normalizing glucose metabolism, but it is part of a broader disease control strategy that also employs diet change, education on healthy living, and self-monitoring.

2016 SURGEON GENERAL'S REPORT

MAT is a highly effective treatment option for individuals with alcohol and opioid use disorders.

Studies have repeatedly demonstrated the efficacy of MAT at reducing illicit drug use and overdose deaths, improving retention in treatment, and reducing HIV transmission.

VA-DoD SUD Guideline Key Recommendations

- Screening and brief alcohol intervention
- Treatment (pharmacotherapy and psychosocial interventions)
 - Alcohol use disorder
 - Opioid use disorder
 - Cannabis use disorder
 - Stimulant use disorder
- Promoting group mutual help (e.g. AA, NA, Smart Recovery)
- Address co-occurring mental health conditions and psychosocial problems
- Continuing care guided by ongoing assessment
- Stabilization and withdrawal

VA-DoD SUD Guideline Key Recommendations

SUD	Medications	Psychosocial Intervention
Alcohol	Acamprosate Disulfiram Naltrexone Topiramate Gabapentin*	Behavioral Couples Therapy Cognitive Behavioral therapy (CBT) Community Reinforcement Approach (CRA) Motivation Enhancement Therapy (MET) Twelve Step Facilitation
Opioid	Buprenorphine Methadone ER-Injectable Naltrexone*	Medical Management** Contingency Management (CM)/Individual Drug Counseling (IDC)**
Cannabis		CBT/MET
Stimulant		CBT/CRA/IDC +/- CM

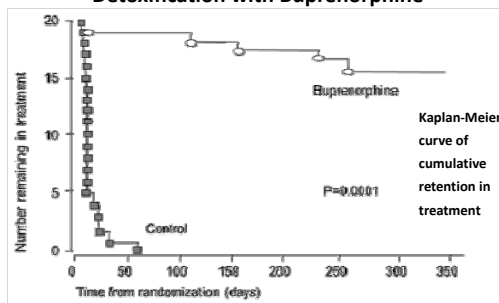
*suggested **recommended only with medication

MEDICATIONS

- Methadone and buprenorphine are approved by the FDA to treat opioid use disorder
 - Both are opioid agonists
- Extended-release injectable naltrexone is approved by the FDA for the prevention of relapse to opioid use after detoxification
 - An opioid antagonist

DETOXIFICATION *IS NOT* TREATMENT

Placebo Controlled Study of Maintenance vs. Detoxification with Buprenorphine



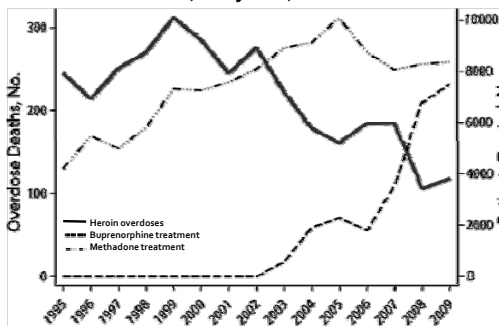
SELECT BENEFITS OF USING MEDICATION TO TREAT OPIOID USE DISORDER



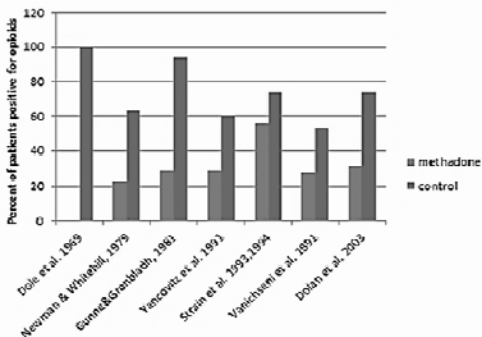
- Reduces all cause mortality
- Reduces HIV risk
- Decreases criminal behaviors
- Improves adherence to medical treatment
- Improves social function, stability, and productivity
- Decreases drug use

MAT SAVES LIVES

Baltimore, Maryland, 1995-2009

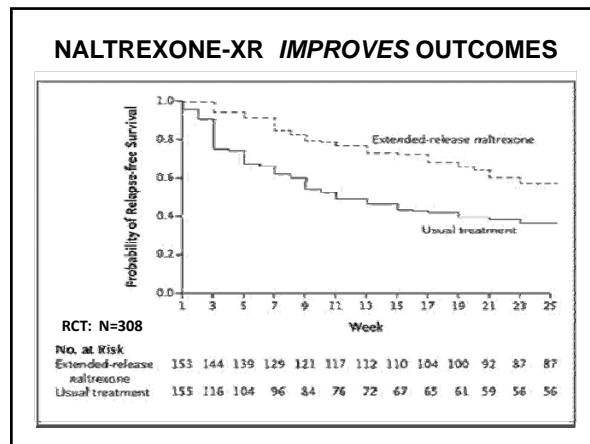
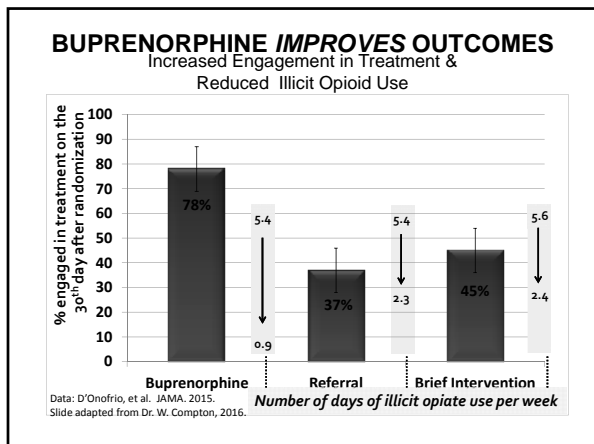


METHADONE IMPROVES OUTCOMES



SCIENTIFIC EVIDENCE THAT BUPRENORPHINE IMPROVES OUTCOMES

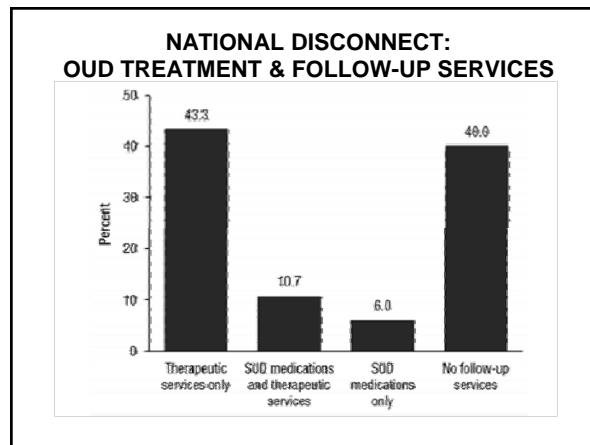
- **Buprenorphine:** Is associated with improved outcomes compared to placebo for individuals including pregnant women and their infants with OUDs.
 - Effective in reducing illegal opioid use
 - Clinical experience and research protocols indicate that buprenorphine initiation and stabilization during the induction period is an important part of successful treatment



OPENING EVERY DOOR TO TREATMENT: STRATEGIES TO REDUCE HARM

→ Use these strategies to engage people in treatment while addressing the needs of those who are not yet ready to participate in treatment. **Substantial evidence supports their effectiveness.**

- Public health-oriented, evidence-based, and cost-effective services to prevent and reduce substance use-related risks among those actively using substances.
- Services include outreach and education programs, needle/syringe exchange programs, overdose prevention education, and access to naloxone to reverse potentially lethal opioid overdose.



MEDICATION TRAINING & OD PREVENTION

Focus on safe opioid prescribing
www.pcso-o.org

Focus on OUD treatment
www.pcsmat.org

Focus on CME-accredited trainings on safe use of opioids

SAMHSA Opioid Overdose Prevention TOOLKIT:
Tools for State Health Ministers
Plus Essential Resources for First Responders
Initiated by Prescribers
Tailored to Patients & Family Members
Recommending Opioid Prescriptions

WE'RE HERE TO HELP YOU HELP THOSE IN NEED

→ Division of Pharmacologic Therapies: 240-276-2700

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- <https://www.samhsa.gov/medication-assisted-treatment>
- infobuprenorphine@samhsa.hhs.gov

BEST PRACTICES FOR OUD TREATMENT

THANK YOU!

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www.recoverymonth.gov