



What do Care Coordinators need to know about Medication Assisted Treatment (MAT)?

CountyCare
HEALTH PLAN
AN ILLINOIS MEDICAID HEALTH PLAN

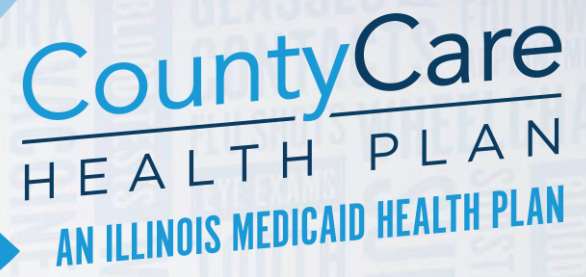
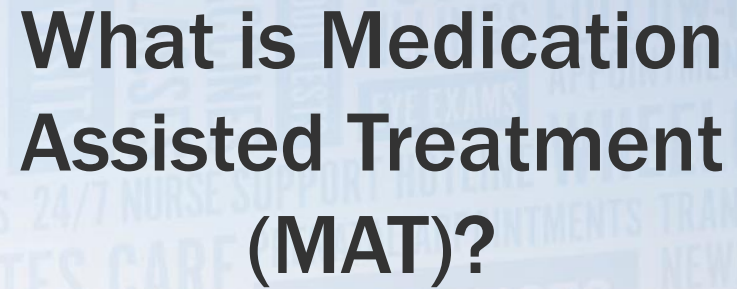


What do Care Coordinators need to know about Medication Assisted Treatment (MAT)?

CountyCare
HEALTH PLAN
AN ILLINOIS MEDICAID HEALTH PLAN

Objectives for today:

- Care Coordinators know what Medication Assisted Treatment (MAT) is in general terms and can inform members with Opioid Use Disorder (OUD) of this option
- Care Coordinators know where to find contact information for making appropriate appointments
- Care Coordinators will be more motivated to learn more and provide more resources for members with substance use disorders



What is Medication Assisted Treatment (MAT)?

- **MAT** refers to medication that is approved by the FDA to treat substance use disorders including nicotine, alcohol, and opioid/heroin use disorders.
- **For Nicotine Use Disorders:** Nicotine Replacement gums, patches, lozenges, Wellbutrin, Chantix.
- **For Alcohol Use Disorders:** Treat acute w/d with Benzodiazepines. Relapse prevention: Antabuse, Campral, Naltrexone

MAT for Opioid Use Disorder (OUD)

- For Opioid Use Disorders:
- Three FDA-approved medications
 - Methadone- for OUD can only be prescribed from federally licensed OTP
 - Buprenorphine (Suboxone) can be prescribed by any MD, PA, DO, NP with a DATA waiver
 - Naltrexone (Vivitrol) can be prescribed by any MD or NP, no waiver required

What is an Opioid?

- Class of drugs
 - Opium, semi-synthetic, and synthetic
- Medical use: relief of pain, cough suppression
 - Psychological effect: euphoria
- Examples:
 - Morphine Hydromorphone
 - Oxymorphone Fentanyl
 - Methadone Buprenorphine
 - Codeine Hydrocodone
 - Oxycodone
- Common trade names:
 - Norco (acetaminophen/hydrocodone)
 - Vicodin (acetaminophen/hydrocodone)
 - Percocet (acetaminophen/oxycodone)
 - Oxycontin (oxycodone)
 - ⁶ ◦ Dilaudid (hydromorphone)

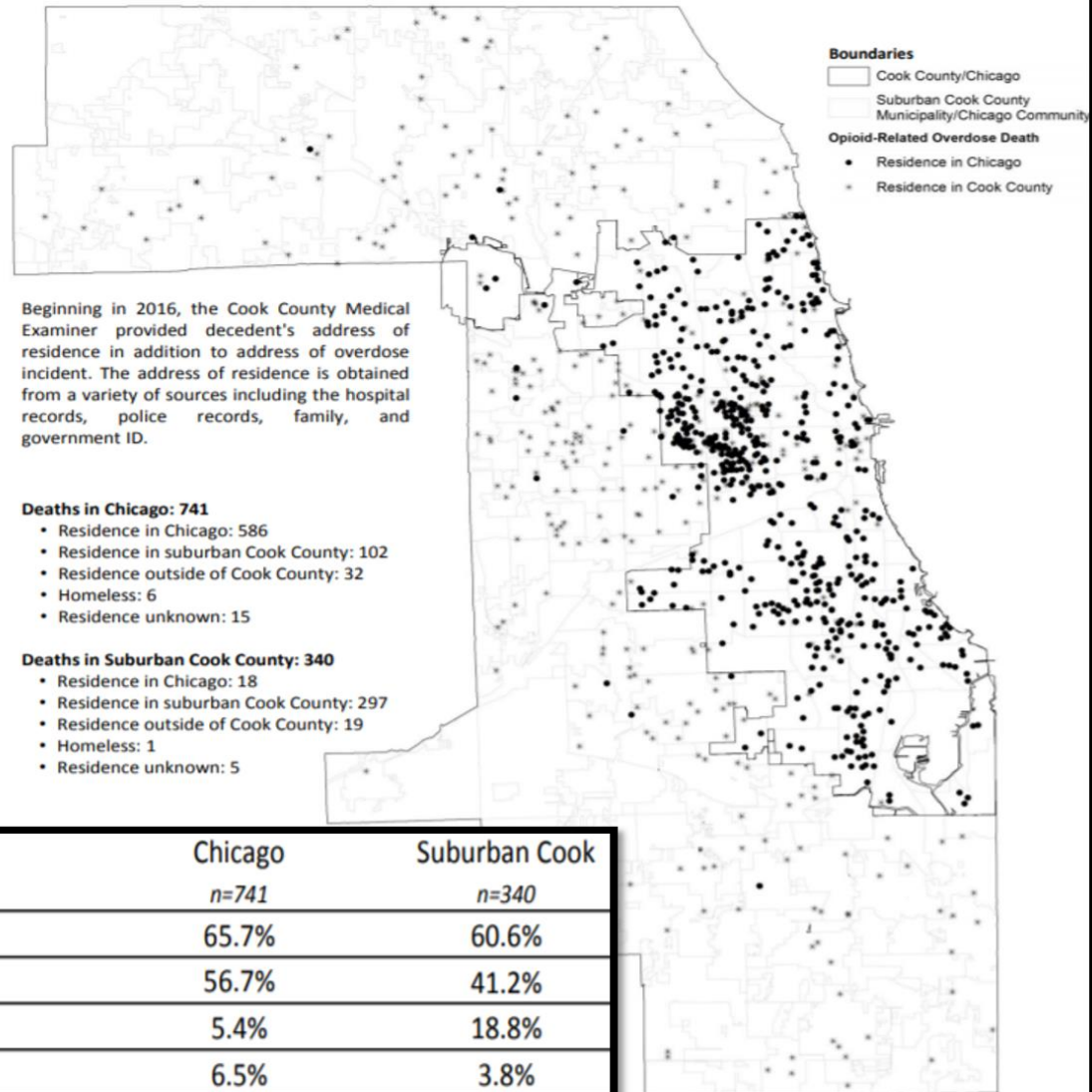
Opioids and the Brain

- Safe when taken for a short period of time
- Bind to opioid receptors in the brain, blocking pain, releasing dopamine, creating automatic reinforcement to take more
- Using for extended periods of time, even as prescribed causes physical dependence marked by withdrawal symptoms
- Increased tolerance and physical dependence can lead to addiction-a chronic disease characterized by compulsive, or uncontrollable drug seeking and use despite known consequences and long-lasting changes in the brain
- Consuming too much opioids can cause respiratory depression and death

Opioid Epidemic-Chicago

Opioid Overdose
Deaths:
2015: 647
2016: 1081

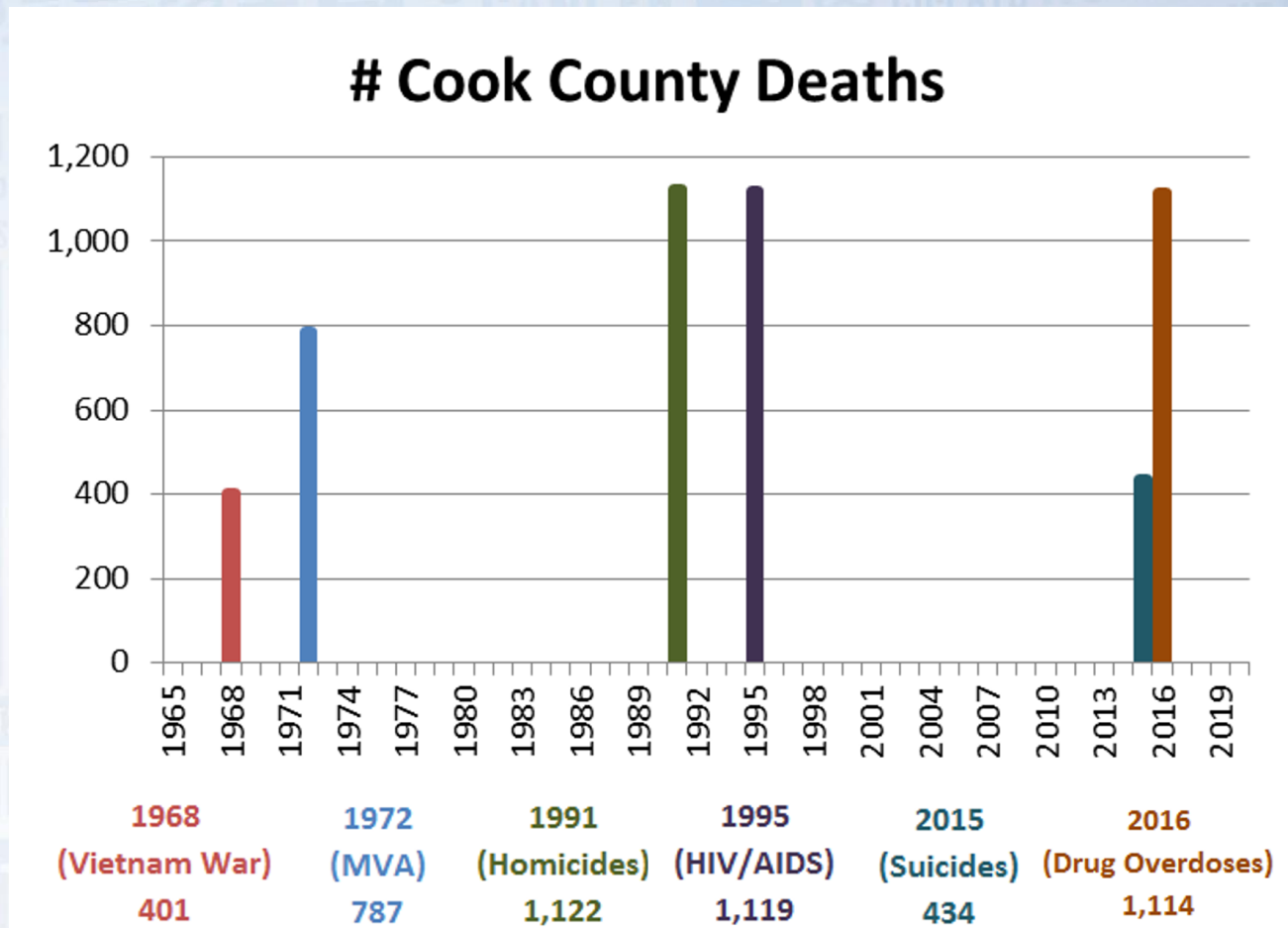
Map 1. Location of fatal opioid-related overdoses by decedent's address of residence – Cook County, IL



Drug Type ⁱ	Chicago n=741	Suburban Cook n=340
Heroin-involved	65.7%	60.6%
Fentanyl-involved	56.7%	41.2%
Opioid pain reliever-involved ⁱⁱ	5.4%	18.8%
Methadone-involved ⁱⁱⁱ	6.5%	3.8%

Source: Opioid-Related Overdose Deaths in Cook County, IL, 2016. Available at:
<http://www.cookcountyhhs.org/wp-content/uploads/2017/06/2016-Joint-Cook-County-Chicago-Opioid-Brief.pdf>


Opioid Epidemic-Locally



Reproduced with Source permission: Buddy Bates, MSPH, Epidemiology Unit, Cook County Department of Public Health, March 2018

What is Medication Assisted Treatment (MAT)?

- Medication Assisted Treatment (MAT) along with behavioral health support is the gold standard of substance use disorder treatment.
- Research indicates MAT can:
 - Decrease mortality/overdose related to opioid use
 - Improve treatment retention
 - Decrease criminal activity and incarceration
 - Improve birth outcomes for pregnant women with Opioid Use Disorder (OUD)
 - Decrease risk for contracting HIV or Hepatitis B, C
 - Enhance social functioning
 - Improve employment outcomes
 - Reduce likelihood of relapse



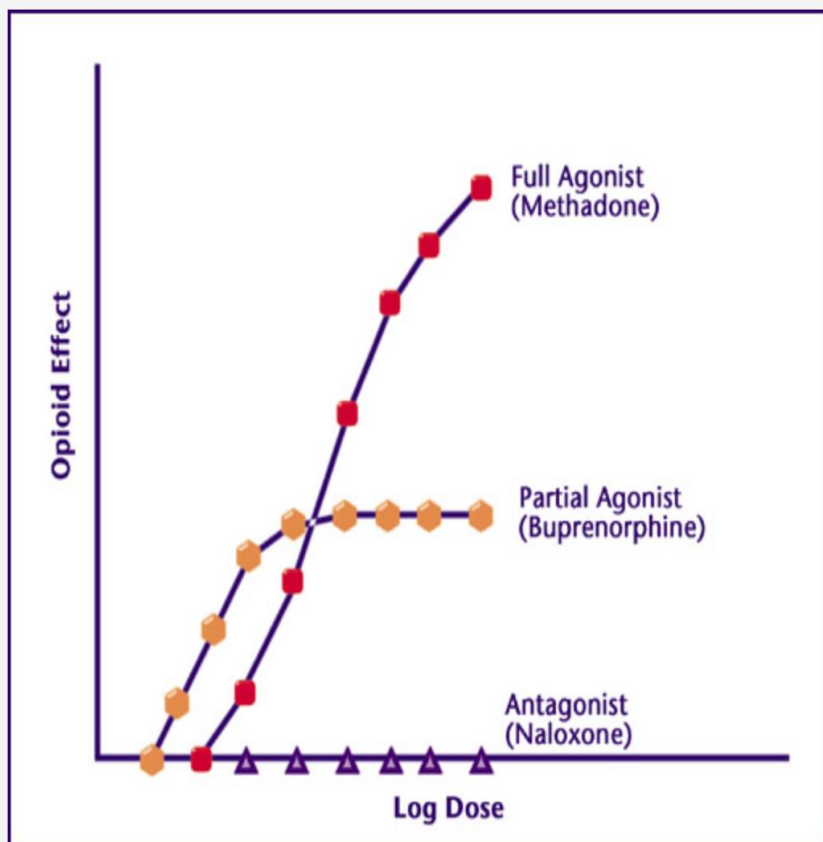
**What are the
medications used for
MAT for OUD?**



CountyCare
HEALTH PLAN
AN ILLINOIS MEDICAID HEALTH PLAN

Methadone

Full Agonist



- Fully binds to the opioid receptor and mimics an opioid
- Long acting v. short acting agent such as heroin-prevents withdrawal and does not result in a high
- Reduces cravings and treats withdrawal symptoms of opioid use
- Dose starts low and is gradually increased
- Blunts or blocks euphoric effect of self administered opioids through opioid receptor occupancy

- Forms: Liquid, wafers, tablets

Source: https://www.naabt.org/education/technical_explanation_buprenorphine.cfm

Reichert J, Gleicher L, Salisbury-Afshar E. (2017) An overview of medication-assisted treatment for opioid use disorders for criminal justice-involved individuals. Illinois Criminal Justice Information Authority. Retrieved from:

<http://www.icjia.state.il.us/articles/an-overview-of-medication-assisted-treatment-for-opioid-use-disorders-for-criminal-justice-involved-individuals>

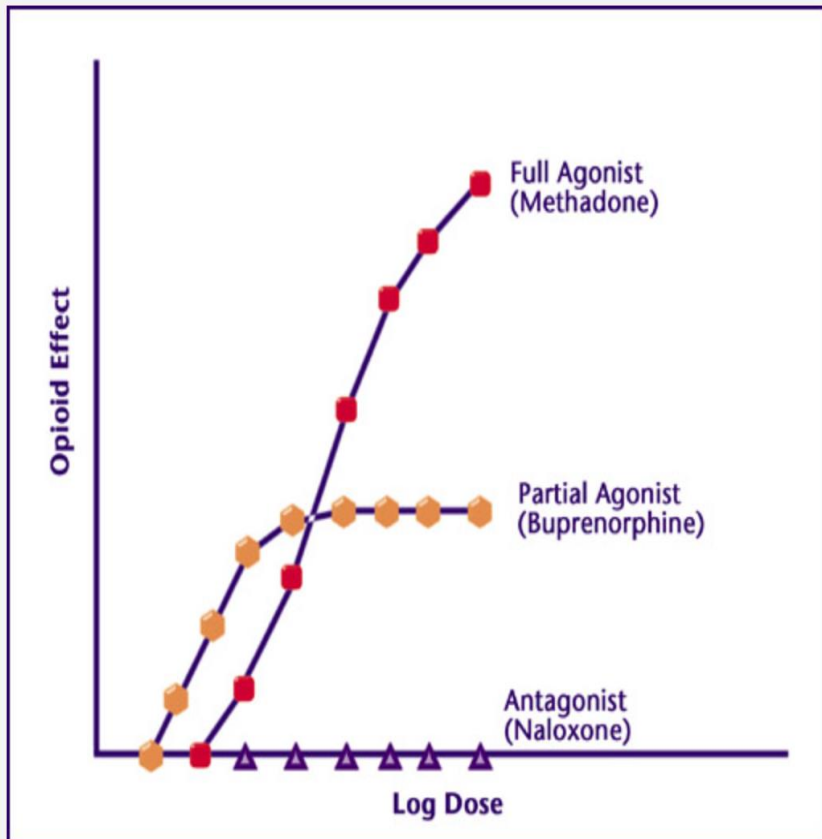
Methadone

What Care Coordinators should know:

- For OUD treatment, must be administered in Federally-licensed facility referred to as Opioid Treatment Program (OTP)
- Requires daily (6-7 days/week) visits for the first 90 days
- Frequently have Behavioral Health support on-site (IOP, individual counseling, etc)
- Usually require ID and insurance coverage-there are exceptions
- Methadone for maintenance vs. detox
- Most commonly used MAT modality in women who are pregnant
- Used for treatment of pain in low doses in outpatient medical clinics

Buprenorphine (Suboxone)

Partial Agonist



- Attaches to opioid receptors, but only activates enough to suppress withdrawal and cravings
- Once all opioid receptors are occupied, no additional effect occurs if individuals take more – “ceiling effect”
- Expels, replaces, and blocks other opioids from opioid receptor sites
- Must be initiated when a patient is in withdrawal or has had brief period of abstinence

- Forms: Film, tablet, implant

Source: https://www.naabt.org/education/technical_explanation_buprenorphine.cfm

Reichert J, Gleicher L, Salisbury-Afshar E. (2017) An overview of medication-assisted treatment for opioid use disorders for criminal justice-involved individuals. Illinois Criminal Justice Information Authority. Retrieved from: <http://www.icjia.state.il.us/articles/an-overview-of-medication-assisted-treatment-for-opioid-use-disorders-for-criminal-justice-involved-individuals>

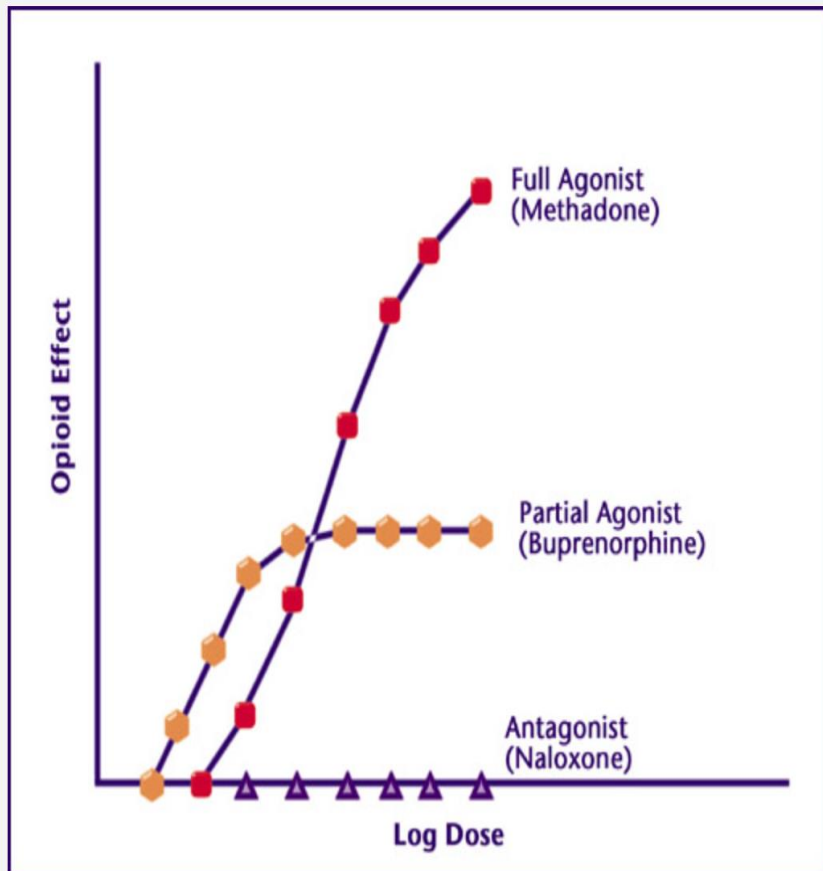
Buprenorphine (Suboxone)

What Care Coordinators should know

- Can be prescribed by any MD, NP, PA, DO with a DATA waiver (XDEA license)
- Can be integrated into primary care settings with on-site behavioral health services or access to referrals for SUD care
- Visits are generally weekly for the first couple months, with graduated schedule of bi-weekly to monthly
- Buprenorphine is initiated when a patient is in active withdrawal or had some abstinence.
- Safe in pregnancy

Naltrexone (Vivitrol)

Antagonist



- Forms: monthly injectable, tablet

- Completely binds to opioid receptors and blocks opioids from activating them
- Can also treat alcohol use disorder
- Patients must be abstinent for 7-10 days prior to initiation
- Monthly injectable or tablet
- Mixed to little evidence that it reduces cravings
- Patients should be cautioned on risk of overdose in attempts to “override”

Source: https://www.naabt.org/education/technical_explanation_buprenorphine.cfm

Reichert J, Gleicher L, Salisbury-Afshar E. (2017) An overview of medication-assisted treatment for opioid use disorders for criminal justice-involved individuals. Illinois Criminal Justice Information Authority. Retrieved from: <http://www.icjia.state.il.us/articles/an-overview-of-medication-assisted-treatment-for-opioid-use-disorders-for-criminal-justice-involved-individuals>

Naltrexone (Vivitrol)

What Care Coordinators should know

- Can be prescribed by any provider-no special waiver or license required.
- Available at many Methadone clinics and in select primary care settings.
- Must be completely abstinent from short acting opioids (heroin) for 7-10 days, long acting opioids (Methadone) for 10-12 days
- Preferred settings for initiation include jails, residential treatment facilities, controlled environments
- Low-maintenance of monthly injectable

Naloxone (Narcan) for Overdose Reversal

Life saving medication

- Blocks the effects of opioids and reverses an overdose
- Not a form of Medication Assisted Treatment (MAT)
- Legal for all Illinois residents to carry it
- Can be obtained at pharmacy, prescribed from a doctor, at a community agency



Who should be offered MAT?

- Anyone with OUD
 - No need to be a “good candidate”
 - Harm reduction, meet people where they are at
 - Program goal of overdose prevention
- MAT can be combined with higher levels of Behavioral Health support (range of 12-step meetings to residential), if desired
- Contraindications:
 - Active suicidality, allergy to medication

Choosing an OUD Medication

- Currently, no empirical data to indicate which patient will respond better to which MAT medications
- Provide education about risk, benefit, effectiveness of each medication and importance of behavioral health support
- Elicit patient's prior experience and preference
- Consider programming demands and treatment availability
- Consider use of other substances (i.e. alcohol, benzodiazepines)

Substance Abuse and Mental Health Services Administration. *Medications To Treat Opioid Use Disorder*. Treatment Improvement Protocol (TIP) Series 63, Full Document. HHS Publication No. (SM) 18-5063FULLDOC. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2018.

Special Considerations–Pregnancy

- Methadone or buprenorphine is recommended for OUD treatment during pregnancy
- Initiation of Naltrexone (Vivitrol) is not recommended in pregnancy due to risk of precipitated withdrawal
- PCC Wellness-prenatal Substance Abuse Treatment
 - Combines prenatal care and SUD treatment
 - Buprenorphine treatment and counseling
 - (708) 406-3929

Substance Abuse and Mental Health Services Administration. *Medications To Treat Opioid Use Disorder*. Treatment Improvement Protocol (TIP) Series 63, Full Document. HHS Publication No. (SM) 18-5063FULLDOC. Rockville, MD:

Substance Abuse and Mental Health Services Administration, 2018.

PCC Wellness Prenatal Substance Abuse Treatment <http://www.pccwellness.org/services/behavioral-health/prenatal-substance-abuse-treatment>

[illegible][illegible]

Formulary MAT Medications

No Prior Authorization Required

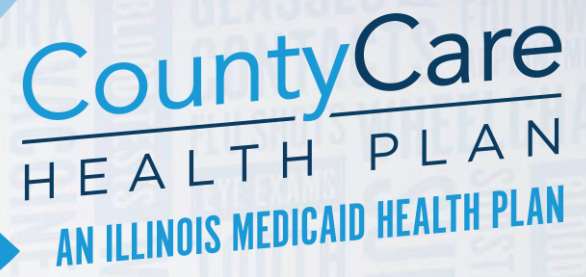
Generic	Brand
buprenorphine-naloxone	Suboxone, Bunavail, Zubsolv
buprenorphine ext. rel.	Sublocade
methadone	Dolophine
naloxone	Narcan, Evzio Autoinjector
naltrexone – ext. rel.	Vivitrol

- Nicotine patches are on formulary

CountyCare Formulary

- Formulary: www.countycare.com/pdl
- Any medications or mode of delivery not located on the Preferred Drug List (PDL) can be requested using the prior authorization forms located on the same website

A close-up photograph of a smiling woman holding a laughing baby. The background is a collage of medical and healthcare terms in various shades of blue and white, including 'FOLLOW-UP', 'CANCER CARE', 'WHEELCHAIRS', 'X-RAYS', and 'COUNSELING'.



Behavioral Health Consortium: MAT Services

1.844.433.8793

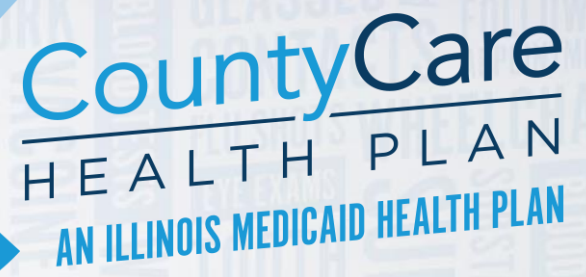
- **Family Guidance Centers:**
 - Methadone (long term treatment) and Vivitrol
- **HRDI:**
 - Methadone (long term treatment)
- **Haymarket:**
 - Suboxone to detox and maintenance, initiation of Vivitrol, will continue Methadone if previously engaged
- **Lutheran Social Services of Illinois:**
 - Buprenorphine (Suboxone) to detox only, no ongoing MAT services

In-Network DASA Providers

Methadone providers –not available through BHAL line

- Healthcare Alternatives Systems, Inc.: 773-252-3100
- New Age Services Corporation: 773-542-1150
- Pilsen-Little Village Community: 773-927-1228
- Nuway Community Services: 773-723-2790
- Renewed Hope Community Services, Inc.: 773-783-3579
- El Rincon Family Services: 773-564-9070
- Specialized Assistance Services, Inc. Assessment: 312-883-7254

A close-up photograph of a smiling woman holding a laughing baby. The background is a collage of medical and healthcare terms in various shades of blue and white, including 'FOLLOW-UP', 'CANCER CARE', 'WHEELCHAIRS', 'X-RAYS', and 'COUNSELING'.



Medical Home Based SUD Treatment

Go to <http://www.countycare.com/find-a-provider>



CountyCare Medical Home Behavioral Health Services SUBSTANCE USE DISORDER TREATMENT SERVICES

As of Survey of PCP Organization: March 2017

KEY: Yes ■ No ■ Unknown ■

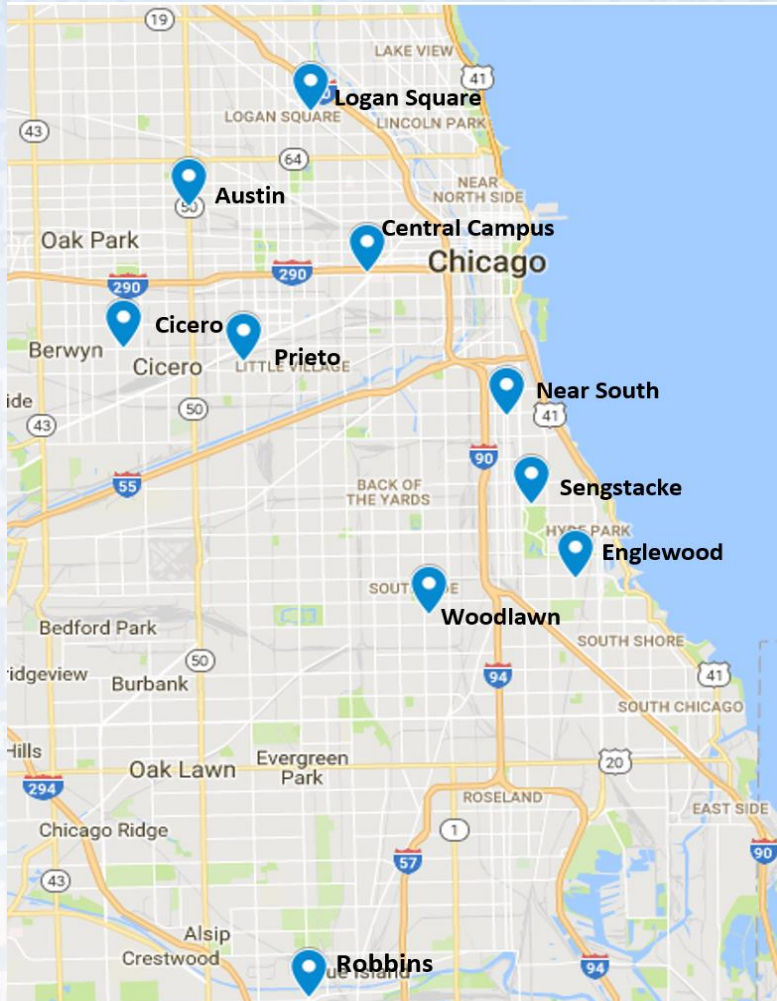
*Services open to individuals who do not receive primary care at site

Medical Home Organization	Phone number for patients to call for BH services	MAT - Suboxone/ Subutex	MAT - Vivitrol	MAT - Antabuse	Naloxone	DASA Provider
Access Community Health Network	(886) 267-2353	Yes	No	No	Yes	No
*ACHN Cook County	(312) 864-2288	Yes	No	No	Yes	No
Alivio Medical Center	(773) 254-1400					
*American Indian Health Service of Chicago	(773) 883-9100	No	No	No	No	No
Asian Human Services Family Health Center Total	(773) 761-0300 option 6	No	No	No	No	No
Aunt Martha's Youth Service Center	(877) 692-8686					
Beloved Community Family Wellness Center	(773) 651-3629					
*Chicago Family Health Center	(773) 768-5000	No	No	No	No	No
*Christian Community Health Center	(773) 233-4100 ext. 2117	No	No	No	No	Yes
*Circle Family Health Center	(773) 379-1000	No	No	No	No	No
Community Nurse Health Center	(708) 352-0081	No	No	No	No	No
Erie Family Health Center	(312) 666-3494					
Esperanza Health Centers	(773) 584-6200					
Family Christian Health Center	(708) 596-5177	No	No	No	No	No
*Friend Family Health Center	(773) 834-3150	Yes	No	No	No	No
*Greater Elgin Family Care Center	(847) 608-1344	No	No	No	No	No
*Heartland Health Centers	(773) 751-7800	Yes	Yes	Yes	Yes	No
Heartland Health Outreach	(773) 506-4283					
*Howard Brown	(773) 388-1600	No	No	No	Yes	Yes
*Infant Welfare Society of Chicago	(773) 782-5025	No	No	No	No	No
La Rabida Clinic	(773) 363-6700					
Lawndale Christian Health Center	(872) 588-3000	Yes	No	No	Yes	No
Mercy Family Health Center	(312) 567-2128					
Mile Square Health Center	(312) 996-2000					
*Near North Health Service Corporation	(312) 337-1073 ext. 4145	No	No	No	No	Yes
*PCC Community Wellness	(708) 383-0113	Yes	Yes	No	Yes	No
PrimeCare Community Health	(312) 491-5093	Yes	Yes	No	Yes	No
Rush University Medical Group	(312) 563-6637 Children & Adolescents (312) 942-5932 Adults					
30 Sinai Medical Group	(773) 257-4793 Children & Adolescents (773) 257-5300 Adults					
*TCA Health	(773) 995-6300	No	No	No	No	No

[illegible][illegible]

CCHHS offers MAT in 11 ACHN sites

To make an appointment: 844.433.8793



- MAT integrated into Primary Care
 - Buprenorphine at 11 sites
 - Naltrexone at 4 sites (more coming Fall of 2018)
- Team-based Care
 - Provider
 - Recovery Coach
 - LCSW
- Recovery Coach services in Emergency Room and Inpatient
- Linkages from Cermak Health Services at Cook County Jail
- Can serve those without an ID and insurance



CCHHS Recovery Coaches

To make an appointment: 844.433.8793

Start

CCHHS Recovery Coach

BH MAT Intake

-Education
-Assessment

Suboxone

CCHHS MAT
Provider

-Initiate Medication

Follow up Visits
-Weekly
-Bi-weekly
-Monthly

Methadone

DASA/SUPR
Methadone
Program



CountyCare
HEALTH PLAN
AN ILLINOIS MEDICAID HEALTH PLAN

Behavioral Health Access Line (BHAL)

1.844.433.8793

- The Behavioral Health Access Line (BHAL) is a service provided by CCHHS as a part of its contract with the Behavioral Health Consortium of Illinois.
- Initial point of contact for CountyCare members and other patients seeking behavioral health services who are low income and underserved.
- The Behavioral Health Consortium of Illinois (BHC) is a group of providers of mental health and substance use disorders services for both adult and youth populations.
- Through the BHC individuals have access to a continuum of outpatient community based and residential settings across a wide geographic area including the city of Chicago, and suburban Cook County.



Behavioral Health Access Line (BHAL)

1.844.433.8793

- **BHAL Hours:** 8:30am – 5pm, Monday-Friday except for national holidays (soon to be expanding to evenings and Saturdays)
- **BHAL is staffed by LCSWs** who are able to make an appointment for a caller within a week
- You can call with the member or you can have them call us themselves. No referrals without the patient or the responsible party also being on the phone.
- Voicemails are answered usually the same day or next business day.
- **Initial screening** takes about 15-20 minutes and involves taking demographic information, a brief mental health and substance use history, a risk assessment and information about the presenting problem.

Behavioral Health Access Line (BHAL)

1.844.433.8793

BHC Provider Agencies-those with some form of MAT indicated: **

Bobby E. Wright Comprehensive Behavioral Health Center	**Family Guidance- Methadone and Vivitrol
Community Counseling Centers of Chicago (C4)	**HRDI, a subsidiary of Friends and Family Health Center-Methadone
Metropolitan Family Services	**Heartland Alliance Health-Suboxone, Vivitrol
Pillars Community Health	**Haymarket Center-Suboxone, Vivitrol, and support Methadone linkages
Sinai Health System	Habilitative Systems
Lutheran Social Services of Illinois	The South Suburban Council on Alcoholism and Substance Abuse



**Where can I find more
resources and
information?**



CountyCare
HEALTH PLAN
AN ILLINOIS MEDICAID HEALTH PLAN

Where to find MAT/SUD tx resources for patients

- Behavioral Health Access Line (BHAL)
 - (844) 433-8793
- SAMHSAs Behavioral Health Treatment Services Locator:
 - <https://findtreatment.samhsa.gov>
- SAMHSAs Buprenorphine Providers:
 - www.samhsa.gov/medication-assisted-treatment/physician-program-data/treatment-physician-locator
- Illinois Helpline for Opioids and Other Substances
 - 1-833-2FINDHELP
- DASA/SUPR SUD treatment Directory
 - http://www.dhs.state.il.us/OneNetLibrary/27896/documents/By_Division/OASA/Directories/License_Directory_by_County.pdf

Where to Learn More About MAT:

- Providers Clinical Support System (PCSS): <http://pcss.mat.org>
 - Tips and FAQs for patients and families:
 - <https://pcssnow.org/resource/mat-handouts-for-patients-and-family-members/>
- SAMHSA's MAT website
 - <https://www.samhsa.gov/medication-assisted-treatment>

Where to learn more about MAT at CCHHS

Sarah Elder, LCSW, CADC

Behavioral Health Lead, MAT Expansion

Cook County Health and Hospitals System

Office (312) 864-4740

selder@cookcountyhhs.org

Claire Purkis, LCSW

Manager of Complex Care Coordination

Cook County Health and Hospitals System

Cell (312) 835-4579

Claire.purkis@cookcountyhhs.org

References

1. Substance Abuse and Mental Health Services Administration. *Medications To Treat Opioid Use Disorder*. Treatment Improvement Protocol (TIP) Series 63, Full Document. HHS Publication No. (SM) 18-5063FULLDOC. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2018.
2. Reichert J, Gleicher L, Salisbury-Afshar E. (2017) An overview of medication-assisted treatment for opioid use disorders for criminal justice-involved individuals. Illinois Criminal Justice Information Authority. Retrieved from: <http://www.icjia.state.il.us/articles/an-overview-of-medication-assisted-treatment-for-opioid-use-disorders-for-criminal-justice-involved-individuals>
3. National Institute of Health-NIDA. *What are prescription Opioids?* Accessed at: <https://www.drugabuse.gov/publications/drugfacts/prescription-opioids>



Thank You!

CountyCare
HEALTH PLAN
AN ILLINOIS MEDICAID HEALTH PLAN



Thank You!

CountyCare
HEALTH PLAN
AN ILLINOIS MEDICAID HEALTH PLAN