Navigating Substance Use Disorders

Resources for Substance Use Disorders including Opioid Use Disorders, Medication Assisted Treatment and Pennsylvania specific information for Federally Qualified Health Centers
What is a Substance Use Disorder?

<table>
<thead>
<tr>
<th>Criteria</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Using more drugs or using for a longer period of time than intended</td>
</tr>
<tr>
<td>2</td>
<td>Having difficulties or an inability to cut down or quit using drugs</td>
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<tr>
<td>3</td>
<td>Spending much or most of the time using or buying drugs, or getting money to buy them</td>
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<td>4</td>
<td>Experiencing cravings, or an overwhelming urge, to use drugs</td>
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<tr>
<td>5</td>
<td>Having troubles at school, work, or home as a result of drug use</td>
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<td>6</td>
<td>Continuing to use drugs despite the problems it causes with family or friends</td>
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<tr>
<td>7</td>
<td>Slowing down on or quitting hobbies or other enjoyable activities to use drugs</td>
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<tr>
<td>8</td>
<td>Ending up in risky, dangerous, or harmful situations as a result of drug use</td>
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<tr>
<td>9</td>
<td>Continuing to use drugs even if they make a physical or psychological health condition worse</td>
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<tr>
<td>10</td>
<td>Developing a tolerance, or needing to use more of a drug to reach the desired high</td>
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<tr>
<td>11</td>
<td>Experiencing withdrawal symptoms when not using drugs</td>
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</tbody>
</table>
WHO IS AFFECTED?

7.7 MILLION

Adults have co-occurring mental and substance use disorders. This doesn't mean that one caused the other and it can be difficult to determine which came first.

Of the 20.3 million adults with substance use disorders, 37.9% also had mental illnesses.

Among the 42.1 million adults with mental illness, 18.2% also had substance use disorders.

In 2017 there were 70,200 Opioid Related Overdoses

Over 130 people die everyday from an Opioid Use Disorder in the United States

• Governor Tom Wolf continues to re-new that the Opioid Epidemic is a Public Health Crisis
THE OPIOID EPIDEMIC BY THE NUMBERS

130+
People died every day from opioid-related drug overdoses\(^3\) (estimated)

11.4 m
People misused prescription opioids\(^1\)

47,600
People died from overdosing on opioids\(^2\)

2.1 million
People had an opioid use disorder\(^7\)

886,000
People used heroin\(^6\)

81,000
People used heroin for the first time\(^1\)

2 million
People misused prescription opioids for the first time\(^1\)

15,482
Deaths attributed to overdosing on heroin\(^2\)

28,466
Deaths attributed to overdosing on synthetic opioids other than methadone\(^2\)

SOURCES
2. NCHS Data Brief No. 329, November 2018
Expanding Treatment and Access to Care

- Health Centers have expanded treatment to help patients have more options and better chances of seeing a provider quickly
- Behavioral Health and Substance Use Disorder Providers continue to grow in our FQHCs
- Providers continue to learn more about Mediation Assisted Treatment to help patients begin recovery from a Substance Use Disorder
- More providers are becoming waivered to prescribe Medication Assisted Treatment
# Medication Assisted Treatment

## Figure 1. M is for Medication: The Three Types

<table>
<thead>
<tr>
<th>Method</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Methadone</strong></td>
<td>Liquid, edible wafer or tablet</td>
</tr>
<tr>
<td><em>How it’s taken</em></td>
<td>A long-acting opioid medication that reduces cravings and symptoms of withdrawal and blocks euphoric effects of other opioids</td>
</tr>
<tr>
<td><em>What it does</em></td>
<td>Tablet, oral dissolving strip or implant</td>
</tr>
<tr>
<td><em>What it does</em></td>
<td>An opioid medication that reduces cravings and symptoms of withdrawal and weakens euphoric effects of many opioids until the effects eventually level off</td>
</tr>
<tr>
<td><em>How often it’s taken</em></td>
<td>Daily</td>
</tr>
<tr>
<td><em>Where it’s available</em></td>
<td>Certified Opioid Treatment Program (OTP), also known as a methadone clinic</td>
</tr>
<tr>
<td><em>Where it’s available</em></td>
<td>Doctor, nurse practitioner or physician assistant with training to prescribe in office-based setting or some opioid treatment programs</td>
</tr>
<tr>
<td><em>Where it’s available</em></td>
<td>Doctor or pharmacist</td>
</tr>
<tr>
<td><strong>Naltrexone</strong></td>
<td>Tablet or injection</td>
</tr>
<tr>
<td><em>How it’s taken</em></td>
<td>After mandatory 7- to 10-day withdrawal from all opioids, this non-opioid drug blocks effects of opioids and reduces cravings</td>
</tr>
<tr>
<td><em>How often it’s taken</em></td>
<td>Tablet: Every one to three days</td>
</tr>
<tr>
<td><em>How often it’s taken</em></td>
<td>Injection: Monthly</td>
</tr>
<tr>
<td><em>Where it’s available</em></td>
<td>Doctor or pharmacist</td>
</tr>
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</table>
Other Aspects of Medication Assisted Treatment

- Working with a Recovery Specialist
- Mental Health Therapy
- Drug and Alcohol Therapy: Can use https://apps.ddap.pa.gov/gethelpnow/CareProvider.aspx for immediate resources
- Case Management Services
Medication Assisted Treatment in FQHCs

• Over 115 providers are listed as being able to prescribe buprenorphine – many others may have their waiver

• 33 of our Health Centers currently provide Medication Assisted Treatment

• If your health center does not prescribe MAT – helpful to look up resources where you can refer consumers – you can obtain a list through your local SCA

• Ask your supervisor for protocol if a consumer needs immediate assistance or treatment – important to make your team aware of this
What Services are Covered by Medicaid

• Case Management
• Psychiatry
• Substance Use Disorder Treatment – all levels of care
• Medication Assisted Treatment
• Recovery Specialist Services
Important Information About Same Day Appointments with Medicaid

- A patient can have a **Behavioral Health and Medical Appointment** on the same day. Example – Can have a visit for medication assisted treatment and a behavioral health specialist appointment with a therapist.

- A patient cannot have psychiatry, behavioral health and medication assisted treatment all on the same day.

- A patient can have case management services and medication assisted treatment on the same day.
What Private Insurance Covers

Please make sure to look at each individual plan to see what is covered and or not covered with the consumer.

Behavioral Health and Substance Use Disorder Therapists are specialists so a copay will be needed.

Many times the SCA in your county will help to pay for an individual's substance use disorder treatment – important to connect with them and have a relationship with them.
Questions or Comments?

Email Amy Williams: amy@pachc.org