

# Medication Assisted Treatment in a Community Mental Health Center

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# Objectives

- Overview of population and services provided in a CMHC setting
- The challenges and benefits of delivering medication assisted treatment
- Best practices in MAT treatment



# What is MAT?



**Medication-Assisted Treatment** is treatment for addiction that includes the use of medication along with counseling and other support.

# What is an Opioid?

- Opioids are commonly prescribed to relieve pain
  - Common prescription names are:
    - Vicodin, OxyContin, Percocet
    - Also found in cough syrups with Codeine
  - Street Drugs
    - Heroin, Fentanyl
    - Junk, Smack, H, Horse



# Opioids and the Brain

- Pleasure – body releases endorphins
- Endorphins in turn releases Dopamine
- Opioids produce euphoria by increasing the level of dopamine in the brain



## **3 Medications approved to treat Opioid Use Disorders:**

**Methadone**

**Buprenorphine (Suboxone)**

**Naltrexone (Vivitrol, Revia)\***

# Alcohol Use Disorder

- A Kansas problem:
  - SAMHSA data – 174,000 individuals, 12 or older misuse or are dependent
  - Past month heavy use (KS, 8.5% vs U.S. 6.7%)
  - KC Metro data: 25% of 12 or older binge drank
  - Only 6.4% received treatment

# Consequences of Untreated Alcoholism

- 88,000 people die from alcohol-related causes each year
- 3<sup>rd</sup> leading preventable cause of death in the U.S.
  - 1<sup>st</sup> is Tobacco
  - 2<sup>nd</sup> is Poor diet and physical inactivity



# Why is quitting so difficult?

- Once physical dependency has occurred, the individual must continue to use or face extremely unpleasant withdrawals.
  - Avoiding withdrawals
    - Drug seeking, prescription shopping
    - Turning to street drugs
    - Criminal activity to support habit



## **Medications approved to treat Alcohol Use Disorders:**

**Naltrexone (Vivitrol, ReVia)**

**Campral**

**Antabuse**

# Benefits of MAT

- Significant decrease in cravings for opioids/alcohol
- Regain a normal state of mind
- Similar to taking medication to control heart disease or diabetes.

# Johnson County Mental Health Center

- Target Population
  - Serious and Persistent Mental Illness (SPMI)
  - Co-occurring Disorders (MH and SUD)
  - 8,396 in 2020



# Johnson County Mental Health

## Dual Diagnosis Outpatient Program

- Serve Annually: 483 (2020)
- Services offered:
  - Individual/Group Therapy
  - Case Management
  - Medical services

# Medication Assisted Treatment Program

- Began in 2016
- Drug/Alcoholism Council of Johnson Co Grant
- Leverage Prescription Assistance Program
- Combined with appropriate level of care treatment
- Population- primary alcohol
  - 36% Outpatient Clients
  - 49% Adult Detox Unit (ADU)
- Population- primary opiate
  - 8% outpatient
  - 14% ADU

# Initiating MAT

## **Naltrexone/Vivitrol:**

Opioids- 10-14 days abstinence

Alcohol- up to 7 days abstinence

## **Buprenorphine/Suboxone:**

Opioids- 12-72 hours abstinence

## **Methadone:**

No waiting period, however recommended to have Urine Drug Screen completed and that client is not impaired at time of dosing.

# Process for Suboxone Certification

- <https://www.samhsa.gov/medication-assisted-treatment/become-buprenorphine-waivered-practitioner>
- <https://www.samhsa.gov/medication-assisted-treatment/find-buprenorphine-waiver-training>



# Challenges and Implementation Process

- Staff lack of knowledge/ resistance
- Staff training and support from Alkermes
- Designing protocol
- Connecting with multidisciplinary team

# Stats by Year

2016:

- 17 prescribed medication (Vivitrol/ Naltrexone)
- Average retention on medication 4.9 months

2018 average % maintained abstinence from substance use- 94% (of 47 clients)

2020:

- 55 prescribed medication (Vivitrol/ Naltrexone)
- Average retention on medication 10 months

# MAT Outcomes

- Jobs - 87%
- Family - 87%
- Legal – 93%
- Mental health follow up – 87%
- Substance use – 80%
- Decreased need for emergency room visits, detox, etc.- 93%

All percentages based on 15 JCMHC MAT clients on MAT in 2018 (some started 2016/2017)



Thank You!



# Contact Information

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