

Medication Assisted Treatment: Overcoming Stigma- Stories of Recovery

Midwest Consortium on Problem Gambling and
Substance Abuse Conference

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Cindy Claxton, LSCSW, LCAC



Objectives

- Participants will learn about MAT for alcohol use disorders
- Participants will be provided information regarding JCMHC resource.
- Participants will learn from an individual who has been through a MAT program and what benefits or challenges the participant faced in their recovery as well as how they dealt with stigma.

Alcohol Use Disorder

- A Kansas problem:
 - SAMHSA data – 174,000 individuals, 12 or older misuse or are dependent
 - Past month heavy use (KS, 8.5% vs U.S. 6.7%)
 - KC Metro data: 25% of 12 or older binge drank
 - Only 6.4% received treatment



Consequences of Untreated Alcoholism

- 88,000 people die from alcohol-related causes each year
- 3rd leading preventable cause of death in the U.S.
 - 1st is Tobacco
 - 2nd is Poor diet and physical inactivity





**Medications approved to treat
Alcohol Use Disorders:**

Naltrexone (Vivitrol, Revia)

Campral

Antabuse

Initiating MAT



Naltrexone/Vivitrol:

Opioids- 10-14 days abstinence

Alcohol- up to 7 days abstinence

Buprenorphine/Suboxone:

Opioids- 12-72 hours abstinence

Methadone:

No waiting period, however recommended to have Urine Drug Screen completed and that client is not impaired at time of dosing.



Benefits of MAT drugs

- Decreases cravings for opioids/alcohol
- Regain a normal state of mind
- Similar to taking medication to control heart disease or diabetes.

Johnson County Mental Health Center

- Who we serve
 - 10,000 people annually
 - Mental Health/ Substance Use Disorders
 - Funding and target population
- Locations/ admission
- DDOP



Medication Assisted Treatment Program

January 2016

- Drug and Alcoholism Council of Johnson Co Grant
- Target population: Low income with no access to insurance/Medicaid
- Combined with outpatient therapy and case management
- Population- primary alcohol
 - 36% outpatient clients
 - 49% Adult Detox Unit (ADU)
- Population- primary opiate
 - 8% outpatient
 - 14% ADU



MAT at JCMHC

In the beginning (2016)

17 prescribed medication (Vivitrol/ Naltrexone)

59% abstinent from substance use

Average retention on medication 4.9 months

2018

46 clients on MAT

87% remained abstinent from substance use

Average retention approximately 10 months

Partnership with Behavioral Health Group (BHG) –
an Opioid Treatment Program



MAT Outcomes



- Jobs - 87%
- Family - 87%
- Legal – 93%
- Mental health follow up – 87%
- Substance use – 87%
- Decreased need for emergency room visits, detox, etc.- 93%

All percentages based on 15 JCMHC MAT clients on MAT in 2018 (some started 2016/2017)

Stories of Recovery







Contact Information

- Cindy Claxton, Team Leader JCMHC:
cindy.claxton@jocogov.org
- Crystal Matchette, Case Manager JCMHC:
crystal.matchette@jocogov.org
- Stacy Chamberlain, Program Director
- BHG Overland Park Kansas:
Stacy.Chamberlain@bhgrecovery.com

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