

**Current Trends in Medication-Assisted Treatment of Addictive Disorders**

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Marshall Rosier (2008)

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Medication Assisted Recovery

**A Unified Model of Addiction**

**Compelling scientific evidence now shows:**

- ✓ Addictive disorders are extraordinarily similar
- ✓ Addiction is fundamentally a brain disorder
- ✓ Addiction is about brain chemistry and regulation
- ✓ Brain chemistry and normal brain functioning is significantly impacted by prolonged exposure to substances
- ✓ Effect on the brain last long after abstinence

Marshall Rosier (2008)

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Medication Assisted Recovery

**The Language of Addiction**

*Much of the language we have used has been:*  
**Stigmatizing, Limiting and Disorganized**

**Addiction**  
**Substance Use Disorders**  
**Abuse vs. Dependence**  
**Tolerance & Withdrawal**

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Medication Assisted Recovery

MAT & Pharmacotherapy

- *Addiction is a chronic brain disorder with lasting impact upon the brain and body*
- *Brain Chemistry may require pharmacotherapy to assist with regulation and functioning*

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Medication Assisted Recovery

Medication Assisted Recovery

*If someone you loved was suffering from a debilitating illness that impacted every aspect of their life...*

*Mind*  
*Body*  
*Spirit*

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Medication Assisted Recovery

Medication Assisted Recovery

*We would not ask...*

*When are you going to stop taking that?*  
*Why are you taking that?*  
*Why do you need that?*

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Medication Assisted Recovery

Medication Assisted Recovery

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*We would you want to know?*

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Medication Assisted Recovery

*When it comes to the treatment of addictive disorders, why do people react so differently?*

*Common Answer: Addiction is different from other medical disorders!*

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**Comparison of Chronic Disorders**

“When compared with other chronic diseases such as diabetes, hypertension, and asthma, drug dependence is remarkably similar in terms of vulnerability, onset, and course of illness.”

From *Opioid Dependence as a Chronic and Treatable Disease* (Reckitt Benckiser – 2008)

Marshall Rosier (2008)

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### Comparison of Chronic Disorders

Characteristic	Hypertension, Diabetes & Asthma	Drug Dependence
Well Studied	✓	✓
Predictable Disease Course	✓	✓
Effective Treatments	✓	✓
Curable	NO	NO
Heritability	✓	✓
Continuing Care Required	✓	✓
Worsens if Untreated	✓	✓
Influenced by Behavior	✓	✓
Ongoing Monitoring Needed	✓	✓
Chronic Disorder	✓	✓

From *Opioid Dependence as a Chronic and Treatable Disease* (Reckitt Benckiser – 2008)  
 (McLellan, et al. 2005; McLellan, et al. 2000; McLellan, 2002)  
 Marshall Rosier (2008)

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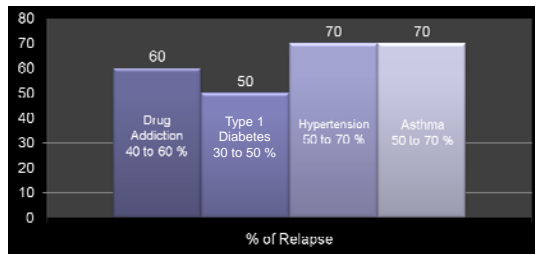
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### Comparison of Typical Relapse Rates Between Various Chronic Disorder Conditions



NIDA 2008

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### Medication Assisted Recovery

#### MAT & Pharmacotherapy

*“Medication Assisted Treatment (MAT) is a form of pharmacotherapy and refers to any treatment for a substance use disorder that includes a pharmacologic intervention as part of a comprehensive substance abuse treatment plan with an ultimate goal of the persons’ recovery with full social function”*

SAMHSA DPT Website

Marshall Rosier (2008)

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Medication Assisted Recovery

**MAT & Pharmacotherapy**

As part of a comprehensive **treatment** program, MAT has been shown to:

- ✓ **Improve survival**
- ✓ **Increase retention in treatment**
- ✓ **Decrease illicit opioid use**
- ✓ **Decrease hepatitis and HIV**
- ✓ **Increase employment**
- ✓ **Improve birth outcomes**

Marshall Rosier (2008) SAMHSA DPT Website

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Medication Assisted Recovery

**MAT & Pharmacotherapy**

MAT is not effective for most without:

- **Counseling**
- **Community & 12 Step mutual supports**
- **Family involvement**
- **Medical Services**
- **Recovery Support Services**
  - **Employment, vocational, educational, housing**

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Medication Assisted Recovery

**MAT is only a small part of Recovery**

RECOVERY

TREATMENT

MAT

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Medication Assisted Recovery

**MAT & Pharmacotherapy**

*“In the US, MAT has been demonstrated to be effective in the treatment of alcohol dependence and opioid dependence with Food and Drug Administration approved medications”*

SAMHSA DPT Website

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Medication Assisted Recovery

**MAT & Pharmacotherapy**

**Medications for Alcohol Dependence**

- Naltrexone (ReVia®, Vivtrol®, Depade®)
- Disulfiram (Antabuse®)
- Acamprosate Calcium (Campral®)

**Medications for Opioid Dependence**

- Methadone
- Buprenorphine (Subutex® or Suboxone®)
- Naltrexone/Naloxone

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Medication Assisted Recovery

**MAT & Pharmacotherapy**

**Medications for Alcohol Dependence**

- Naltrexone (ReVia®, Vivtrol®, Depade®)
  - ✓ Oral naltrexone
    - ✓ Tablet taken daily
    - ✓ Limits pleasurable effects of alcohol
    - ✓ No benefit for withdrawal from alcohol
  - ✓ Injectable naltrexone
    - ✓ Inject once monthly
    - ✓ Limits pleasurable effects of alcohol
    - ✓ No benefit for withdrawal from alcohol

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Medication Assisted Recovery

**MAT & Pharmacotherapy**

**Medications for Alcohol Dependence**

- Disulfiram (Antabuse®)**
  - ✓ Tablet taken daily
  - ✓ Aversive Therapy
  - ✓ Causes illness when alcohol is consumed
  - ✓ Person may skip doses

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Medication Assisted Recovery

**MAT & Pharmacotherapy**

**Medications for Alcohol Dependence**

- Acamprosate Calcium (Campral®)**
  - ✓ Tablet taken daily
  - ✓ Work by normalizing brain functioning
  - ✓ Does not prevent cravings or withdrawal
  - ✓ May not work for those that continue to drink
  - ✓ Recent concerns around side effects
  - ✓ May be helpful for other SUDs

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Medication Assisted Recovery

**MAT & Pharmacotherapy**

**Medications for Opioid Dependence**

- Methadone**
  - ✓ Full Opioid Agonist
  - ✓ Taken orally in liquid or pill
  - ✓ Prevents withdrawal symptoms
  - ✓ Reduces cravings
  - ✓ Blocks Opiate effects
  - ✓ Normalizes brain functioning
  - ✓ Dispensed by Doctors in OTP clinics ONLY

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Medication Assisted Recovery

**MAT & Pharmacotherapy**

**Medications for Opioid Dependence**

- **Buprenorphine (Subutex® or Suboxone®)**
  - ✓ Partial Opioid Agonist
  - ✓ Tablet taken daily sublingually
  - ✓ Prevents withdrawal symptoms
  - ✓ Reduces cravings
  - ✓ Blocks Opiate effects
  - ✓ Normalizes brain functioning
  - ✓ Dispensed by Doctors in office based practices

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Medication Assisted Recovery

**MAT & Pharmacotherapy**

**Medications for Opioid Dependence**

- **Naltrexone/Naloxone**
  - ✓ Tablet taken daily
  - ✓ Aversive treatment
  - ✓ Causes withdrawal symptoms if opiates are taken
    - ✓ Naloxone "Challenge"
      - ✓ Injection given by Medical personnel
      - ✓ Given to determine if person goes into withdrawal

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Medication Assisted Recovery

**Barriers and Challenges**

- ✓ **Anti-Medication Bias & Stigma**
- ✓ **Availability/Access**
- ✓ **Cost**
- ✓ **Limited Treatment Options**
- ✓ **Knowledge and Expertise**
- ✓ **Others???**

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Medication Assisted Recovery

12 Step Fellowships and MAT

*AA does not have an anti-medication philosophy or approach*

*Personalities before Principles...*

*From the beginning, Bill W. and Doctor Bob recommended that people (alcoholics) follow their doctors advice and take treatment including medication when necessary*

*Please see The AA member and Medications pamphlet from AA World Service, New York, NY (currently under revision)*

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Medication Assisted Recovery

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Medication Assisted Recovery

Medication: Curative or Corrective

*Medications that cure...*

*Medications that correct...*

*Nearly all Medications are corrective and provide benefits only while and as long as they are taken as prescribed*

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Medication Assisted Recovery

**Physical Dependence is not Addiction**

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***Most medications can cause physical dependence***

***Not necessarily addiction!***

***Why don't we say that about:  
Insulin for a Diabetic?***

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Medication Assisted Recovery

**Medication Assisted Recovery**

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*A process of recovery that emphasizes individualized supports and pharmacotherapy as part of a holistic approach specific to one's condition, strengths and recovery goals .*

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Medication Assisted Recovery

**Promoting Medication Assisted Recovery**

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- Disseminate Science/Evidence-based Info
- Tools and Resources
- Training and Education
- Advocacy
- Legislation to Prevent Discrimination
- MAT Specialist Certification
- National Organization on MAT

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**Medication Assisted Recovery**  
**Promoting Medication Assisted Recovery**

- **MAT Education and Training**
  - CCB Science 2 Service MAR Training Series
  - 4 Workshops
    - Overview of Medication Assisted Recovery
    - Current Trends in Medication Assisted Treatment
    - Integrating Recovery Supports in MAT
    - Integration, Collaboration and Ethics of MAT
  - Distance Learning Program – Now available!
  - Train the Trainer and Agency Training (2010)

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**Medication Assisted Recovery**  
**Promoting Medication Assisted Recovery**

- **MAT Specialist Certification**
  - Certification is intended for:
    - Certified and Licensed Practitioners
      - Addiction, Counseling, Social Work, Marriage/Family
    - Medical Personnel
      - Nurses, Doctors, Psychiatrists
    - People in Recovery
    - Advocates
    - Policy Makers and Legislators

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**Medication Assisted Recovery**  
**Promoting Medication Assisted Recovery**

- **MAT Specialist Certification**
  - Certification emphasizes skills/knowledge in:
    - Pharmacotherapy
      - Knowledge of medications and treatment options
    - Recovery Supports
      - Working with Medical personnel and providing useful info
      - Recovery community involvement
    - Education
      - Self, Clients, Community
    - Professional Responsibility

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Medication Assisted Recovery

*Distance Learning Program*

*CCB Science 2 Service Learning Program*

- ✓ 17 modules using TIP 43, TIP 40, TIP 35, etc.
- ✓ 30 hours of content
- ✓ Hours applicable to initial and recert hours
- ✓ Simple, self-paced course
  1. Pre-test (6 – 12 items)
  2. Learning module (10 – 30 pages)
  3. Post-test (12 – 36 items)

Marshall Rosier (2006)

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M. Rosier (2006)

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