

The University of Arizona's Center for Rural Health

Presents: Sober Living Homes &
Medication Assisted Treatment 101



THE UNIVERSITY OF ARIZONA
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH

Center for Rural Health

Land Acknowledgement Statement



Photo by K. Miller

We respectfully acknowledge the University of Arizona is on the land and territories of Indigenous peoples. Today, Arizona is home to 22 federally recognized tribes, with Tucson being home to the O'odham and the Yaqui. Committed to diversity and inclusion, the University strives to build sustainable relationships with sovereign Native Nations and Indigenous communities through education offerings, partnerships, and community service.

For more information about Native lands which UArizona resides on, see <https://nasa.arizona.edu/>

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Photo by K. Miller

Sponsor:

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Slides and Recording:

The PDF slides will be available on the AzCRH website after the training. This is being recorded but it will not be publicly available.

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Webinar Speakers



Martin Caudillo is the Arizona Center for Rural Health Technical Assistant Coordinator supporting the Opioid Data to Action grant.. He is currently a Master of Public Health student at the University of Arizona with a degree focus on Applied Epidemiology.



Dr. Christina Arredondo, MD, is the Medical Director of Behavioral Health at El Rio while continuing her work at the Pascua Yaqui Tribe MAT program.



Ruben Baca RSS/BHT, is Recovery Support Specialist for Canyonlands Integrated Healthcare in Safford, AZ. He serves on the board of the local rural area Sober Living Facility “House of Hope” & provides insights, services & mentorship to those in recovery.

Medication Assisted Treatment (MAT) 101



Photo by M. Ronder-Seid

1. Knowledge Polls
2. MAT Knowledge
3. Collaborative Models

SLHs and MAT

Barriers and Opportunities

Christina Arredondo, MD FAPA El Rio Community Health Center



AGENDA

<https://pollev.com/christinaarredondo037>

- MAT
- Sober Living Homes (SLHs)
- Barriers
- Opportunities for collaboration
- Best Practices

Opioid Epidemic

- how it started
- where it is now

THE OPIOID EPIDEMIC BY THE NUMBERS



70,630

people died from drug overdose in 2019²



10.1 million

people misused prescription opioids in the past year¹



1.6 million

people had an opioid use disorder in the past year¹



2 million

people used methamphetamine in the past year¹



745,000

people used heroin in the past year¹



50,000

people used heroin for the first time¹



1.6 million

people misused prescription pain relievers for the first time¹



14,480

deaths attributed to overdosing on heroin (in 12-month period ending June 2020)³



48,006

deaths attributed to overdosing on synthetic opioids other than methadone (in 12-month period ending June 2020)³

SOURCES

1. 2019 National Survey on Drug Use and Health, 2020.
2. NCHS Data Brief No. 394, December 2020.
3. NCHS, National Vital Statistics System. Provisional drug overdose death counts.

Arizona Statistics

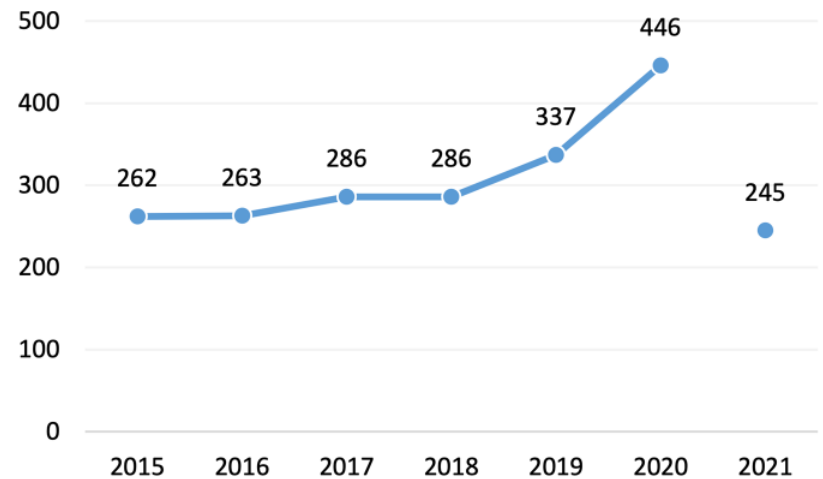
- 25-44 year old had the highest rate of confirmed opioid overdose (45%)
- Under 24 is the next largest and growing group (24%)
- Fatal overdoses: 38% due to fentanyl
- Drug combinations increase the risk of overdose: 51% of overdoses related to 1 drug, 49% with 2 or more



PIMA COUNTY

- 71% of overdose fatalities involving fentanyl, 55% involving psychostimulants, 31% involving both
- 16 youth under 19 have died of overdose in 2021 making fentanyl the #1 cause of death in this age group
- Age of those overdosing is decreasing

Drug Overdose Deaths by Year
2015 - 2021 YTD



Evidence for MAT

- MAT: Medication Assisted Treatment
- The Surgeon General's 2016 report, Facing Addiction In America, says MAT "is a highly effective treatment option for individuals with alcohol and opioid use disorders. Studies have repeatedly demonstrated the efficacy of MAT at reducing illicit drug use and overdose deaths, improving retention in treatment, and reducing HIV transmission."
- Goals: 1) Improve patient survival, 2) Increase retention in treatment, 3) Decrease illicit opiate use and other criminal activity among people with substance use disorders, 4) Increase patients' ability to gain and maintain employment, 5) Improve birth outcomes among women who have substance use disorders and are pregnant



CHALLENGING THE MYTHS ABOUT MEDICATION ASSISTED TREATMENT (MAT) FOR OPIOID USE DISORDER (OUD)



MAT JUST TRADES ONE ADDICTION FOR ANOTHER: MAT bridges the biological and behavioral components of addiction. Research indicates that a combination of medication and behavioral therapies can successfully treat SUDs and help sustain recovery. (10)



MAT IS ONLY FOR THE SHORT TERM: Research shows that patients on MAT for at least 1-2 years have the greatest rates of long-term success. There is currently no evidence to support benefits from stopping MAT. (11)



MY PATIENT'S CONDITION IS NOT SEVERE ENOUGH TO REQUIRE MAT: MAT utilizes a multitude of different medication options (agonists, partial agonists and antagonists) that can be tailored to fit the unique needs of the patient (2).



MAT INCREASES THE RISK FOR OVERDOSE IN PATIENTS: MAT helps to prevent overdoses from occurring. Even a single use of opioids after detoxification can result in a life-threatening or fatal overdose. Following detoxification, tolerance to the euphoria brought on by opioid use remains higher than tolerance to respiratory depression. (14)



PROVIDING MAT WILL ONLY DISRUPT AND HINDER A PATIENT'S RECOVERY PROCESS: MAT has been shown to assist patients in recovery by improving quality of life, level of functioning and the ability to handle stress. Above all, MAT helps reduce mortality while patients begin recovery.

$$l \leq \frac{l_1 l_2}{k}; k = \frac{4 \sqrt{l_1 l_2}}{\sqrt{EJ}}$$

THERE ISN'T ANY PROOF THAT MAT IS BETTER THAN ABSTINENCE: MAT is evidence-based and is the recommended course of treatment for opioid addiction. American Academy of Addiction Psychiatry, American Medical Association, The National Institute on Drug Abuse, Substance Abuse and Mental Health Services Administration, National Institute on Alcohol Abuse and Alcoholism, Centers for Disease Control and Prevention, and other agencies emphasize MAT as first line treatment. (8)



MOST INSURANCE PLANS DON'T COVER MAT: As of May 2013, 31 state Medicaid FFS programs covered methadone maintenance treatment provided in outpatient programs (4). State Medicaid agencies vary as to whether buprenorphine is listed on the Preferred Drug List (PDL) and whether prior authorization is required (a distinction often made based on the specific buprenorphine medication type). Extended-release naltrexone is listed on the Medicaid PDL in over 60 percent of states. (5)

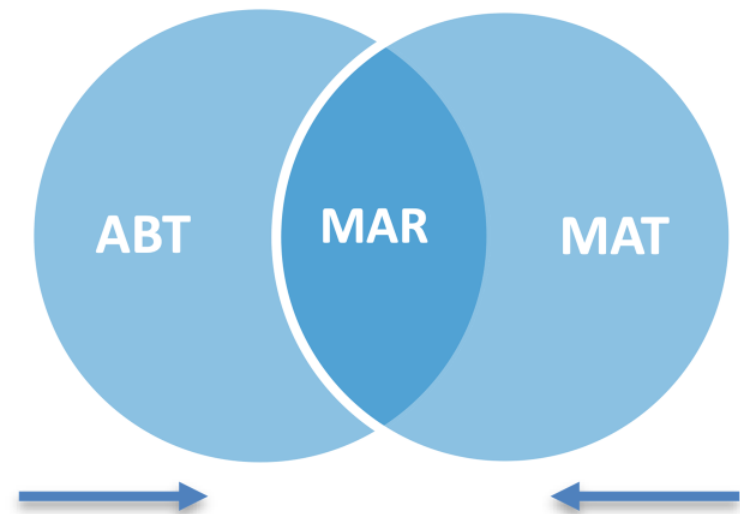
FOR MORE INFORMATION, PLEASE CONTACT NICK SZUBIAK, DIRECTOR, CLINICAL EXCELLENCE IN ADDICTIONS, AT NICKS@THENATIONALCOUNCIL.ORG

¹⁾ <http://www.nationalcouncilonaddiction.org/mat/mat-medication-assisted-treatment-for-addiction/> ²⁾ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2821212/pdf/> ³⁾ <http://www.versuchstherapie.net/education/substanz-medication-assisted-treatment-2012-01-04/> ⁴⁾ <http://www.samhsa.org/ncj205464> ⁵⁾ <http://www.samhsa.gov/ncj205464> ⁶⁾ <http://www.samhsa.gov/ncj205464> ⁷⁾ <http://www.samhsa.gov/ncj205464> ⁸⁾ <http://www.samhsa.gov/ncj205464> ⁹⁾ <http://www.samhsa.gov/ncj205464> ¹⁰⁾ <http://www.samhsa.gov/ncj205464> ¹¹⁾ <http://www.samhsa.gov/ncj205464> ¹²⁾ <http://www.samhsa.gov/ncj205464> ¹³⁾ <http://www.samhsa.gov/ncj205464> ¹⁴⁾ <http://www.samhsa.gov/ncj205464> ¹⁵⁾ <http://www.samhsa.gov/ncj205464> ¹⁶⁾ <http://www.samhsa.gov/ncj205464> ¹⁷⁾ <http://www.samhsa.gov/ncj205464> ¹⁸⁾ <http://www.samhsa.gov/ncj205464> ¹⁹⁾ <http://www.samhsa.gov/ncj205464> ²⁰⁾ <http://www.samhsa.gov/ncj205464>

Sober Living Homes

- The sober living homes are specifically structured and substance-free living environment for better results. They are also called as recovery houses, sober houses, halfway houses, or recovery residences.
- Treatment is more than just about medications.
- The timeline to recovery is different for everyone.
- The definition of what recovery means is different for everyone.
- We need treatments to work in tandem.

Figure 1. Relationship of Recovery Pathways



Evidence for Sober Living Homes

- SLHs have been around since the 1970s but there hasn't been a significant amount of research on them.
- Research conducted has shown (Polcin et al., 2010):
 - Decrease of drug and alcohol use for up to 18 months after entry into SLH (longer stay=more improvements)
 - Stability in employment
 - Decrease in psychiatric symptoms
 - Decrease in arrests.

What are some barriers to providing MAT in sober living housing?

Barriers

- Historically based in self-help recovery communities which have been based on abstinence only philosophies.
- There have been mistrust between the various substance treatment communities and there is often skepticism of the medical approach to addiction treatment.
- There is concern that the medication would make someone appear under the influence and it would trigger others in the community.
- Staffing and infrastructure for MAT within the home.

Opportunities

- Moving more towards more collaboration. Decreasing silos could only benefit patients.
- Expand capacity for housing because offering choices for the full range of needs of the patient with OUD is crucial.
- Expanding choice and then conducting research can help increase funding.

How do we change the culture?

Start the presentation to see live content. For screen share software, share the entire screen. Get help at pollev.com/app

- <https://www.azdhs.gov/prevention>
- <https://www.ihs.gov/opioids>
- https://narronline.org/wp-content/uploads/2018/09/NARR_MAT_guide_for_state_agencies.pdf
- <https://arg.org/news/sober-living-houses-slh-research/>

Sober Living Homes (SLH) 101

1. Types of SLH in Arizona
2. Examples of SLH in Arizona



Arizona's Definition of Sober Living Homes

A.R.S § 26-2061

1. "Sober living home" means any premises, place or building that provides alcohol-free or drug-free housing and that:

- (a) Promotes independent living and life skills development.
- (b) May provide activities that are directed primarily toward recovery from substance use disorders.
- (c) Provides a supervised setting to a group of unrelated individuals who are recovering from substance use disorders.
- (d) Does not provide any medical or clinical services or medication administration on-site, except for verification of abstinence.

<https://www.azdhs.gov/licensing/special/index.php#sober-living-homes>

Arizona's Definition of Medication Assisted Treatment



Photo by D. Sauerwein

A.R.S § 26-2061

2. "Medication-assisted treatment" means the use of pharmacological medications that are approved by the United States Food and Drug Administration, in combination with counseling and behavioral therapies, to provide a whole patient approach to the treatment of substance use disorders.

R9-201(B)(3)(f)(i) - Allowing the acceptance and retention as a resident of an individual:
Who is receiving and will continue to receive medication-assisted treatment;



Sober living residence licensure process

ARIZONA DEPARTMENT OF HEALTH SERVICES

START

Visit the [AZDHS website](#) re: sober living and read sober living home [fact sheet](#)

Download [application](#) for establishing a sober living home

Note: The application fee is \$500.00 with the maximum number of residents of the sober living home (\$100 per resident).

Review [local zoning rules](#) to ensure compliance related to sober living homes

Focus on [rules of construction and definitions](#)

Visit the [National Alliance for Recovery Residences \(NARR\)](#) and the [Arizona Recovery Housing Association \(AzRHA\)](#) for important provider information and supports!

SUBMIT
Allow for 90 days processing

Congratulations!
You operate a licensed sober-living residence

YES

Passed inspection

Your property will be inspected in-person by AZDHS personnel **UNLESS** you already have a certification from the [Arizona Recovery Housing Association](#)

Department reviews
You may be contacted for more information

Issue fixed

30-Days to fix the issues or withdrawal application

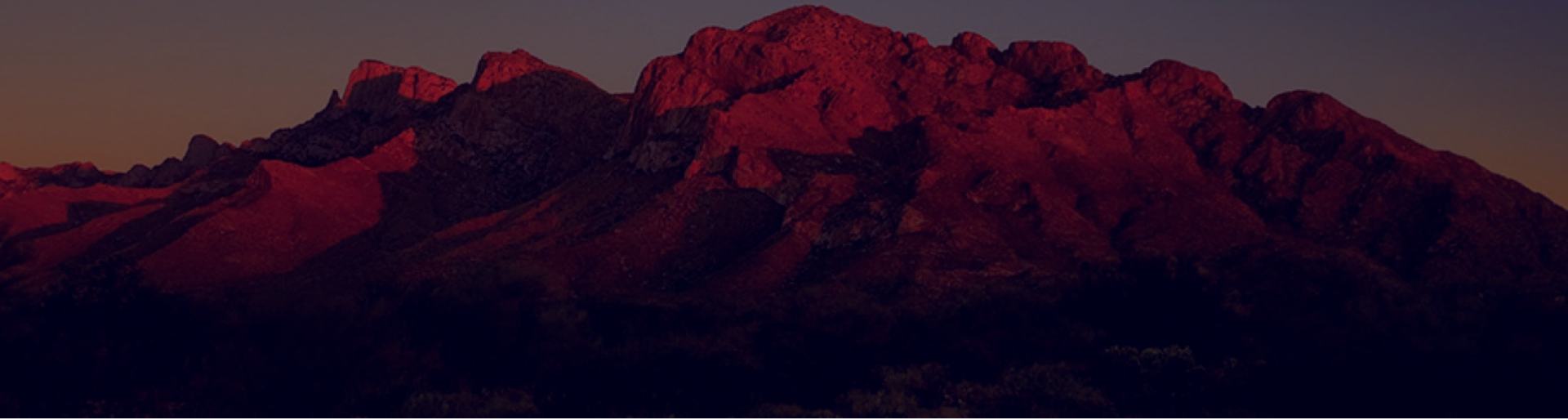
NO

Note: Underlined = Clickable links to websites

Note: Operating without a license may lead to a cease and desist order

Continuing Education Credit & Post Evaluation Survey

<https://www.surveymonkey.com/r/CC8LR2H>



Closing Remarks

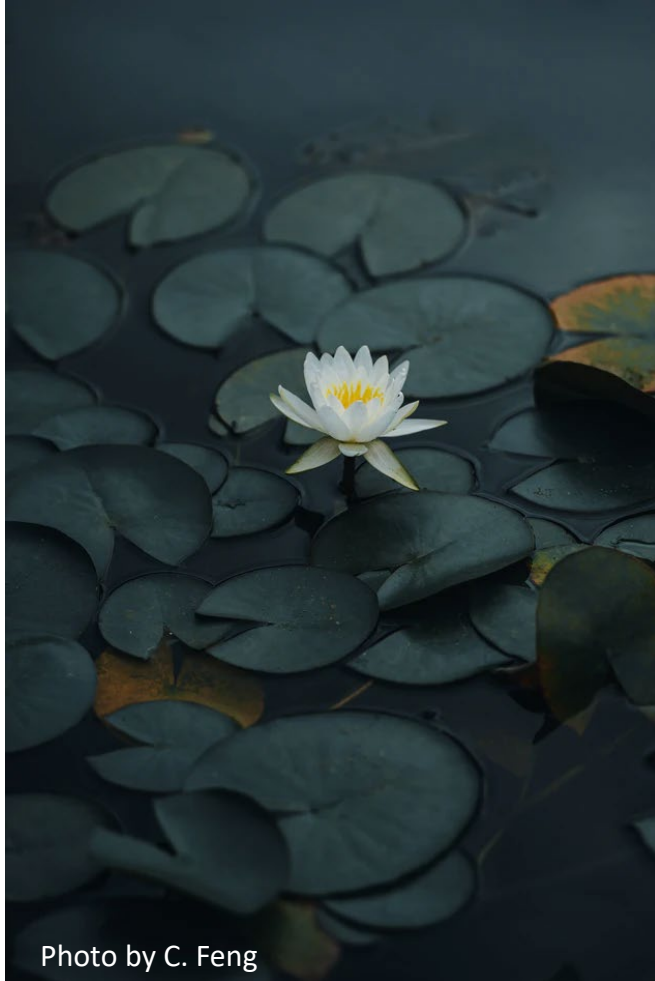


Photo by C. Feng

"Do the best you can until you know better. Then when you know better, do better." – Maya Angelou