

ECHO IDAHO

Opioids, Pain and
Substance Use Disorders

Mental Health Counseling with Buprenorphine

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None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.



University of Idaho
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Learning Objectives

- What forms of counseling are most effective?
- How to integrate counseling with MAT services
- What to do if unsuccessful with just medication-based treatment

Review

- Person-first language.
- Addiction vs physical dependence.
- Addiction is a treatable chronic medical disease.
- It involves complex interactions between neurobiology, genetics, environment, and life experience.
- It is defined as a “chronic, relapsing disorder characterized by compulsive drug-seeking and use despite adverse consequences”.
- Prevention and treatment approaches are about as successful as methods for other chronic diseases.

Words are Important

Words to Use

Person with a substance use disorder

Person with alcohol use disorder

Substance use disorder

Drug misuse, harmful use

Substance use

Not actively using

Testing positive for substance use

Actively using

Testing positive for substance use

Person in recovery, person in long-term recovery

Words to Avoid

Addict/drug abuser

Alcoholic

Drug problem, drug habit

Drug abuse

Substance abuse

Clean

A clean drug screen

Dirty

A dirty drug screen

Former/reformed addict/alcoholic

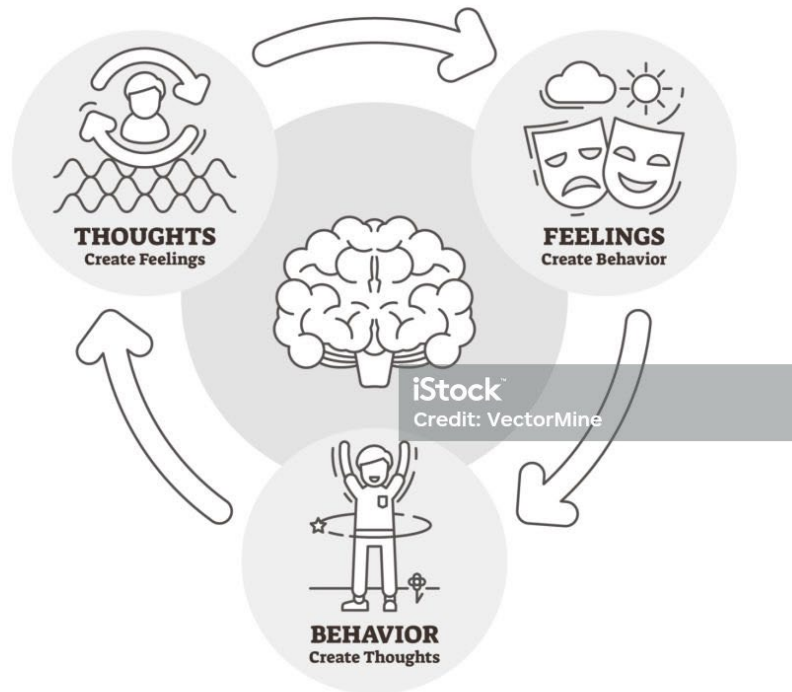
Why is Mental Health Counseling Important?

- Emotional and psychological well-being
- Interpersonal communication skills
- Coping skills
- Self-awareness
- Stress reduction
- Prevention
- Recovery support



CBT

Cognitive Behavioral Therapy



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What Form of
Counseling is Most
Effective for those
also on
Buprenorphine?

- CBT – Cognitive Behavioral Therapy
 - Looks at negative thought patterns
 - Restructure of those thought patterns
 - Behavioral interventions
 - Problem solving
 - Can be done in individual or group setting

Considerations for Mental Health Counselors

- Specialized approaches that address the unique issues that come with substance use
- More constructive in early sessions to address issues around the use
- Negative attitudes related to counseling generally come from previous treatment experiences
- Need accurate information to assess need and rationale for MAT services
- Be flexible, accept them as they are, be non-confrontational, and use a motivational interviewing approach





What is MAT?

- Medication Assisted Treatment
 - Use of FDA approved medications to address the physical aspects of addiction.
 - Some consider it the standard of care for opioid use disorder
 - Often underutilized
 - Effective in reducing opioid use, overdose, and transmission of infectious diseases
 - Can be tailored to the needs of the individual

MAT & Counseling Facts

- Fewer than 50% of people who use MAT in an outpatient setting report even engaging in counseling
- Participation in counseling was shown to be “significantly related to retention in buprenorphine treatment” (Gandhi et al., 2009)
- In one study 83.3% of participants found counseling while on buprenorphine helpful





More MAT And Counseling Facts

- When experiencing homelessness, engagement in counseling was positively associated with retention on Buprenorphine after three + months.
- Counseling showed significant retention with vulnerable populations
 - CBT and Contingency Management are effective

Integration of Care

- Behavioral interventions have shown to be particularly effective when combined with pharmacology
- Benefits to delivering behavioral content that is tailored to the individuals needs
- Using buprenorphine appears to have a positive effect when supported with behavioral counseling
- Counseling helps to stabilize people so they can benefit from other treatment services
- Virtual Counseling reduces barriers
- Use of Motivational Interviewing can help with ambivalence

My Client/Patient Isn't Doing Well on MAT. Now What?



- Consider intensifying services
- ASAM refers to its guideline, “psychological treatment is recommended for patients being treated with buprenorphine” (Susan Award as cited in Knopf, 2017).
- Remember that there is a high prevalence of co-occurring mental health conditions with substance use
- Consider counseling or SUD/BH treatment
 - Engaging in CBT and pharmacology helps to provide support and skills.
 - In conjunction, they can improve adherence to medication, improve skills, and address problems that medication cannot.

Key Points

- Counseling clients/patients with substance use requires specialized training
- MAT is an underused and valuable treatment option
- Consider utilizing counseling/treatment options for co-occurring conditions while treating with MAT
- Intensify services if they are unsuccessful with just medication-based treatment

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