



Medications for Addiction Treatment (MAT): An Untapped Resource

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Outline

- **Framing the Issue – What, Who, Why?**
- **Safe Med LA: Expanding Access to Medications for Addiction Treatment (MAT)**
 - MAT Learning Collaborative
 - Buprenorphine Trainings
 - MAT Resource Library
 - Naloxone
- **MAT Resources**





Framing the Issue – WHAT & WHO

FDA-Approved MAT

- **Opioid use disorder**

- Methadone
- Buprenorphine (aka: Suboxone = buprenorphine + naloxone)
- Naltrexone (oral, long-acting injectable)
 - *Naloxone (used for overdose prevention, not maintenance treatment)

- **Alcohol use disorder**

- Naltrexone (oral & long-acting injectable)
- Disulfiram
- Acamprosate

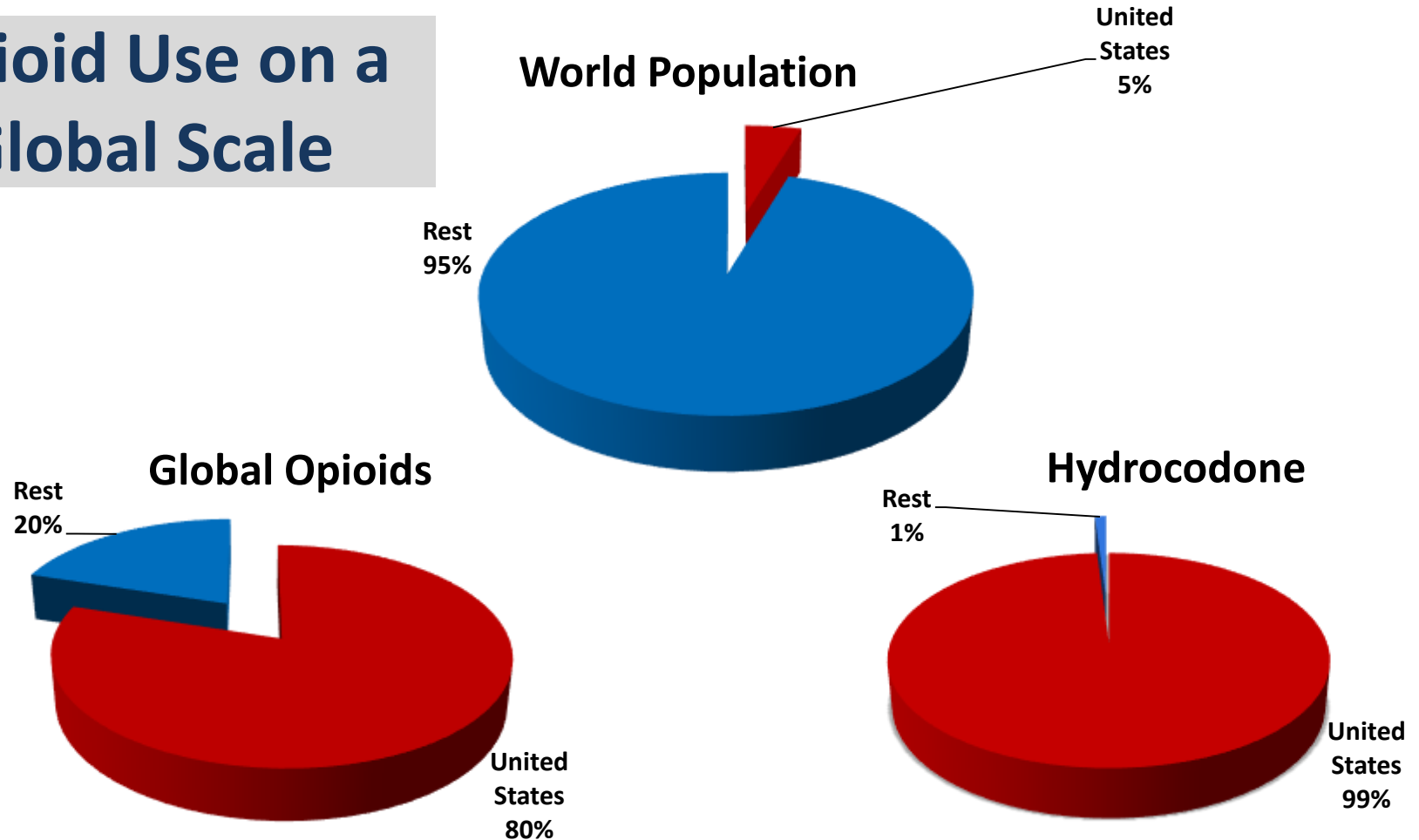
- **Tobacco use disorder**

- Bupropion
- Varenicline

MAT can be prescribed by physicians (MD's & DO's) or NP's and PA's

Framing the Issue - WHY

Opioid Use on a Global Scale





Why MAT is important

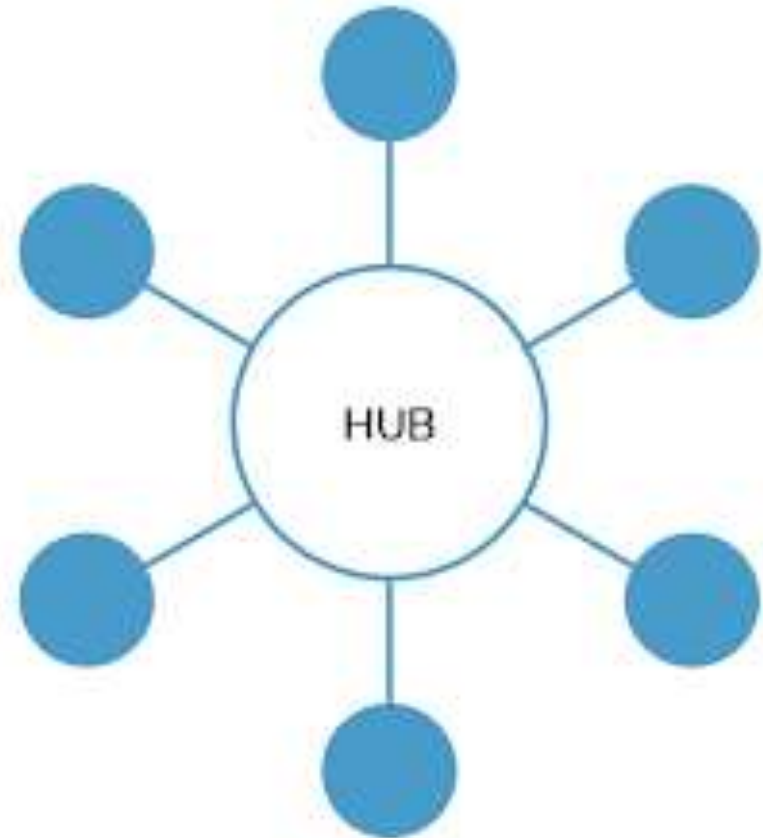
- Substance use disorders (SUD) are complex and difficult to treat, and we need to leverage all the tools at our disposal to maximize outcomes
- Personal stories
- It is evidence-based – it works!
- MAT can help even when it doesn't "help"
 - Studies have consistently demonstrated ~30% placebo effect whenever people use medications for a variety of purposes

Safe Med LA: Expanding Access to Medications for Addiction Treatment (MAT)



Where We Are Starting From

- Very few primary care or mental health prescribers of MAT
- **MAT Hub & Spoke Approach**
 - **3 primary MAT hubs in LA County specialty SUD system**
 - Vivitrol (long-acting naltrexone)
 - Buprenorphine





MAT Expansion

■ 3 Core Strategies

1. Culture Change / Training

- MAT training for SUD counselors & clinicians
- Engaging SUD counselor certifying organizations (CCAPP, CAADE, CADTP) to ensure adequate focus on MAT in their curriculums
- Learning collaboratives
- Health policy → MAT coverage on Medi-Cal formularies

2. Expanding # of MAT prescribers

- Buprenorphine trainings → primary care, mental health, and SUD providers
- Utilizing physicians & other prescribers (NP's / PA's) to the full extent of their expertise and scope of practice

3. Expanding # of MAT hubs

- Build up MAT capabilities & staffing → learning collaboratives
- Recent SAMHSA Opioid State Targeted Response
 - Opioid Treatment Programs as hubs
 - FQHC's and SUD providers as spokes

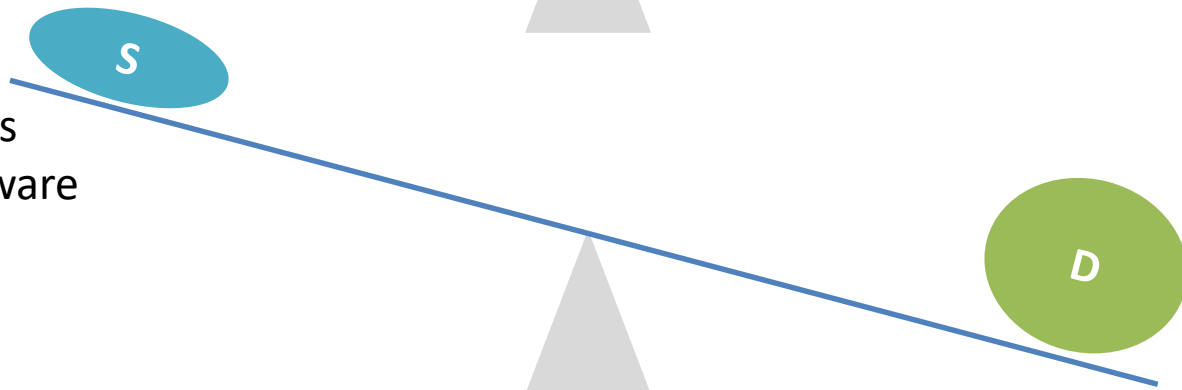
***Unifying theme across all strategies → WORKFORCE DEVELOPMENT**

MAT – Supply and Demand

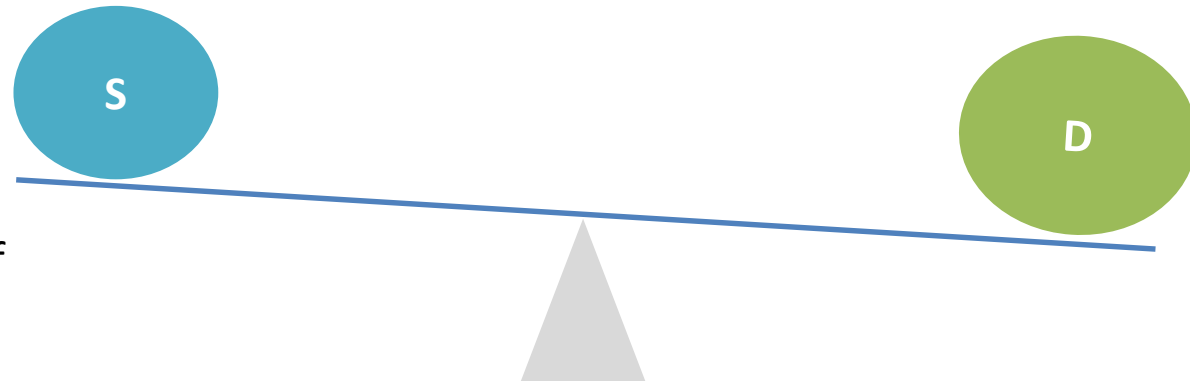
Phase 1: Education for providers



Phase 2:
Educated providers
and community aware
of MAT as an SUD
treatment option



Phase 3:
Demand from
both providers
and community
will drive supply of
MAT prescribers



Safe Med LA: MAT Action Team

- **Leveraging learning collaborative model to expand MAT access**
 - Established 2 learning collaboratives
 - Primary care providers
 - Focused on expanding MAT within FQHC's and primary care clinics by building foundational knowledge and infrastructure necessary for MAT programs
 - Specialty SUD providers
 - Focused on expanding the # of MAT hubs in LAC beyond the 3 currently, including both OTP and non-OTP providers as hubs



Helpful topics identified through learning collaboratives:

- Sharing policies and procedures
- Developing MOUs between referring and accepting providers to formalize processes



Safe Med LA: MAT Action Team (cont'd)

- **Conducting buprenorphine waiver trainings** for eligible prescribers (MDs/DOs/NPs/PAs)
- **MAT Action Team efforts involve collaborations between the LA County Departments of Health Services (DHS), Mental Health (DMH), and Public Health (DPH).**
- **Results of MAT Action Team efforts**
 - Trained > 150 buprenorphine prescribers since the establishment of the Safe Med LA coalition
 - Increasing # of MAT hubs within the specialty SUD system by at least 10 provider agencies

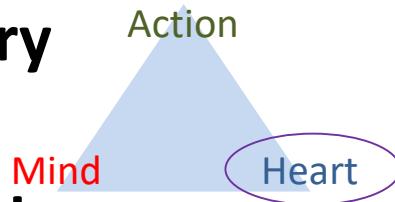
Web-based MAT Resource Library

- **Outline** - <http://www.uclaisap.org/mat/index.html>

– Overview

- What, how, who
- Anticipated barriers and challenges
- Why MAT should be a core component of the health care system

– Personal Story



– MAT Protocols

- Actual MAT protocols organized by provider & medication type

– Billing for MAT

- Fee-for-service Medi-Cal TAR process

– Integrating MAT into workflow – organized by provider type

– Checklist

Naloxone



- **Naloxone Action Team efforts involve collaborations between law enforcement, the Office of Diversion and Re-entry, and pharmacists within the Pharmacy Practice Action Team.**
- **Furnishing naloxone through pharmacies**
 - Provided necessary 1-hour training to > 200 pharmacists to enable them to furnish naloxone without a physician prescription
- **Distributing > 10,800 doses of intra-nasal naloxone through the California Department of Public Health naloxone grant**
- **Provided support to help establish the Los Angeles Sheriff Dept's naloxone program**
- **Working with Opioid Treatment Programs (aka: methadone clinics) to expand access to naloxone through Drug Medi-Cal**



Engaging Health Providers & Other Stakeholders

- **Upstream targets**
 - Health care providers in training
 - SUD counselors*, medical/nursing students, physician assistants, social work & MFT trainees, psychologist trainees, etc.
 - Other stakeholders (e.g., criminal justice system)
- **Clinical leadership**
 - Medical Directors, staff physicians, and clinical supervisors
- **Frontline counselors and clinicians**



MAT RESOURCES

- **Case Consultation Support**
 - **UCSF Clinician Consultation Center for Substance Use**
 - Substance use warmline: 855-300-3595
 - <http://nccc.ucsf.edu/clinical-resources/substance-use-resources/>
 - **Providers' Clinical Support System**
 - National training and mentorship project to give prescribers the tools to be able to prescribe MAT (<http://pcssmat.org/>)
- **Buprenorphine Training Resources**
 - <http://www.samhsa.gov/medication-assisted-treatment/training-resources/buprenorphine-physician-training>
- **CDC Opioid Guideline Mobile App**
 - <https://www.cdc.gov/drugoverdose/prescribing/app.html>

MAT RESOURCES (cont'd)

- **MAT Guidelines / Protocols (cont'd)**
 - **MATx Mobile App**
http://store.samhsa.gov/apps/mat/?WT.mc_id=SAMHSAGOV_20160802_MATx_MAT
 - **SUMMIT: Procedures for Medication-Assisted Treatment of Alcohol and Opioid Dependence in Primary Care**
 - http://www.integration.samhsa.gov/clinical-practice/mat/RAND_MAT_guidebook_for_health_centers.pdf
 - **The ASAM National Practice Guideline for the Use of Medications in the Treatment of Addiction Involving Opioid Use**
 - <http://www.asam.org/docs/default-source/practice-support/guidelines-and-consensus-docs/asam-national-practice-guideline-supplement.pdf?sfvrsn=16>
 - **Medication for the Treatment of Alcohol Use Disorder: A Brief Guide**
 - <http://store.samhsa.gov/shin/content/SMA15-4907/SMA15-4907.pdf>
- **Safe Med LA: LA County's Prescription Drug Abuse Coalition** (www.SafeMedLA.org)

**“The
opposite of
addiction is
not sobriety;
the opposite
of addiction
is social
connection.”**

- Johann Hari



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