Substance Use Disorders:
Provider Perspective of the Biopsychosocial Disease

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An estimated **20.8 million people** in our country are living with a substance use disorder. This is similar to the number of people who have **diabetes**, and **1.5 times** the number of people who have **all cancers combined**. This number does not include the millions of people who are misusing substances but may not yet have a full-fledged disorder. **We don't invest nearly the same amount of attention or resources** in addressing substance use disorders that we do in addressing diabetes or cancer, despite the fact that a similar number of people are impacted. **That has to change.**
• The Issue
• The Disease Model
• The Treatment Model
THE ISSUE

- Substance Use Disorder (SUD) is a chronic, relapsing disease, which has significant economic, personal, and public health consequences.

- Misuse of and addiction to alcohol, nicotine, and illicit and prescription drugs cost Americans more than $700 billion a year in increased health care costs, crime, and lost productivity.

- Nationally, death rates from Rx Opioid overdoses QUADRUPLED during 1999–2013 - MMWR (CDC).

- CDC estimates over 33,000 people died in 2015 from overdoses involving opioid pain relievers.
THE ISSUE - Opioids

- Americans consume more opioids than any other country in the world.
Overdose Deaths Involving Opioids, United States, 2000-2015

- **Any Opioid**
- **Commonly Prescribed Opioids** (Natural & Semi-Synthetic Opioids and Methadone)
- **Heroin**
- **Other Synthetic Opioids** (e.g., fentanyl, tramadol)

THE DISEASE

- **Definition of disease**: Any deviation from or interruption of the normal structure or function of any body part, organ, or system that is manifested by a characteristic set of symptoms.

- **ASAM definition of the disease of addiction**: Addiction is a primary, chronic disease of brain reward, motivation, memory and related circuitry.
  - Dysfunction in these circuits leads to characteristic biological, psychological, social and spiritual manifestations.

*It fits the definition; and it can be fatal without treatment.*
ASAM Disease Definition... again

• Chronic Relapsing Biopsychosocial Disease

• Treatment for this Disease must address all three components
  – Biological - Medical
  – Psychological
  – Social
TREATMENT – a critical part of the solution

- Treatment for addiction begins with a comprehensive biopsychosocial assessment
  - Should be consistent w/ASAM Criteria

- Comprehensive guidelines for patient placement, continued stay and transfer/discharge
  - Required in 30+ states
  - Represents the whole continuum of care
Treatment

• **Medical**
  – Comprehensive assessment & intake – SAME DAY or NEXT DAY
  – Outpatient withdrawal management (and ongoing pharmacological management)
  – Care coordination and monitoring (ex: referrals to other physicians and monitoring of pdmps)

• **Psychological**
  – Clinical assessment (ASAM PLACEMENT CRITERIA)
  – Therapy (individual, group, family, etc.)

• **Social**
  – Case management
    • Can include all of the following: crisis support, family services, legal services, vocational services, transportation, housing, etc.
  – Involving social support networks – AA, NA, Peer Support, etc.
Reimbursement must align with TREATMENT

- General categories of reimbursement do not often line up with treatment model
  - Medical Services
    - Including medications and appropriate testing (without significant barriers)
  - Psychological Interventions
  - Social Supports

**Consider APM’s**
(Alternative Payment Models)
References

- Surgeon Generals Report on Alcohol, Drugs, and Health
- ASAM - American Society Of Addiction Medicine
- NIDA — National Institute On Drug Abuse
- SAMHSA — Substance Abuse And Mental Health Services Administration
- VA Clinical practice guideline on Substance Use Disorder treatment
- CDC.gov