



**UW PACC**

Psychiatry and Addictions Case Conference

UW Medicine | Psychiatry and Behavioral Sciences

# WHAT IS RECOVERY IN OUD TREATMENT AND HOW DO WE SUPPORT IT

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# DISCLOSURE

- I have no conflict of interests

# OBJECTIVES

- Opioid Use disorder(OUD) Treatment and its barriers
- What is recovery
- Individual Drug Counseling(IDC)
- Describe interprofessional team strategies for improving care coordination and communication to advance OUD outcomes

- Opioid use disorder (2018)
  - 16 million worldwide
  - 120,000 death worldwide

Chang et al, 2018

- Overdose in US 106,699(2021)
  - 80,411 involving any opioid

CDC WONDER, 2021

- MOUD
  - Reduction in overdose
  - Evidence based, life saving

- 27.8% received MOUD

Pia et al, 2022

- MOUD with Psychosocial intervention

Dugosh et al, 2016

- Patient on MOUD in primary care setting  
: High MH comorbidity, significant psychosocial concern

Hooker et al, 2020

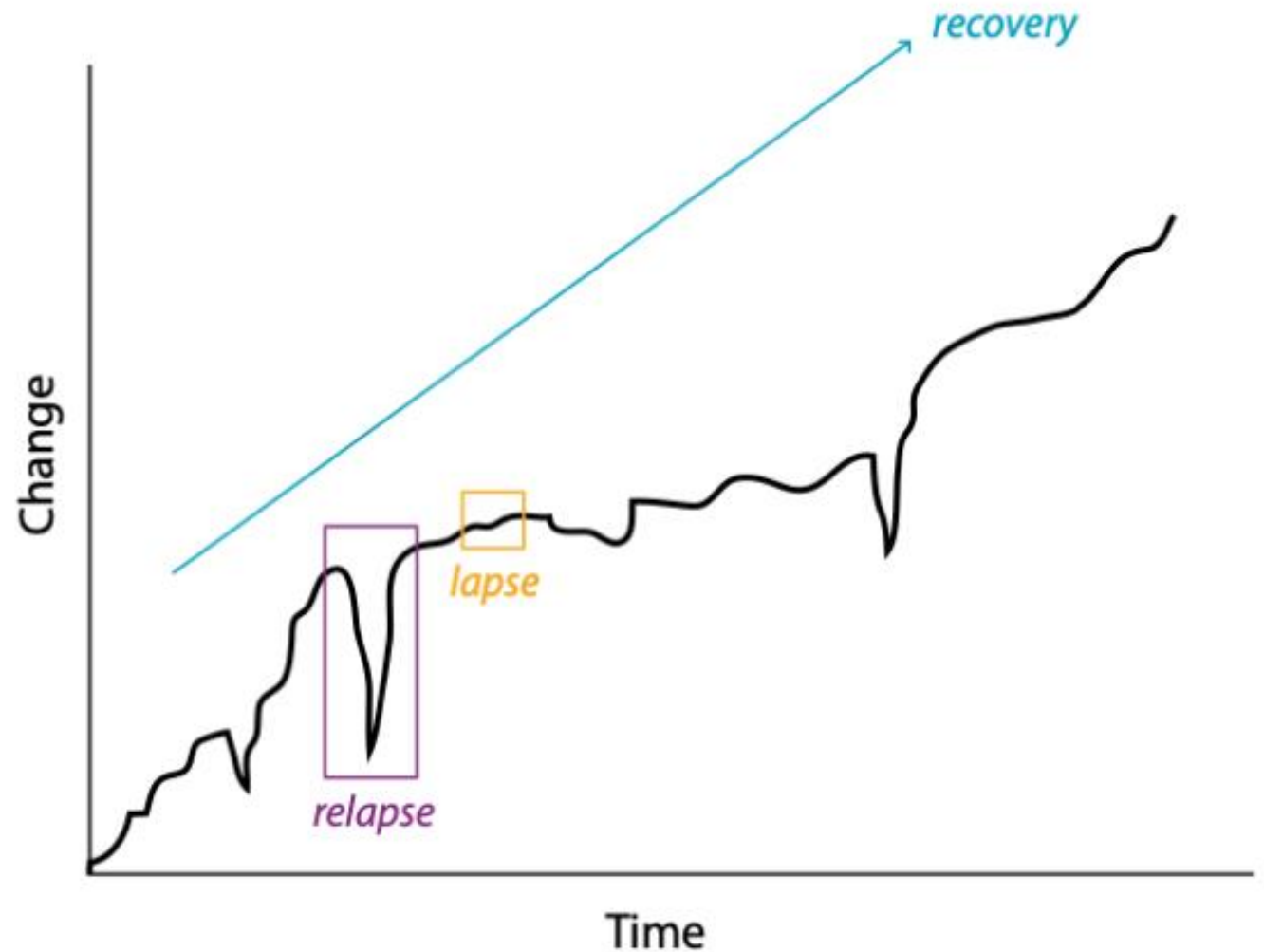
- Shortage or Tx providers
- System barriers
- Hurdles preventing establishment of new OPT
- Financial barriers
- Lack of sufficient entryways

# ACCESS

- Every clinic visit is a chance
- Primary care physicians
- Providers in Criminal justice system
- Pain medicine providers
- Pharmacists

# RECOVERY

- Recovery is a PROCESS of change
- Being in Recovery  
: Positive changes and values become part of a voluntarily adopted lifestyle



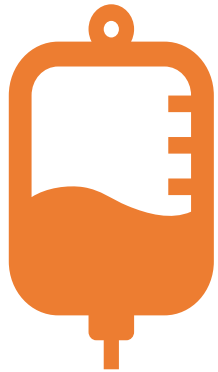


- Abstinence is a cardinal feature of a Recovery lifestyle
- Pathway to Recovery is different for every individual
- The 25 million Americans currently in recovery

Living in Recovery: What Works? | NIH HEAL

# CHANCE TO SEE RECOVERY

- Effective behavioral and medication treatments
- Lifesaving treatments for overdose
- Lived experience
  - Tools to manage their health long-term
  - Friendship and Support
- Support from families can be key to recovery



**Health**



**Home**



**Purpose**



**Community**

# INDIVIDUAL DRUG COUNSELING(IDC)

Weeks	1-12	13-24	25-36
Session/week	2(biweekly)	1(weekly)	0.25(monthly)

- Therapeutic alliance (Hiker and Guide)
  - To provide support, education and non-judgmental confrontation
    - : Knowledge about addiction
    - : Active listening
    - : Ally toward recovery

# EARLY ABSTINENCE

1. Addiction and the associated symptoms
2. People, places, and things
3. Structuring one's time
4. Craving
5. High-risk situations

# CASE

- Patient, Johnnie, reports that his cohabiting girlfriend, Lisa, has a serious cocaine problem.
- She is smoking about \$25 worth of crack every evening if she has the money. Johnnie reports that she often borrows money from him, and she offers him some cocaine when she buys it.
- He finds it nearly impossible to resist when she is using it around him. In addition, she often asks him to drive her to purchase it because they only have one car.

6. Social pressures to use

7. Compulsive sexual behavior

8. Post-acute withdrawal symptoms

9. Use of other drugs

10. 12-step participation

# MAINTAINING ABSTINENCE

1. Tools for preventing relapse
2. Identification of the relapse process
3. Relationships in recovery
  - Codependency
    - Another individuals controlled by the patient's behavior
    - Excessively caregiving behavior tends to foster even more dependency
  - Enabling behavior
    - Another person, often a codependent, helps or encourages to continue using drugs, either directly or indirectly



# CASE – CONTINUES

- Johnnie is ambivalent about his relationship. He does not love Lisa, and that they are living together mainly because she had nowhere else to go.
- Johnnie wants sobriety and maintains 2 months abstinence but Lisa is not ready to commit to recovery. She continues to use cocaine in spite of his explaining that he wants to get sober and his asking for her support.
- Johnnie says that his difficulty in breaking up with Lisa is because she needs him. He says that she depends upon him financially and for company and affection.

4. Development of a drug-free lifestyle

5. Spirituality

6. Shame and guilt

7. Personal inventory

8. Character defects

9. Identification and fulfillment of needs

10. Management of anger

11. Relaxation and leisure time

12. Employment and management of money

13. Transfer of addictive behavior

# DEALING WITH PROBLEMS

- Lateness or Non-attendance
- Denial, Resistance or Poor Motivation
- Crisis
- Relapse

In Recovery

WITH DR. NZINGA HARRISON

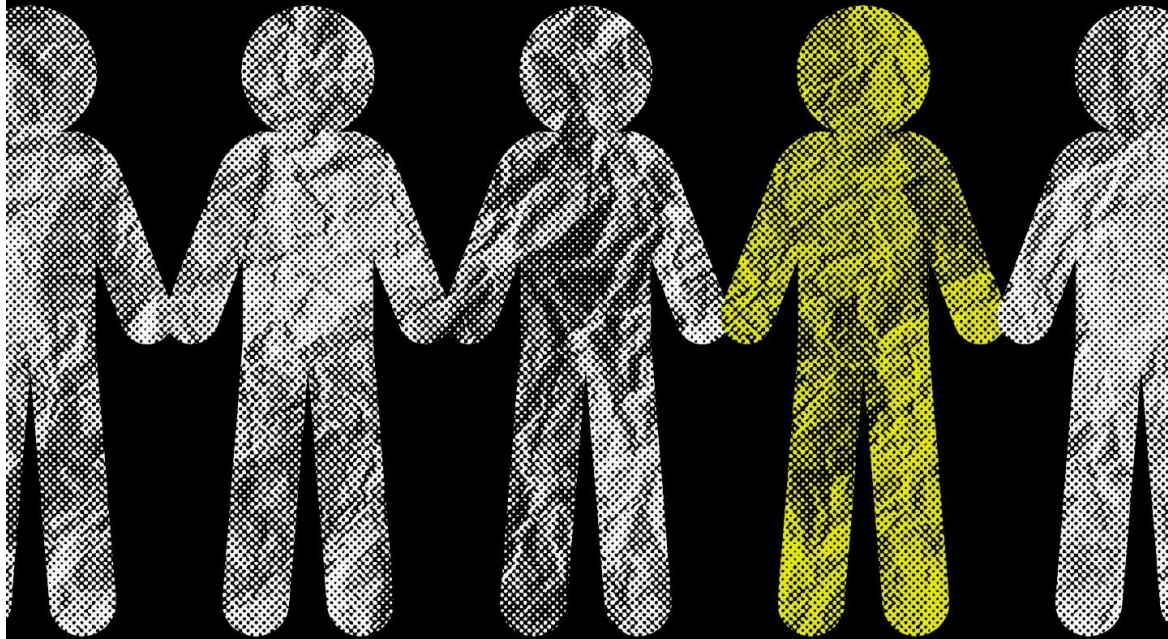
lemonada

A promotional graphic for a podcast or series. It features a woman with long dark braids, wearing a dark blue and black striped sleeveless dress, standing with her arms crossed against a light blue background. To her left is a large yellow circle containing the text 'In Recovery' in a black script font, and below it, 'WITH DR. NZINGA HARRISON' in a black sans-serif font. In the bottom left corner, there is a logo for 'lemonada' which includes a yellow lemon slice with radiating lines above the word 'lemonada' in a black sans-serif font. A small QR code icon is in the top right corner.

THE CURB SIDERS  
ADDICTION MEDICINE

A logo for 'THE CURB SIDERS ADDICTION MEDICINE'. It features a white stethoscope at the top, with the chest piece positioned over the text. The text 'THE CURB SIDERS' is in a large, bold, white sans-serif font, and 'ADDICTION MEDICINE' is in a smaller, pink sans-serif font below it. The entire logo is enclosed in a white rounded rectangular border that resembles a clipboard.

# Last Day



- I Am Sober App for sobriety counter and more
- Family support : We The Village
- Secular Organizations for Sobriety (SOS)

# REFERENCES

- Healthcare costs and utilization associated with high-risk prescription opioid use: a retrospective cohort study. : Chang HY, Kharrazi H, Bodycombe D, Weiner JP, Alexander GC BMC Med. 2018 May 16;16(1):69.
- Use of Medication for Opioid Use Disorder Among US Adolescents and Adults With Need for Opioid Treatment, 2019 Substance Use and Addiction Pia M. Mauro, PhD
- Has the treatment gap for opioid use disorder narrowed in the U.S.?: A yearly assessment from 2010 to 2019” Noa\_Krawczy International Journal of Drug Policy Volume 110, December 2022, 103786
- Mental Health and Psychosocial Needs of Patients Being Treated for Opioid Use Disorder in a Primary Care Residency Clinic, Stephanie A Hooker J Prim Care Community Health . 2020 Jan-Dec;11:215013272093201
- Opioid Use Disorder Dydyk AM, Jain NK, Gupta M. Opioid Use Disorder - StatPearls - NCBI Bookshelf
- Living in Recovery: What Works? | NIH HEAL
- [SAMHSA’s Working Definition of Recovery](#)



- Individual Drug Counseling, Delinda E. Mercer, Ph.D. George E. Woody, M.D, Therapy Manuals for Drug Addiction Series

Thank you for listening!