

# Effective Treatment & Recovery Practices: Medication Assisted Treatment

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# Objectives

- 1) Identify FDA-approved medications used to treat people with opioid use disorders
- 2) Understand barriers to receiving addiction treatment

# Evidence-Based Treatment for Opioid Addiction

## Medication

### (detox):

- Methadone
- Clonidine
- Benzodiazepines
- Buprenorphine (Suboxone)

## Medication

### (maintenance):

- Methadone
- Buprenorphine
- Naltrexone (ReVia/  
Vivitrol)

## Psychosocial:

- Cognitive Behavioral Therapy
- Contingency Management
- Brief Medication Management
- Individual & group counseling

**Detox Meds + Maint. Meds + Psychosocial**

# Treatment Guidelines

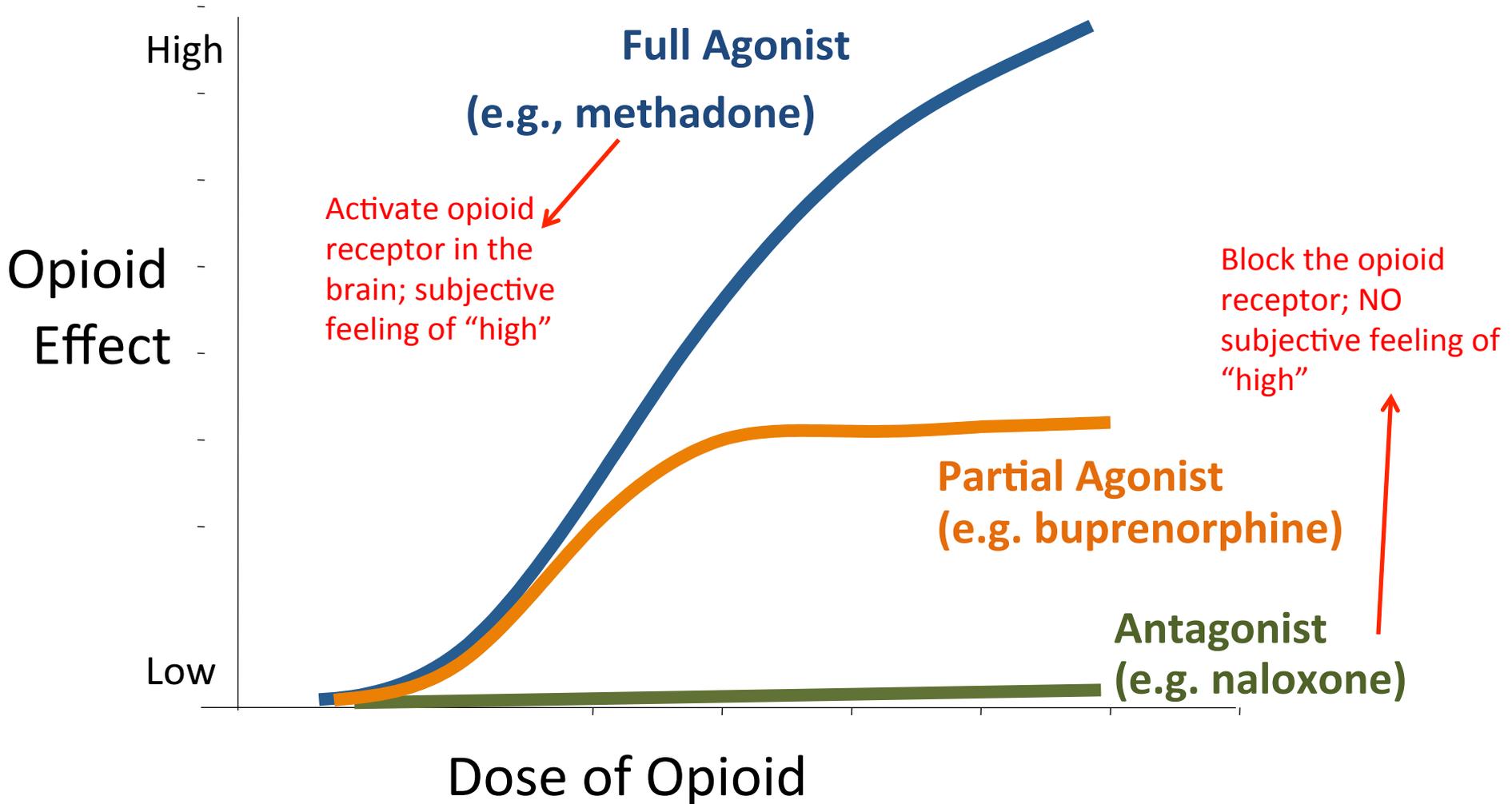
***Pharmacotherapy should be a standard component of treatment for substance use disorders when effective drugs exist***

- American Medical Association (AMA)
- American Psychiatric Association
- National Institute on Drug Abuse (NIDA)
- National Quality Forum
- Substance Abuse and Mental Health Services Administration (SAMHSA)
- Veteran's Administration

# Purpose of Medications

- Decrease withdrawal symptoms/cravings (e.g., agonists)
- Decrease reinforcing effects of drugs (*for example, block the subjective “high” of a drug; e.g., antagonists*)
- Treat co-occurring psychiatric disorders

# Opioid Medications



# Why Provide Addiction Medication?

Research on addiction medications has found that they are associated with:

- Better clinical outcomes
  - Less substance use, less criminal problems, less health problems, better employment & reduced mortality
- Cost-effective
- Evidence-based practice



*Many people need medications to achieve recovery*

# Methadone



- An agonist medication that prevents withdrawal and craving
- Highly regulated by federal government, must be dispensed in designated Opiate Treatment Programs (OTPs)
- Need to carefully monitor for appropriate use
- Methadone helps people stop using heroin and:
  - ✓ Reduces the risk of overdose death
  - ✓ Reduces the risk of getting HIV & Hepatitis C
  - ✓ Improves employment rates
- Methadone treatment programs do not cause crime in neighborhoods



# Naltrexone



- A antagonist that blocks the “high” if someone uses an opioid
- Brand names for the oral formulation (daily dosing) are ReVia<sup>®</sup> and Depade<sup>®</sup>
- The injectable formulation (monthly dosing) is Vivitrol<sup>®</sup>
- Can be prescribed by anyone licensed to prescribe medications
- Decreases opioid use in compliant patients, reduces craving (Vivitrol<sup>®</sup> study)
- Naltrexone has also been found to be effective in reducing alcohol consumption among people with an alcohol use disorder



# Buprenorphine



- A partial agonist; combination formulation with naloxone to prevent people from injecting it
- Oral tablet or film dissolved under the tongue
- Brand names Suboxone<sup>®</sup> and Zubsolv<sup>®</sup>; a generic formulation is available
- Prevents withdrawal, high, reduces craving; advantage: very low risk from overdose
- Subdermal implant of buprenorphine (Probuphine<sup>®</sup>) was recently approved by the FDA

# Myths Versus Facts

Myth: You should not use drugs to treat drug addiction

Fact: Medications treat withdrawal symptoms and reduce drug craving. One someone's brain is pre-occupied with drug-seeking, it may be hard for talk-therapy to work. Medications that reduce cravings, allow people to engage in treatment instead of seeking out drugs.