SUBSTANCE USE DISORDERS: EMERGING TRENDS
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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
Full Agonist e.g. methadone

Partial Agonist e.g. buprenorphine

Antagonist e.g. naloxone

Opioid Effect

Dose of Opioid
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?

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