


CHAMP

Managing Co-occurring Diagnoses

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• CHECK IN

- How are things going?
- Review of registries
- Anything else on your mind?

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Learning Objectives




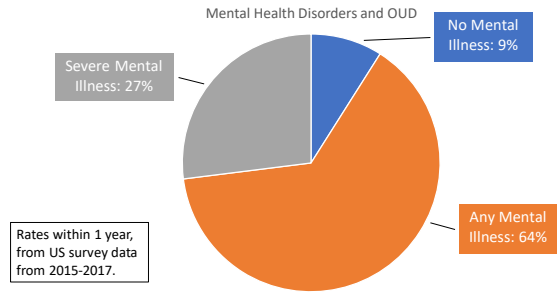
By the end of this session, participants should be able to:

- Review the connection between mental health disorders and OUD
- Explain the relationship between concurrent MHD and OUD and how they have similar risk factors
- Understand key features and options for treatment for OUD

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MHD are VERY Common in People with OUD


Rates within 1 year, from US survey data from 2015-2017.

Jones CM, et al, 2019

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Opioid Use Disorder and Co-Occurring Mental Health Disorders (MHD)




- Depression , anxiety disorders and PTSD are the most significant co-morbidities
 - 2.5 times increased risk of suicide
- These conditions often go undiagnosed and untreated and are a barrier to being successful in OUD treatment.

Jones CM et al 2019
Savant et al, 2013

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Assessing Mental Health Disorders in the Context of Substance Induced Disorders:



- Screeners will be more accurate after therapeutic dose of medications is reached and maintained
- Always screen initially for acute issues like suicide ideation, but rescreen for mental health disorders after four weeks
- Other evidence of a primary mental health disorder
 - History of prior recurrent episodes
 - Strong family history of mental disorder
 - History of mental illness during periods of recovery

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Shared Risk Factors for MHD and OUD


Genetics	Epigenetics
Environmental factors	Brain regions
Stress	Trauma/ACEs

NIDA. (2018, February 27). Common Comorbidities with Substance Use Disorders. Retrieved from <https://www.drugabuse.gov/publications/research-reports/common-comorbidities-substance-use-disorders> on 2019, May 24

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Genetics



- Account for 40-60% of SUD risk
- Genes
 - Affect person's response to drugs
 - Affect person's response to stress
 - Neurotransmitters (like 5HT and DA) are affected by drugs and dysregulated by mental illness

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Epigenetics and Environmental Factors

Epigenetics, defined:
Changes in gene activity/expression due in part to environmental factors


- Environmental factors include chronic stress, trauma, drug use or exposure
 - Induce stable changes in gene expression
 - This in turn changes behavior

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Brain Region Involvement

The Brain



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Stress/Adverse Childhood Experiences (ACEs) and Trauma

- Risk factor for
 - Mental disorders
 - Recurrence of disease
- Impacts areas of brain involved in
 - Motivation, learning, adaptation
 - Hypothalamic Pituitary Access
 - Impulsivity
 - Prefrontal cortex
- Alters dopamine pathways
 - May enhance reinforcing properties of drugs

ACEs/Trauma

- Increase risk for both SUDs and MH Disorders



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Treatment Models For Co-Occurring Disorders

Avoid → Sequential

- Receives one treatment and then the other

Parallel

- Participates in two systems simultaneously


Consider → Integrated

- Single, unified and comprehensive treatment program for all disorders

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Treatment Gap




- 70-75% will NOT receive both mental health and SUD treatment
 - Lower odds of receiving treatment
 - Males 52% less likely
 - 18-25 yo 42% less likely
 - Non-Hispanic Black 69% or Non-Hispanic other 64% less likely
- People are reluctant to seek MH treatment and treatment is often unresponsive to them

Jones CM, et al, 2019




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MH Impacts OUD Treatment Access



- Only 28% of providers with DATA 2000 waiver prescribing
 - 92 providers interviewed
- Reasons why they will not prescribe
 - #1 reported barrier: **lack of mental health and psychosocial support for patients**
 - Lack of institutional support
 - Funding barriers

Hutchinson, E., et al. (2014); Knudsen, Abraham, & Oser (2011)





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Checkpoint:




What has been your experience in helping patients to access MOUD while also engaging them in behavioral health treatment?






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Supporting Medication Treatment for OUD


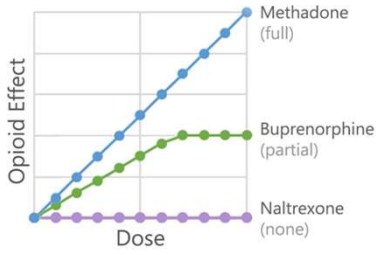



- Multiple benefits of MOUD
 - Reduces deaths
 - Well-tolerated
- Support Recovery
 - Stabilize function and control cravings
 - Prevent recurrence of symptoms
- Backed by research
 - Medications are the standard of care
 - Many years of safe and effective use

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OUD Treatment Medications

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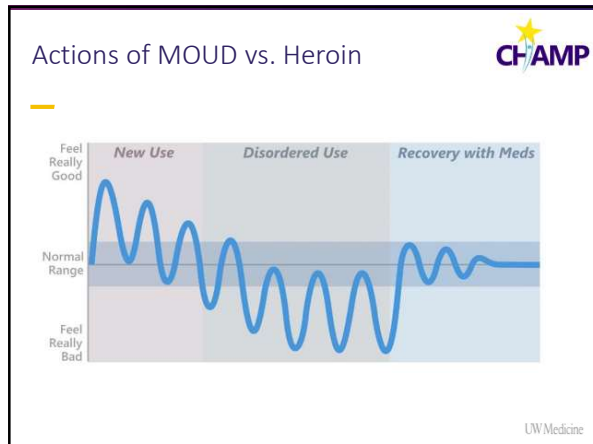
Medications for Opioid Use Disorder (MOUD)



- Methadone
 - Full opioid effect, only available in opioid treatment programs
 - Heavily regulated, no ceiling effect- overdose potential
- Buprenorphine
 - Partial opioid agonist
 - Commonly available as pills or fills in a duo product with naloxone (Suboxone)
- Naltrexone
 - Blocks opioid receptors
 - Monthly in-clinic Injection (also available as a pill for alcohol use disorder), patient must be opioid free 7-14 days prior to start



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- ### Treatment Options
- Clarify important differences in three settings:
 - Medication options
 - Other supports/structure
 - Visit frequency
 - Evidence suggests medications are the most effective approach of treating OUD
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Journal Articles Cited

- CM Jones et al. *Co-occurring substance use and mental disorders among adults with opioid use disorder*. Drug and Alc. Dep 197 (2019) 78-82
- JD Savant et al. *Prevalence of mood and substance use disorders among patients seeking primary care office-based buprenorphine/naloxone treatment*. Drug and Alc. Dep 127 (2013) 243-247
- MA Quendo et al *Suicide: A Silent Contributor to Opioid-Overdose Deaths*. N Eng J Med 378:17 (2018)
- NIDA. (2018, February 27). *Common Comorbidities with Substance Use Disorders*. Retrieved from <https://www.drugabuse.gov/publications/research-reports/common-comorbidities-substance-use-disorders>
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 • <https://onlinelibrary.wiley.com/doi/full/10.1111/ajad.12581>
- Lake et al, 2019, Buprenorphine for the treatment of posttraumatic stress disorder
 • <https://onlinelibrary.wiley.com/doi/full/10.1111/ajad.12860>
- Peavey KM, 2019, Psychosocial interventions for opioid use disorder** **PAYWALL**
 • <https://www.uptodate.com/contents/psychosocial-interventions-for-opioid-use-disorder>
- Serafini G et al, 2018, The Efficacy of Buprenorphine in Major Depression, Treatment-Resistant Depression and Suicidal Behavior: A Systematic Review
 • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6121503/>

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THANK YOU FOR JOINING US TODAY!

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