



SUBSTANCE USE DISORDERS: EMERGING TRENDS



INDIAN HEALTH SERVICE
DIVISION OF BEHAVIORAL HEALTH
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- No financial disclosures to report.

Medication Assisted Treatment



Presidential Memorandum



- Focus Areas
 - Policy
 - ✦ Pain Management
 - ✦ Access to MAT
 - Training
 - Improving Access

IHS Response to Memorandum



- Developing more DATA waiver prescribers
- Essentials Training
- Policy review of prescribing opioids
- MOU between IHS and BIA

Addiction and Brain Chemistry



Neurotransmitters

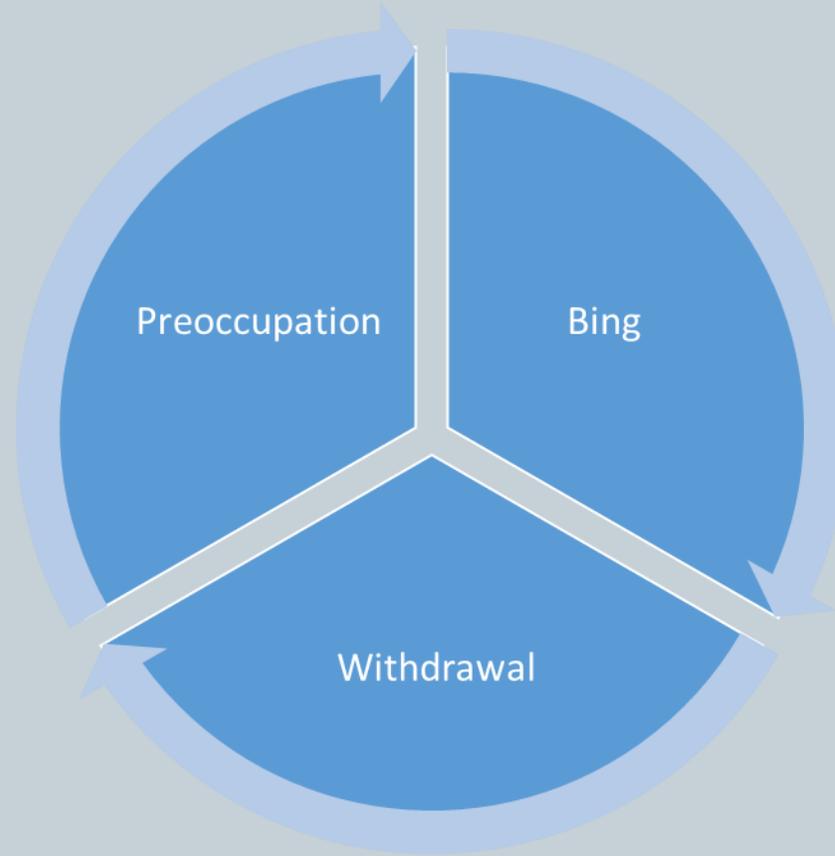


- **Dopamine- Reward Pathway**
 - Reinforces behaviors
 - Feelings of contentment
 - Provides feelings of pleasure in larger quantities
- **Serotonin**
 - Mood
 - Learning
- **Endorphin**
 - Pain
 - Stress

Cycle of Addiction



- Binge/Intoxication
- Withdrawal/negative affects
- Preoccupation/anticipation



Binge/Intoxication Stage



- Impulsivity
- Positive Reinforcement (pleasure)
- Negative Reinforcement (alleviates negative feelings i.e. stress)
- Moves from impulsivity to compulsivity (habit forming)
- Involves loss of control

Withdrawal/Negative Affect Stage



- Experience negative emotional feelings
- Symptoms physical illness
- Sets up negative reinforcement
- Loss of reward system
- Stress neurotransmitters are triggered

Preoccupation/Anticipation Stage



- Seeking Stage
- Can be short (hours) or years (relapse)
- Cravings
- Executive Function part of the brain (Go and Stop system)

Medication Assisted Treatment



Medication Assisted Treatment (MAT)



- What are the benefits of MAT
 - Eases withdrawal
 - Reduces cravings
 - Stabilize and Maintenance Recovery

Medications

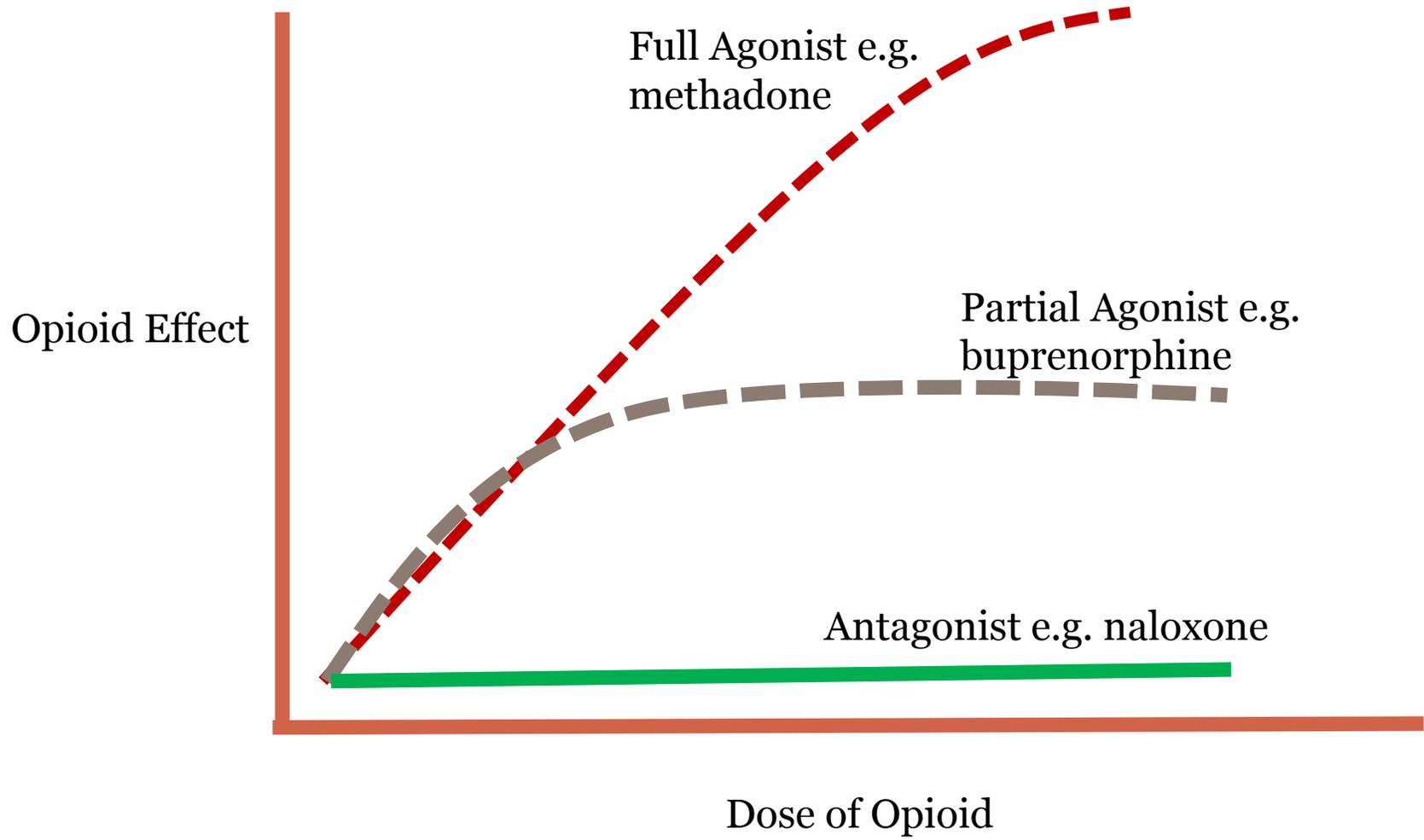


- **Alcohol**

- Naltrexone- blocks the pleasure effects, reduces cravings
- Acamprosate-assists with post-acute withdrawal
- Disulfiram-Aversion therapy making patients ill

- **Opioids**

- Methadone-Full agonist; alleviates withdrawal symptom and cravings
- Buprenorphine-partial agonist; blocks euphoric effects, alleviates withdrawal, assists with cravings
- Naltrexone- full antagonist; prevents euphoric effects, non-addictive



Benefits of MAT



- Reduced substance use
- Improved treatment retention
- Improve functioning
- Lower risk of overdose
- Reduced criminal activity
- Reduced risky behaviors
- Better employment status
- Cost savings

MAT Treatment



Identifying MAT Candidates



- **Appropriate**
 - Has history of use
 - Previous failed attempts in treatment
 - Open to MAT
- **Inappropriate**
 - Active psychosis
 - Serious health conditions
 - Multiple substances dependency

MAT Team



- **Prescriber**
 - Determine appropriate level
 - Be supportive and hold client accountable
 - Communicate with counseling component
- **Counseling**
 - Establishing recovery skills
 - Diversion management
 - ✦ Importance of UA's
 - ✦ Importance of medication counts
 - ✦ Communication with the doctor
- **Nurses**
- **Administration Staff**

Cultural Infusion



Implementing Cultural Principles into MAT



- Science and Spiritual interwoven
- Cultural Principles (Teachable Lessons)
 - Developing coping strategies
 - Developing discipline
 - Developing principles important to your Tribe
- Mutual Aid Groups

Questions?



Walter Castle, LCSW, MCAP
Alcohol and Substance Abuse Lead
Indian Health Service
Division of Behavioral Health
Rockville, MD
(P) 301-443-1539
Email: walter.castle@ihs.gov