Can Medication Assisted Treatment Be Recovery Oriented?

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Program Objectives

1. Participants will understand and explain the key components of Recovery Oriented Systems of Care, Medication Assisted Treatment, Recovery Capital, and Recovery Support Services.

2. Participants will gain an understanding of real life challenges and benefits to integrating medication assisted treatment into recovery oriented systems of care.

3. Participants will be able to identify ways to integrate medication assisted treatment into recovery oriented systems of care.
Meridian Healthcare Overview

• Meridian HealthCare traces its roots back to 1972, when it was incorporated as a community-based, non-profit organization with a goal of serving individuals and families struggling with addiction.
• We offer a comprehensive approach to the treatment and prevention of substance use and mental health disorders that includes a continuum of services from assessment, residential, day treatment, intensive outpatient, aftercare and more.
Assessment
Outpatient
Wellness
Family
Vocational
Education
Recovery
Involvement
Residential/
Housing
Healthcare
Transportation
Criminal
Justice
Adolescent
Medication Assisted Treatment Program Overview

• Medication Assisted Treatment Program
  – 1079 Patients
    • Methadone: 737
    • Suboxone: 317
    • Vivitrol: 25
Medication Assisted Treatment Program Overview

• Phases of Treatment
  – Phase One (Acute)
    • Engagement, Stabilization
    • Maslow’s Hierarchy of Needs
  – Phase Two (Rehabilitation)
    • Coping Skills, Sober Supports, Life Skills
  – Phase Three (Maintenance)
    • Relapse Prevention, Preparation for Taper
  – Phase Four (Taper)
ROSC

RECOVERY ORIENTED SYSTEMS OF CARE
Recovery Oriented Systems of Care Defined

- A coordinated network of community based services and supports that is person centered and builds on the strengths and resilience of individuals, families, and communities to achieve abstinence and improved health, wellness, and quality of life for those with or at risk of alcohol and drug problems.

1. Person-Centered
2. Self-Directed
3. Strength Based
4. Participation of friends, family, primary supports, and the community
ROSC Expected Outcomes

For the Individual
- Abstinence, which includes adherence to a medication-assisted recovery regimen
- Education
- Employment
- Reduced criminal justice involvement
- Stability in housing
- Improved health
- Social connectedness
- Quality of life

For the System
- Increased access/capacity
- Proper placement and quality of care
- Retention
- Perception of care
- Cost-effectiveness
- Use of evidence-based practices
MAT at Meridian: Identified Gaps in Treatment and Recovery

- Assessment and Initial Appointments with Physicians
- Staff Acceptance of MAT
- Staff Acceptance of Recovery
- Integration into all Levels of Care (IOP, Day and Residential Treatment)
- Recovery Support Services Onsite and Integration into Recovery Communities Offsite
- Family Involvement
- Wellness
Assessment

• Walk-In Consultations and Assessments
• Scheduling of Physician assessments for admission same day if possible (pregnant patients)
Recovery Capital Defined

- Internal and external assets that can initiate and sustain recovery from alcohol and other drug problems
- Differs from individual to individual and differs within the same individual at multiple points in time
- Interacts with problem severity to shape the intensity and duration of supports needed to achieve recovery
- AND dictates the intensity or level of care one needs in terms of professional treatment and the intensity and duration of post-treatment recovery support services
Domains of Recovery Capital

- Social
- Environmental
- Personal
- Cultural
Staff Acceptance of MAT

• Addressed with employment candidates during the interview and hiring process
• Training on MAT incorporated into agency orientation for all staff
• On-going staff education
• Integrated team meetings
Staff Acceptance of Recovery

• All MAT Counselors attend 12 Step Facilitation training.
• Encourage counselors to attend 12 Step meetings in the community.
• Continued learning in Supervision Sessions with Program Director and Managers; updated Supervision Goals to include 12 Step Facilitation practice.
Integration Into all Levels of Care

• Medication Assisted Treatment patients may need a higher level of care than outpatient services only.

• Many of our patients stabilize on Methadone/Suboxone but struggle with the use of other substances of abuse or lack a stable supportive recovery environment.

• Internal referral options include: Intensive Outpatient Programming, Day treatment (Partial Hospitalization), and Residential Treatment.
Recovery Support Services and Integration into Recovery

- Restructure of group schedule; adding more sessions; incorporate 12 step concepts and practice into group curriculum
- Encourage on-site patient driven 12 Step meetings
- Require patients to attend 12 Step or other recovery support groups
- Add Recover Support Specialist
Family Support

• Family treatment and education groups held at outpatient and residential sites
• Addition of individualized family sessions/education goals into patient treatment plan
• Guest speaker from Alanon; have 12 Step Meeting schedules and information available for families.
Wellness

• Provide recovery-focused group counseling sessions, including mindfulness, stress management, nutrition, and other wellness concepts to clients
• Provide wellness related services, such as exercise, recreation, yoga, meditation, for outpatient, residential, and housing programs.
Challenges

• Initial staff reluctance to attend meetings
• Client reluctance – “I can’t go to meetings. I am not going to be accepted ect.” “My family doesn’t need to be involved in my treatment.. They have had it with me.” “Heroin is the only reason I’m here, (marijuana/cocaine/alcohol ect.) is/are not a problem for me”
• Concerns about the possibility of integration of MAT Clients into Residential Services, effects on milieu
Challenges

• MAT clients obtaining sponsors in the 12 step community ("I can’t sponsor you if you are on MAT")
• Many Recovery Houses do not accept individual on MAT programs.