

# My Journey

Opioid Task Force  
Access to Treatment  
July 16, 2019



About me...

# Opioid Use Disorder and Treatment

What are three biggest reasons people do not access treatment?

- Not ready to stop using.
- No health coverage/could not afford cost.
- Not knowing where to go for treatment.



# Harm reduction

- A set of practical strategies and ideas to reduce negative consequences associated from drug use.



# Naloxone

- Opioid poisoning reversal medication.
- Intramuscular shot or nasal spray.
- Good Samaritan law.

...n cause an overdose?

...n after your tolerance has  
like after detox, hospital, jail,  
... Always start at a lower dose.  
... strength and content of street  
... can't tell if heroin or pills are cut  
... thing or stronger than you expect  
... hit your system. Start with a small  
... inject *slowly* so you can stop if  
... feels wrong.  
... oids with benzos, alcohol, speed  
...  
... ate pain meds more often or at  
... se than prescribed for you.  
... neone else's opiate pain meds.  
... ne. You're more likely to die if no  
... re to help you.

...ns of an overdose

...pen fast or take up to 1-2 hours.  
...ght start out in a really heavy nod.  
...e their breathing can slow down or  
...y won't wake up.

**Main signs:**

Won't wake up  
Pale, gray skin  
Blue lips or fingertips  
Slow or no breathing  
Gurgling, gasping, snoring

**IN EMERGENCY! CALL 911**

...amaritan Law protects you and the  
...m from drug possession charges.

In case of  
**HEROIN-OPIOID  
OVERDOSE:**



**1. CALL 911**



**2. GIVE NALOXONE**



**3. GIVE RESCUE  
BREATHS**



# Tacoma Needle Exchange

- Serving Tacoma since 1988.
- Benefits include: HCV/HIV testing, condoms, Naloxone, referrals to other services.
- More than 2.5 million needles exchanged.

The door that opened for me...



# Medications for Opioid Use Disorder

- Manage cravings and withdrawal.
- Reduce illicit use.
- Treatment available three places:
  - Opioid Treatment Program (OTP).
  - Health care provider/primary care.
  - Community service provider.



# 3 FDA-approved medications for treatment

Methadone

Buprenorphine

Naltrexone

Opioid Effect	Full	Partial	None
Typical Form	Daily oral medication	Daily oral medication	Monthly injection
Setting	Opioid Treatment Program (OTP)	Medical Office, OTP, or community service provider	Medical office
Visit Frequency	6 days a week to start, can decrease over time	Varies from daily to monthly	Varies from weekly to monthly
Counseling	Required	Requirements vary	Requirements Vary

# Medically supervised withdrawal

- Formerly known as *detox*.
- Average stay is 3-5 days.
- Studies show most patients with OUD will start using again and will not continue in recommended care.
  - Wrap-around care helps people stay in treatment.



# Intensive outpatient treatment

- Group sessions for 3 hours a day, 3 times a week for treatment.
- Weekly individual counseling.
- Attendance requirements decrease as patient:
  - Progresses in recovery.
  - Achieves negative toxicology screens.
  - Completes hours of groups, etc.

# Inpatient treatment

- A starting point—or 4<sup>th</sup> try—or 10<sup>th</sup> try.
- Lasts 1 month up to 1 year.
- Groups such as relapse prevention, individual counseling.
- Can be taking medication for treatment.



# Person centered

- SAMSHA Tip 63: “Treatment and support services should reflect each patient’s individual needs and preferences.”
- Opioid Use Disorder is a chronic condition, not a reflection of a person’s character.
- Patients should be connected to other resources like medical care, mental health services, and community supports.

It's OK to need help...and best to accept it!



# Support Network

- Sober Support: Alcoholics Anonymous (AA), Narcotics Anonymous (NA), Recovery Café, Celebrate Recovery.
- Communities of faith.
- Family and friends.



# Stigma

# Stigma

Prescribers, patients and their families all experience stigma. Ways to help:

- Use person first language.
- Use medical terms.

DO <b>NOT</b> USE	USE
Clean/Dirty Urinalysis	Positive/Negative Toxicology
Addict, User	A person with substance use disorder

# Thank you!

# Questions?