

Treatment Retention for Patients Taking Medications for Opioid Use Disorder (MOUD)

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Disclosures

There are no relevant financial relationships with ACCME-defined commercial interests for anyone who was in control of the content of this activity.



Objectives

- ▶ Identify how retention impacts treatment outcomes for patients with OUD
- ▶ Name two best practices for enhancing retention
- ▶ Demonstrate two lessons learned from case discussion

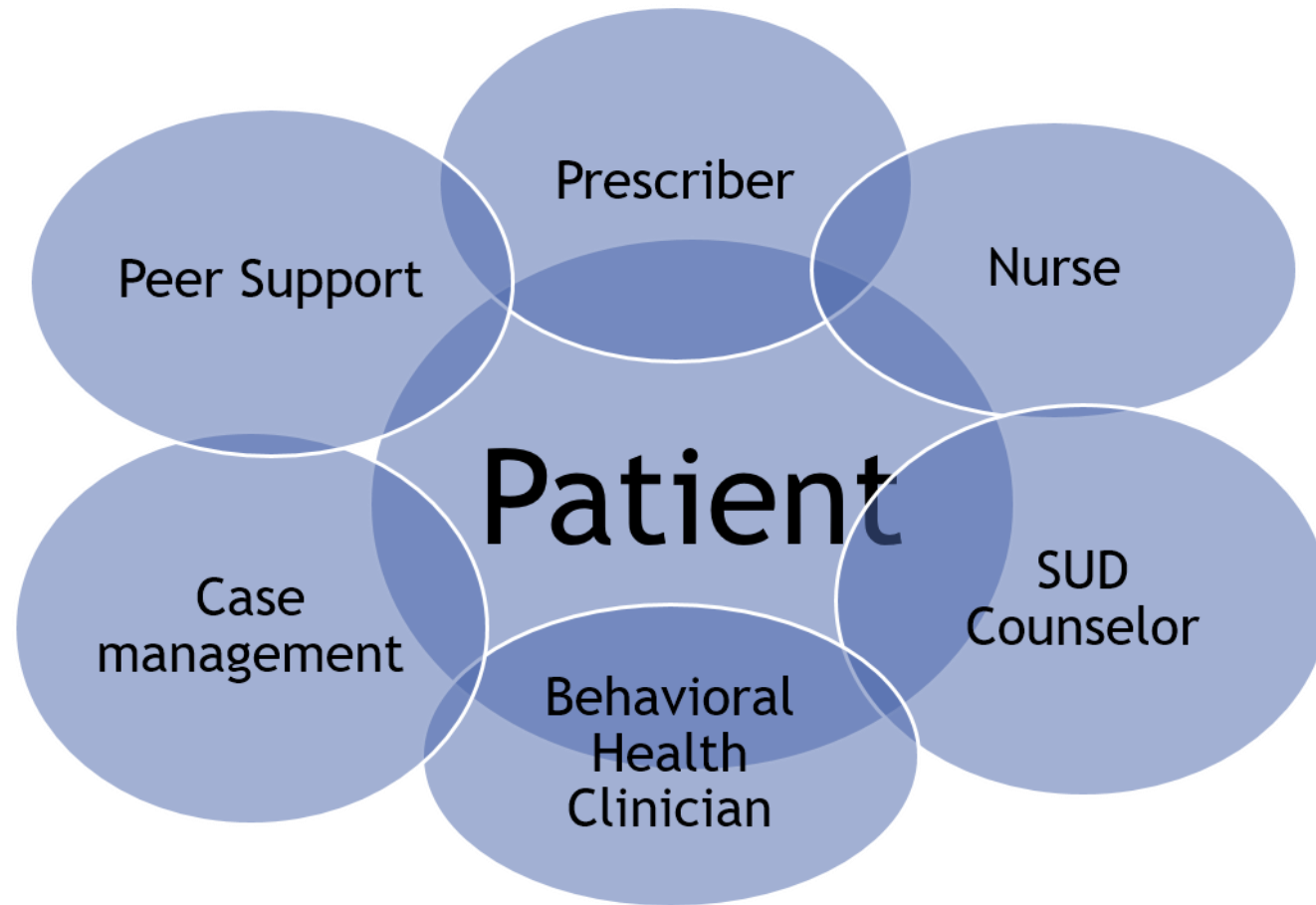


Why Retention?

- ▶ Premature discontinuation of opioid agonist treatment is associated with a range of adverse outcomes, including return to opioid use and mortality (Clausen et al., 2008, 2009; Magura & Rosenblum, 2001)
- ▶ Over half OBOT patients were retained in treatment over one year.
 - ▶ Poorer retention for patients who were younger, black, Hispanic, unemployed, or with hepatitis C (Weinstein et al., 2016)
- ▶ Retention disparity exists between methadone and buprenorphine (Bell et al., 2009; Hser et al., 2014; Srivastava et al., 2017)



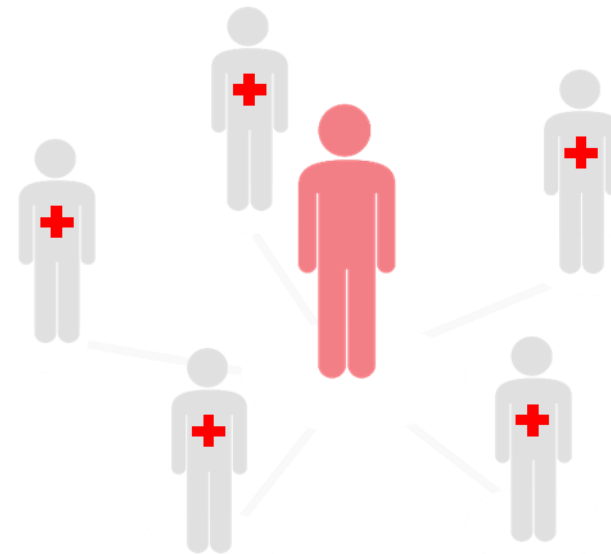
Multidisciplinary Team



Nurse Care Manager (NCM) Model

NCMs increase patient access to treatment

- Frequent follow-ups
- Case management
- Able to address
 - positive urines
 - insurance issues
 - prescription/pharmacy issues
- Pregnancy, acute pain, surgery, injury
- Concrete service support
 - Intensive treatment, legal/social issues, safety, housing
- Brief counseling, social support, patient navigation
- Support providers with large case loads



Peer Recovery Support Services

- ▶ Designed and delivered by people who have experienced both substance use disorder and recovery.
- ▶ Help individuals and families stay engaged in the recovery process after initial acute care.
- ▶ Embodies a powerful message of hope and experiential knowledge.
- ▶ Extends the reach of treatment beyond clinical settings.



Understanding the Differences

Peer Support Services

- ▶ Minimal role differential
- ▶ Non-clinical
- ▶ Long-term
- ▶ Community-based
- ▶ Multiple pathways

Clinical Support Services

- ▶ Power differential
- ▶ Clinical
- ▶ Short-term
- ▶ Diagnosis
- ▶ Medication
- ▶ Boundaries

Understanding the Differences

12-Step Programs

Prescriptive
Abstinence-based
One pathway
Program to follow

Peer Support Services

Non-prescriptive
Multiple pathway
Self-directed program



What are the Domains of Peer Recovery Services?

Developed by the Substance Abuse and Mental Health Services Administration

Emotional

Informational

Instrumental

Affiliational



Contingency Management (aka Motivational Incentives)

- ▶ Best practice for stimulant use disorder in patients with MOUD
- ▶ Use tangible rewards for concrete behaviors
- ▶ Use escalating rewards (get more incentives with more positive behavior) or fishbowl method (pick tickets with reinforcers)

Patient attends
treatment,
gives negative samples



More patients

- attend treatment
- give negative samples



CM Implementation Tips

- ▶ Staff designated to coordinate
- ▶ Give reinforcement frequently
- ▶ Easy to earn initially (set the bar low)
- ▶ Reinforcers should be items of use and value to patients
- ▶ Reinforcement should be connected to specific, observable behavior
- ▶ Minimize delay in reinforcement delivery; greater delay, weaker effect
- ▶ Focus on small steps; any improvement
- ▶ Simple is better



Telehealth

*Expands
Access*



*Enhances
Treatment Services*



Telehealth laws and policies - Cchpca.org



CURRENT STATE LAWS & POLICIES



LEGISLATION & REGULATION TRACKING



ABOUT

TELEHEALTH POLICY

RESOURCES

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RESOURCES



California Policy

> CITE CCHP

CALIFORNIA PASSED ONE OF THE FIRST STATE TELEMEDICINE LAWS IN THE COUNTRY



University of California Los Angeles
Integrated Substance Abuse Programs

Be aware of racial disparities

Research Letter

ONLINE FIRST

May 8, 2019

Buprenorphine Treatment Divide by Race/Ethnicity and Payment

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Top Retention Best Practices

From Hub and Spoke Learning Collaboratives

- ▶ Regular team meetings and case review
- ▶ Follow up calls and texts after no-shows
- ▶ Tracking through EMR or spreadsheet
- ▶ Case management and peer support
- ▶ Contingency management
- ▶ Group visits
- ▶ Work on rapport, relationship, and trust
- ▶ Whole person care
- ▶ Education - patients and staff



Upcoming Events

- ▶ Spoke Development - contact UCLA with training and TA needs and support!
- ▶ Project ECHO
 - ▶ Tribal MAT ECHO - 3rd Tuesday of the month, 12-1
 - ▶ July 16, Counseling and Family Involvement
 - ▶ CA H&SS MAT ECHO - 4th Monday of the Month, 12-1
 - ▶ July 22, Suicide Awareness and Prevention
- ▶ Next LCs
 - ▶ Nov/Dec - In person
 - ▶ March 2020- Virtual
 - ▶ June 2020 - In person and final?





Camden Coalition
of Healthcare Providers



The National Center
for Complex Health & Social Needs

Medications for addiction treatment

*Providing best practice care in a
primary care clinic*

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