



REACH YOUR PEAK HEALTH

# Opioid Educational Summit Solutions and Resources

## Community Initiatives



# REACH YOUR PEAK HEALTH

Opioid educational summit  
September 14, 2016

**WELCOME!**

# Tonight's Schedule

- 6:00PM – 6:15PM: Welcome and Introductions
- 6:15PM – 7:30PM: Speaker's Forum
- 7:30PM – 8:00PM: Q&A
- 8:00PM: Post event reception with light refreshments

# Speakers Forum

- Judge Joy Malek Oldfield,
- Deborah Walsh, Ph.D., Summit Psychological Associates
- Dr. Dennis McCluskey, Primary Physician for the VIVITROL Treatment Program
- Major Dale Soltis, Summit County Jail
- Ryan Collins, Turning Point Graduate

# Judge Joy Malek Oldfield

- Presiding/Administrative Judge, Akron Municipal Court
- Presiding Judge, Akron Recovery Court
- Member of The Summit County ADM Board's Opiate Task Force, Summit County Criminal Justice Advisory Board and The Oriana House Advisory Committee
- Founding member, Municipal Section, Criminal Justice Advisory Board





# REACH YOUR PEAK HEALTH

Summit Psychological Associates and Oriana House

## **TREATMENT OPTIONS**



# Summit Psychological Associates – In the Community

- Attend local grass roots events
- Help raise awareness about mental health issues, addiction, NARCAN and treatment options
- Work with local courts and other county offices to streamline treatment availability and options



# Outpatient Treatment for Opioid Addiction

- Not a one size fits all
- Outpatient programs are helpful for clients who:
  - Are leaving a residential or hospital setting and need follow up care
  - Are waiting to enter residential or hospital treatment and need support while waiting
  - Clients who are involved in a court program that connects them with outpatient programming
  - Some clients find success in beating addiction solely through wrap around outpatient services



# Best practices for Substance Abuse Treatment

- Best practices in substance abuse treatment means addressing a client's needs holistically and providing wrap around support
- Using empirically validated treatments including Motivational Interviewing, Working with Stages of Change and Cognitive Behavioral Treatment

# Wrap Around Treatment

- Medical Needs –
  - Recognizing that addiction is a disease
  - assessing for need for detox
  - addressing Hep C
  - assisting clients in finding healthy ways to live in sobriety
  - Medication Management - both psychiatric medications and medication assisted treatment with Suboxone, methadone or VIVITROL

# Wrap Around Treatment

- Mental health therapies are used to treat emotional, and trauma concerns that may have existed prior to drug use and/or developed along side drug use
- Intensive Substance Abuse Treatment to build new behaviors and coping skills

# Wrap Around Treatment

- Addressing basic needs through case management and recovery support services
- Most Importantly - All of these wrap around services need family and sober support system involvement

# Outpatient Treatment Options for Adults

- VIVITROL Treatment Program –
  - Medication Assisted Treatment
  - Collaborative Program between Summit Psychological Associates (SPA) and Oriana House, Inc. Rigel Recovery Services
  - Both provide services out of the SPA offices at 37 North Broadway so all services are in one location

# VIVITROL Treatment Program

- Collaborative effort between Summit Psychological Associates and Oriana House – Rigel Recovery Services.

Summit Psychological Associates	Oriana House - Rigel
Evaluation for treatment	Treatment readiness
Monthly Injections	Intensive Outpatient
Mental health evaluations	After care
Mental health treatment	Support Groups

ical



# VIVITROL Treatment Program (VTP)

- Program includes:
- Opiate Enhanced Treatment services
- Psychiatric/Medical Diagnostic Assessment
- Individual Mental Health Counseling
- Monthly VIVITROL injection or oral Naltrexone
- Case Management Services
- Drug testing

# Summit Psychological Associates, Inc. – Medical Services in VTP

- Dr. McCluskey completes a medical evaluation to determine readiness and appropriateness for VIVITROL Treatment
- Dr. McCluskey and our medical assistant, Heather Moss provide the monthly injections.
- Clients have access to psychotropic medications if needed

# What is Naltrexone?

- Opioid antagonist that is approved for the treatment of both opioid dependence and alcohol dependence
- Non-opioid medication
- Opioid receptor antagonist that binds to the opioid receptors but instead of activating the receptor it effectively blocks them
- Prevents opioid receptors from being activated by agonist compounds such as heroin and prescription pain killers

# What is Naltrexone?

- Reduces cravings and prevents relapse
- Can be prescribed by any individual who is licensed to prescribe medication
- Both daily oral form and monthly injectable form approved by the FDA for treatment of opioid dependence
- Oral naltrexone was approved for use in treating opiate addiction in 1984
- VIVITROL approved by the FDA in 2010 for opiate addiction

# What is VIVITROL?

- Injectable form of Naltrexone
- Opioid blocker
- Once monthly medication (injection)
- When combined with counseling, it can help treat alcohol dependence and/or relapse to opioid use
- VIVITROL is NOT: a narcotic, addicting, or pleasure-producing

# Benefits of VIVITROL as part of Medicated Assisted Treatment (MAT)

- Clients report reduction to elimination of cravings therefore significantly reduces the risk of relapse
- Blocks the effects of opiates
- VIVITROL ensures medication compliance
- VIVITROL eliminates impulsive use
- Non addictive
- Has no mood or mind altering effects
- Minimal side effects



# Challenges with VIVITROL

- Need to be clean of substances 7 days prior to beginning medication
- Cost
- Detoxification resources
- Only blocks opioid and some of alcohol cravings – not other drug cravings
- Does not fix emotional or behavioral concerns

# Summit Psychological – Mental Health Treatment in VTP

- Licensed clinicians who are trained in co-occurring disorders
- Use of Motivational Interviewing and Trauma Informed Care to assist clients in reaching their goals of sobriety and healthy functioning
- Seen on a weekly basis – can continue with MH treatment once end VIVITROL injections

# Oriana House – Rigel Recovery Services

- Offer outpatient intensive outpatient substance abuse treatment to members of the community
- Do not have to be in the Oriana House system – can be referred from community agencies, probation, physicians or self referrals

# Rigel Recovery Services

- Substance use assessments – determine severity of problem and treatment needs
- Opiate Enhanced Treatment – programming specific to the use of opiates/heroin
  - Intensive outpatient treatment
  - Aftercare
  - Individual counseling
- Drug Testing
- VIVITROL Treatment Program (VTP) – Collaborated with SPA
- Family Programming and Involvement

# Family Involvement

- Conjoint sessions
- These sessions are held throughout the course of treatment in which the client has the opportunity to bring their positive support person to meet with the counselor. The counselor, client and their support person will explore the treatment and recovery process as well as ways to maintain healthy support.

*\*\*The goal of is to educate family and friends of the treatment process while providing an environment for family and friends to show support in a way that promotes an honest and positive interaction\*\**

# Family Involvement

- Family Matters
  - Throughout treatment and self-help meetings clients will learn that healthy support is a key component to recovery. We do our best to support this by inviting the clients loved ones to engage in the treatment process and receive support themselves. Family members receive skills and tools to assist them with healthy living and setting boundaries with their loved ones.

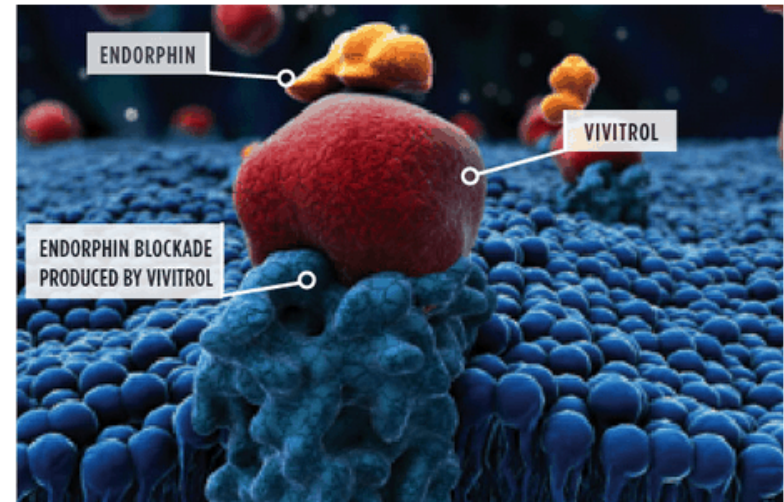


# Summit Psychological – Case Management in VTP

- Assists clients in being successful through out their participation in the VIVITROL Treatment Program – setting up appointments, identifying barriers to attendance, helping to reduce barriers
- Assists with Medicaid application if needed
- Coordinate Care with other providers
- Assists client with any basic needs – housing, transportation, access to sober recreational activities, financial

# VIVITROL Treatment Program

- Covered by Medicaid, Medicare and Private Insurance
- Fifty-six (56) active clients are currently involved in the VIVITROL treatment program
- Treatment length - Typical up to 1 ½ years on VIVITROL – can be up to three years
- Clients can continue to access supportive programming after stops injections

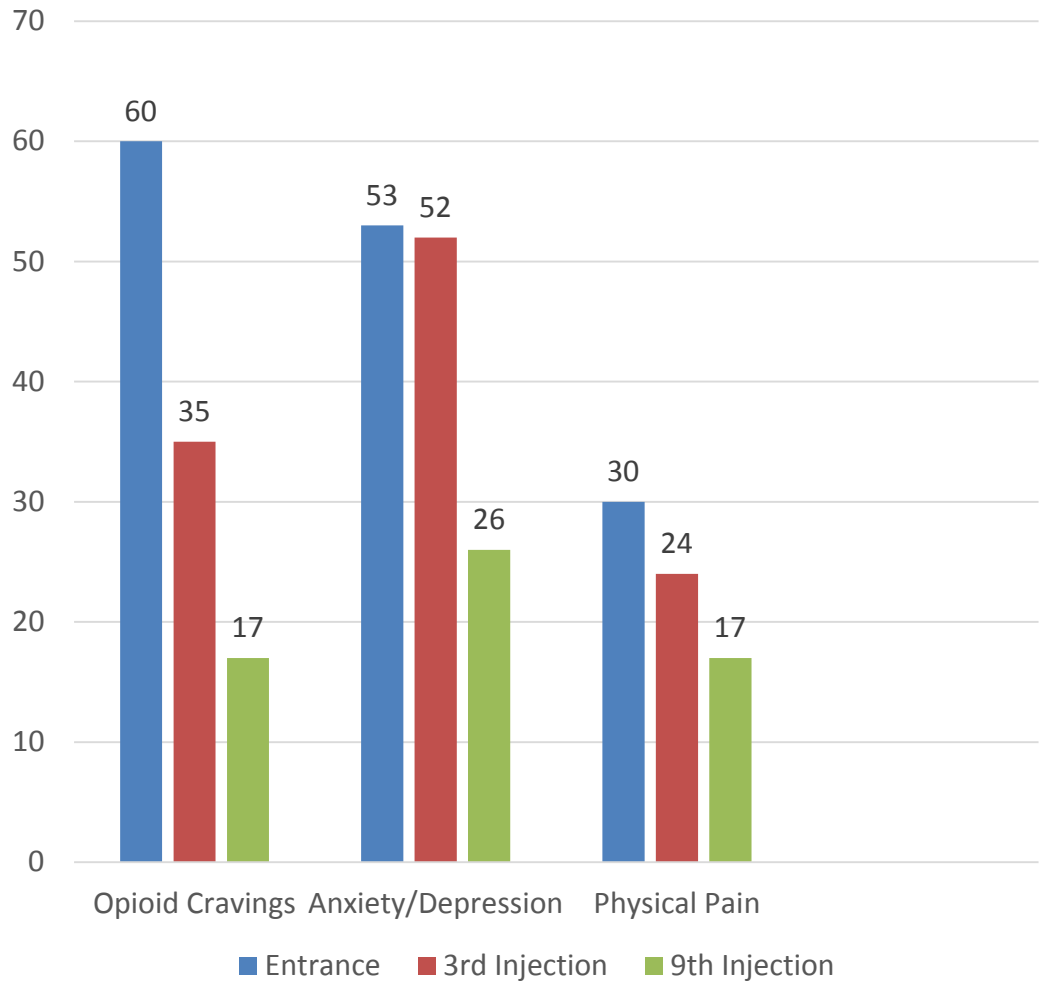


# Outcomes

According to our latest data, clients report :

- Nearly 60% of clients come into the program with opioid cravings at least weekly
- By the 3rd injection, the percentage of clients reporting opioid cravings, at least daily, drops to 35%
- By the 9<sup>th</sup> injection, 83% report zero opioid cravings, with 13% reporting cravings on a weekly basis. Cravings multiple times a week, or daily, drops to 0%
- Decrease in anxiety/depression symptoms and decrease in physical pain

# Cravings and Health Effects



# Contact Information

- Allyse Adams – Clinical Administrator – Oriana House
- 330.996.2222 ext. 2915
- Deborah Walsh, Ph.D. – Clinical Director SPA
- 330-535.8181
- Amanda Frye– Clinical Coordinator – Rigel
- 330.535.8181 ext. 411
- Emily Nugent – Case Manager - SPA
- 330.535.8181 ext. 401
- Lisa French– Program Assistant - Oriana
- 330.535.8181 ext. 408

# Dr. Dennis McCluskey

- Graduated from the University of Alabama School of Medicine in 1976 and completed his residency at Good Samaritan Hospital.
- Board certified in Family Medicine and is currently employed at Summit Psychological Associates.
- Long-time advocate for accessible and qualitative public health, recently joined Summit Psychological to help expand the VIVITROL Treatment Program.



# Major Dale Soltis – Summit County Jail

- Former adult probation officer
- Over three decades working for the Summit County Sheriff's office
- Former D.A.R.E Officer
- Instrumental in designing and coordinating Summit County Jail and its training facilities
- Currently responsible for day-to-day operations at the Summit County Jail





# Major Dale Soltis – Summit County Jail

- Philosophy of the Summit County Jail
- Services available at the jail for inmates
  - Medical Services
  - Mental Health Services
  - Services from the Chaplain
  - Re-entry services
  - VIVITROL programming

# Ryan Collins – Community Advocate

- Turning Point graduate
- Recovering addict – Sober since 2014
- Advocate for mental health treatment as a component of substance abuse treatment

**TurningPoint**

# Project D.A.W.N. (Deaths Avoided with Naloxone)

- How to take NARCAN training and get your Project D.A.W.N. kit or for kit refills:
  - <http://scphoh.org/com/mhealth/ProjDAWN.html>
  - Or call, 330-812-3983



# Q&A

**QUESTIONS?**