

Discussion Based Learning

“Surry, The Road to Recovery” Video Series - Episode 3: Medication-Assisted Treatment (MAT)

Links to Episode 3 - “Surry, The Road to Recovery”:

<https://vimeopro.com/nctta/surry-the-road-to-recovery>

<https://www.youtube.com/watch?v=VMBZs8obXKo&feature=youtu.be>

Introduction/Discussion Overview

The United States is currently amid a national opioid epidemic, often resulting in the users having Opioid Use Disorder (OUD). OUD is associated with a high risk of premature death, most frequently opioid induced respiratory depression. Medication-Assisted Treatment (MAT) is the primary treatment for opioid dependence. MAT is also applicable for alcohol dependence, but this lesson will focus on OUD.

Episode 3, “Surry, The Road to Recovery” is one episode in a series to be used as a resource, created by Surry County’s Substance Abuse Recovery Office, that concentrates on MAT used in order to combat OUD. This video is comprised of many experts that will discuss the truths and benefits of MAT. These experts will also explain the process in being in a MAT program.

We hope you learn from Episode 3 that opioid use disorder is a little different from other substance abuse disorders in that there are dangerous withdrawal and overdose consequences. You will also learn that you can become addicted to opioids, by taking a prescription that your own doctor prescribed to you. Please be mindful of what forms of medications that you put into your body, even when you have a painful injury. You will also learn how stigma negatively effects someone who needs help to abstain from substance use.

Standards:

- Surry County Substance Abuse Recovery Office (SCSAR)
- Centers for Disease Control and Prevention (CDC)
- U.S. Dept. of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA)

Objectives:

- Learn the definition of Medication-Assisted Treatment (MAT).
- Understand the requirements of MAT.
- Understand the benefits of participating in MAT.
- Realize that one can lead a normal life when participating in MAT.
- Learn that there are physical and psychological consequences to substance use that can last a lifetime.

Vocabulary:

- **Medication-Assisted Treatment (MAT)** – the use of medications, in combination with counseling and behavioral therapies, which is effective in the treatment of opioid use disorders (OUD’s) and can help some people sustain recovery and prevent overdose.
- **Treatment** - Drug treatment is intended to help addicted individuals stop compulsive drug seeking and use. Treatment can occur in a variety of settings, take many different forms, and last for different lengths of time. Because drug addiction is a chronic disorder characterized by occasional relapses, a short-term, one-time treatment is sometimes not enough. For many in addiction, treatment is a long-term process that involves multiple interventions and regular monitoring.
- **Recovery** - A process of change through which individuals improve their health and wellness, live a self-directed life and strive to reach their full potential.
- **Addiction** – The fact or condition of being addicted to a substance, thing, or activity.
- **Addicted** – Physical and/or mental dependence on a substance, thing, or activity, and unable to stop taking or doing it without incurring adverse effects.
- **Perspective** – An attitude toward or a way of regarding something; a point of view.
- **Stigma** – A mark of disgrace associated with a circumstance, quality, or person.

Requirements/Task(s):

- Task One: Have pencil and paper ready to take appropriate notes.
- Task Two: Listen to the Introduction and understand the purpose of the video before viewing.
- Task Three: Watch the video, paying close attention in order to be prepared for the class discussion afterward.
- Task Four: Contribute to the class discussion after the video is completed.
- Task Five: Completion of a short True/False quiz.

Instructor Notes:

***RECOMMENDATION: View the video at this point in the instruction.**

Formulate a plan for students who want to reach out for help:

Instructors should understand there may be students who have encountered addiction in their own life through parents or associates. Students may see this period of instruction as an opportunity to unburden themselves. The school should take a position on how to handle the students who choose to discuss their specific circumstances. This may be something the teacher needs to announce during the introduction. For example, “Those of

you who would like to discuss something personal about addiction in your own life are welcome to do this with our school psychologist or counselor.” Some students may view this type of educating session as a golden intervention for themselves or their families.

Teacher initials _____

Summarize/Discuss what you have learned:

The following are discussion questions for presentation to the class after watching Episode 3. The “Instructor prompts” contain optional information to help initiate the discussion.

Discussion question #1: How does MAT help people who are addicted to opioids?

Instructor prompt: MAT has proven to be clinically effective and to greatly reduce the need for inpatient detoxification services for these individuals. MAT provides a comprehensive and individually tailored program of medication and behavioral therapy that addresses the needs of most patients. Per SAMHSA (2021), MAT improves patient survival, increases treatment retention, decreases illicit opioid use and other criminal activity among people with substance abuse disorders, increases patient’s ability to gain and maintain employment, and improves birth outcomes among women who have substance use disorders and are pregnant.

Discussion question #2: How does MAT reduce HIV and HEP C?

Instructor prompt: MAT reduces the frequency of hypodermic needle injections, which lowers the risk of contracting blood-borne infections. By doing this, MAT is not only a substance use treatment, it is also a blood-borne infection prevention measure.

Discussion question #3: What are the medications that are used in the MAT program and how long can you safely use them?

Instructor prompt: The three medications that are currently being used to treat opioid disorders to short-acting opioids such as heroin, morphine, and codeine, as well as semi-synthetic opioids like oxycodone and hydrocodone are buprenorphine, methadone, and naltrexone. These MAT medications are safe to use for months, years, or even a lifetime. However, one should consult their doctor before discontinuing use of these medications (SAMHSA, 2021).

Discussion question #4: Naloxone or Narcan is in the news a lot. What is it?

Instructor prompt: Narcan (naloxone) is an opioid antagonist used for the complete or partial reversal of opioid overdose, including respiratory depression. Narcan is also used for diagnosis of suspected or known acute opioid overdose. EMS, law enforcement, firefighters, and hospitals use this medication on a regular basis to save people’s lives who have overdosed on opioids.

Discussion question #5: Why do we need MAT so badly in our area?

Instructor prompt: There has been plentiful data provided to show the rate of increase in drug overdoses in rural areas like Surry County. In a 2017 study by the CDC, rural areas in the United States have shown an increase in drug overdose by 325% during the years of 1999 –

2015. This study also points out that one likely cause of this increase is “persistent limited access to substance abuse treatment in rural areas” (CDC, 2017). Recommended public health interventions for improving these statistics are improving community and prescriber prevention measures and creating better access to evidence-based substance abuse treatment, including MAT.

QUIZ:

1. MAT for opioid use disorder is a proven, effective treatment for individuals with an opioid use disorder **T / F**
2. MAT is the same thing as being in active addiction. **T / F**
3. One must be in MAT a lifetime. **T / F**
4. MAT requires one to participate in counseling. **T / F**
5. MAT requires an individual to go to an inpatient facility. **T / F**

References:

SAMHSA. (2021, January 4). Medication-Assisted Treatment.
Retrieved from <https://www.samhsa.gov/medication-assisted-treatment>

Temple, K. (2018, March 21). *What’s MAT Got to Do with It? Medication-Assisted Treatment For Opioid Use Disorder in Rural America*. Rural Health Information Hub.
Retrieved from <https://www.ruralhealthinfo.org/rural-monitor/medication-assisted-treatment/>

Mack, A., Jones, C., & Ballesteros, M. (2017, November 16). *Illicit Drug Use, Illicit Drug Use Disorders, and Drug Overdose Deaths in Metropolitan and Nonmetropolitan Areas – United States*. Centers for Disease Control and Prevention MMWR.
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