An Update on Substance Use Disorder Services in VHA

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Topics to be Covered

• Requirements for SUD services under the Uniform Mental Health Services Handbook
• Recent SUD initiatives
• Future SUD activities
Uniform Mental Health Services Handbook Specifications on Treatment of SUD
Screening and Assessment

• Universal screening for alcohol misuse in new patient encounters according to presenting problem and at least once a year
• Targeted screening for other substance-related problems
• Follow-up for positive screens with a multidimensional evaluation if substance use disorder has been diagnosed
Interventions (1)

• Emergency department services that include provisions for 23 hour observation
• Medically managed withdrawal--Inpatient and ambulatory
• Brief interventions in primary care or general mental health
• Intensive outpatient services and/or residential care substance use services
• Dual diagnosis programs or coordination of mental health and substance use disorder care
Interventions (2)

- Evidence-based psychosocial interventions to prevent relapse
  - Multiple (at least two) empirically-validated psychosocial interventions must be available for all patients with substance use disorders who need them.
  - Empirically-validated interventions include motivational enhancement therapy, cognitive behavioral therapy for relapse prevention, 12-step facilitation counseling, contingency management, and SUD-focused behavioral couples counseling or family therapy.

- Opiate agonist treatment (methadone and/or buprenorphine)

- Evidence-based pharmacotherapy for alcohol dependence
Interventions (3)

• Long term monitoring and maintenance treatment
• Interim services to address the needs of patients waiting for specific programs
• Active follow-up for those who refuse referral to SUD services
Recent Initiatives Related to Treatment of Substance Use Disorders
Initiatives Related to SUD Treatment

• Annual screening for at-risk levels of alcohol consumption in primary and specialty health care services.

• Increase availability of medications to assist SUD recovery.

• Enhance access to care for veterans with substance use problems.

• Enhance services for substance use disorders in CBOCs and non-SA RRTPs.
Initiatives Related to SUD Treatment

- Augment PTSD teams with SUD specialists.
- Increase availability of intensive outpatient programs for SUD.
- Memorandum on requirements of inpatient and ambulatory detoxification
- Develop handbook on treatment of SUD.
- Update VA-DoD Clinical Practice Guidelines.
Recent Enhancements to SUD Treatment Services

<table>
<thead>
<tr>
<th>Description</th>
<th>No.</th>
<th>FY 09 (est.)</th>
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<tbody>
<tr>
<td>Creation of SUD IOP's</td>
<td>28</td>
<td>$16,720,000</td>
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<tr>
<td>Addition of SUD Specialist to PTSD Teams</td>
<td>133</td>
<td>$16,300,000</td>
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<td>Addition of SUD Specialist to Large Community Based Outpatient Clinics</td>
<td>47</td>
<td>$5,610,000</td>
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<td>Addition of SUD Specialist to Non-SA RRTP's</td>
<td>33</td>
<td>$3,700,000</td>
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<td><strong>Total</strong></td>
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<td>$43,630,000</td>
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Use of Medications to Assist SUD Recovery
Utilization of Medication for Alcohol Use Disorder (AUD)

- Naltrexone
- Acamprosate
- Disulfiram
- Any Medication

Unique AUD Patients

FY06
FY07
FY08
## Utilization of Medications for Alcohol Use Disorder

<table>
<thead>
<tr>
<th>Category</th>
<th>Uniques</th>
<th>Any Rx</th>
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<tr>
<td>No SUD spec care</td>
<td>190,974</td>
<td>1.21%</td>
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<tr>
<td>Outpt only SUD care</td>
<td>82,843</td>
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<tr>
<td>Both Outpt and RRTP</td>
<td>7,240</td>
<td>11.62%</td>
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Methadone and Buprenorphine

• As of the end of FY08, methadone maintenance treatment was offered at 35 VA points of service and 6 contracted sites.
• In FY08, 9320 unique patients were treated in these licensed methadone maintenance clinics.
• During FY08, between 35.7 and 40.2% of unique VA outpatients diagnosed with opioid abuse or dependence were treated with methadone or buprenorphine.
Future Plans

• Contingency management demonstration project
• Implement Brief Addiction Measure (BAM)
• Assess value-added of non-oxidative metabolites of alcohol to detect drinking
• Develop transformational and performance metrics for delivery of SUD services
• Select Deputy
• Expert panel meeting on SUD-PTSD care
• SUD preconference to OMHS annual conference
• Meeting with SUD VISN representatives and SUD program managers