



# Rising Above the Opioid Epidemic Panel: Treatment Modalities

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# Treatment Modalities

Let's start with goals for ourselves as treatment providers:

- ❖ Provide an avenue for individuals with substance use disorder to access treatment.
- ❖ Reduce overdose deaths and save lives.
- ❖ Establish trust with substance users, their families, and the at large community.
- ❖ Improve quality of life for individuals, families, and communities.
- ❖ Identify, address, and improve social determinants, including homelessness, housing insufficiency, unemployment, criminal/justice involvement.



# Treatment Modalities

Treatment starts with a Comprehensive Medical Assessment to determine the best service options, including attention to individual circumstances, individual choice, best practice, and desired outcome.

## OPIOID TREATMENT

- ❖ The appropriate Service Plan/Medication is determined from the Comprehensive Assessment and contingent on the patient/member agreement.

Which can include:

- ✓ Methadone
- ✓ Suboxone/Subutex
- ✓ Vivitrol

# Treatment Modalities

While the appropriate pharmacological interventions are integral in treatment, support services are important and necessary for positive treatment outcomes.

Just a few examples:

## WHOLE PERSON TREATMENT

- ❖ Accomplished through Integrated Care.
- ❖ Physical health surveillance and interventions. For example: diabetes screening, wound care, treatment of HCV, OBGYN, acupuncture.
- ❖ Emotional Health: Psychiatric Therapy (CBT, EMDR, TREM), Peer Support.
- ❖ Support regarding social determinants: Employment Services, Educational Goals, Financial Literacy, Safe Housing, Nutrition: food bank groups, Spiritual, Red Road to Wellbriety, Mindfulness, Tai Chi.



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Just a few examples:

## CONTINGENCY MANAGEMENT

- ❖ Provides motivational awards for patients meeting milestones/treatment goals.

For example, entering random drawings, (fishbowls) for low-cost prizes, and/or affirmations for meeting treatment goals.

THANK YOU

