SKY Meditation: A Mind-Body Intervention in Overcoming Opioid Addiction

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Challenges with Current Opioid Use Disorder Treatments

- Limited access to quality addiction treatments
- Subset of addiction treatment services offer evidence based therapy
- High prevalence of comorbidity between psychiatric disorders and drug abuse
- Comorbid individuals have poorer drug treatment outcomes
- Relapse rate is significantly higher in comorbid individuals, compared to individuals with opioid addiction alone

We need holistic, evidence based approaches to solve the opioid crisis

Source: National Epidemiologic Survey on Alcohol and Related Conditions (Conway et al., 2006) Journal of Substance Abuse Treatment Volume 57, October 2015, Pages 75-80
What is SKY Meditation

• Standardized, instruction manual based mind-body intervention

• Effective adjuvant therapy for opioid, alcohol and tobacco addiction, psychological disorders, and stress management

• It involves controlled breathing techniques that can be easily mastered, and do not require mental effort

• SKY differs from mindfulness and other meditation processes in that it is a more physiological, rather than cognitive process
SKY improves psychological health and acts as an effective adjuvant therapy for treating individuals with opiate dependence
Opioid Innovation Fund – Pilot SKY Project in Ohio

• Grants to test novel approaches to solve opioid crisis, offered by OSU

• Awarded a grant to pilot SKY project in Ohio

• Looking for collaborations to bring SKY to more opioid addicts
  
  • Pilot SKY program in residential, outpatient centers in Ohio

  • Develop long term working relationships with partners interested in solving the opioid crisis