

The West Virginia Model:

Comprehensive Opioid Addiction Treatment
The COAT Clinic

ECHO

7/10/17



WV Model



Guiding Principles:

- Medication alone is not sufficient
- Group therapy and psycho-education is efficient and effective
- Med management and therapy should be linked together
- Provide maximum structure while being financially sustainable
- Require regular participation in 12-step/peer-recovery groups
- Require abstinence from all substances of intoxication

Goal is to increase level of functioning and decrease morbidity/mortality

WV Model components

- 30 min group-med visit (8-12 pts)
- 1 hour group-therapy visit (8-12 pts)
- 1 hour individual therapy per month (minimum)
- 4 peer-recovery community groups per week (AA, NA, CR, etc.)
- Random UDS, periodically observed
- Infectious Disease Screening
- Referral to psychiatric services if necessary
- Referral for other medical conditions if necessary



The interdisciplinary team

- Case manager
- Medical assistant
- Therapist – group and/or individual
- Psychiatrist prescribing buprenorphine
- Psychiatrist treating mental health disorder
- Physicians, nurses treating medical problem



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Beginner

- 1-90 days abstinence
- Weekly group therapy
- Signed meeting lists
- Monthly individual therapy

Intermediate

- 91 – 365 days abstinence
- Bi-weekly group therapy
- Written report/no signatures required
- Monthly individual therapy

Advanced

- >365 days abstinence
- Monthly group
- Mandatory meetings no longer required
- Monthly individual therapy no longer required

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Maintenance

- For patients who have over 3 years clean and sober
 - Every other month medication management



Treatment Model Key Elements

- All phases of treatment have 30 minute medication management group followed directly by group therapy
- Prescription for medication is given after attendance at group therapy
- Ideally the group therapy is administered by the same person as the individual therapy
- Participation in community support and sponsorship is required
- Honesty and accountability are the most important factors in adherence to treatment
- Specific behaviors do result in immediate dismissal
 - Lying about use
 - Tampering with UDS
 - Illegal behavior on the property
 - Diversion of medication



Stages of Treatment and Recovery

- Early recovery
- Middle recovery
- Late recovery



The Benefits of Group Therapy

- Peer support
- Reduction of isolation
- Witness progress of others
- Learn coping/social skills from others
- Learn new information
- Gain feedback
- Support/nurturance
- Confrontation
- Allow one treator to help many
- Instill hope
- Gain clean and sober social contact
- Increase awareness of relational patterns
- In vivo learning
- Corrective emotional experience

Therapeutic areas to cover in treatment for substance use disorders

- Establishing a trusting environment and building rapport
- Psychoeducation about addiction
 - Disease model
 - Neurobiology of addiction
- Relapse prevention
 - Stages of change
 - Skills acquisition
- Managing feelings
 - Coping strategies
 - Affect regulation
- Interpersonal relationships
 - impact on family
- Establishing social supports
 - Self-help



Benefits of Individual Therapy

- Tailored to the individual
- Easier to create trusting environment
- Easier to control interpersonal interaction
- More time spent on individual needs and MH issues
- More confidential
- Do not have to listen to other's problems
- Can often explore interpersonal issues more deeply (trauma)

“I just want to lie in my bed and not move, please stop bothering me and I won't bother you.”

-Matt Fried on fears about Group Therapy

Evidence Based Therapies Used With MAT

- **Cognitive-behavioral therapy** teaches individuals in treatment to recognize and stop negative patterns of thinking and behavior. For instance, cognitive-behavioral therapy might help a person be aware of the stressors, situations, and feelings that lead to substance use so that the person can avoid them or act differently when they occur.
- **Contingency management** is designed to provide incentives to reinforce positive behaviors, such as remaining abstinent from substance use.
- **Motivational enhancement therapy** helps people with substance use disorders to build motivation and commit to specific plans to engage in treatment and seek recovery. It is often used early in the process to engage people in treatment.
- **12-step facilitation therapy** seeks to guide and support engagement in 12-step programs such as Alcoholics Anonymous or Narcotics Anonymous.
- **Trauma informed treatment**