

# Treatment for Substance Use Disorders in 2010: Welcome to the Healthcare System

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# Sick People or Bad People?

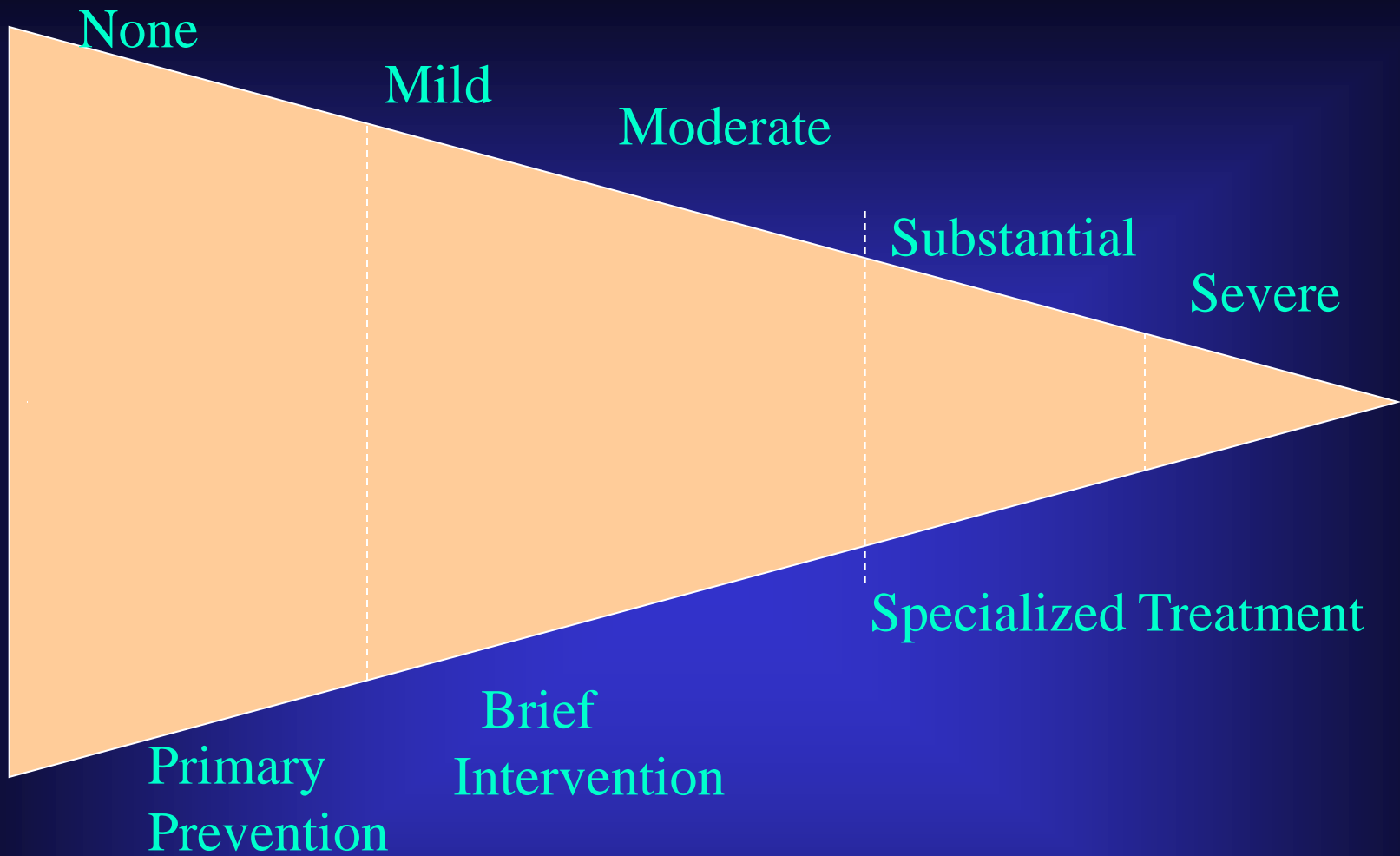
# Healthcare Reform: A Time For Change

For over 50 years the approach to addiction treatment in the US has, for the most part, been a muddled combination of self-help, random forms of “counseling”, confrontational interactions and coercion, with the goal of forcing people who are ‘in denial’ to comply a single formula for living their lives.

The target group for this “service” has been the most severely addicted individuals whose drug-related behavior has involved them in the CJ system where treatment is coerced.

Over this 50+ year period, addiction care has had only modest involvement by health care professionals.

Healthcare Reform will change this picture



## Distribution of Alcohol (or Drug) Problems

# As the treatment of substance use disorders (SUDs) moves to the world of healthcare services.....

A wide range of SUDs will be addressed, not just the most severe.

Patients will be viewed as respected healthcare consumers.

Treatments will need evidence of effectiveness

Treatment will be accountable.

Patients will have choice about treatment types and goals.

# A diverse set of treatments will be used for a diverse set of patients

- Screening and Brief Interventions
- Brief Treatments
- SUD treatment delivered in MD offices and primary care settings
- SUD treatment will be delivered together with mental health services.
- Evidence-based treatments will be used
- Outpatient services will be increasing combined with needed social services and housing alternatives.

# Evidence-based Treatments: Medications

- Opiate Addiction: Methadone, Buprenorphine, Naltrexone
- Alcohol: Naltrexone, Vivatrol, Campral, Ondansetron
- Nicotine: Nicotine replacement, Varenicline

# Evidence-based Treatments: Behavioral Approaches

- Brief Interventions
- Brief Treatments for cannabis and other problem use disorders
- Motivational Interviewing
- Motivational Incentives
- Cognitive Behavioral Therapy
- Combination Therapies (Community reinforcement approach, Matrix model, Family therapies)

# Consumer Improvement Strategies

- Integration of SUD screening and treatment into mainstream healthcare settings.
- Increasing focus on consumer satisfaction and consumer perception of care
- Increasing use to strategies to increase consumer access to care and appreciation of care (eg. NIATx)
- Increasing measurement of service effectiveness and greater provider accountability

# Treatment of SUDs: Changes Ahead

SUD Treatment will increasingly become a part of the healthcare system and less an extension of the criminal justice system.

Treatments will be required to “attract” patients based on their effectiveness, convenience and patient acceptability, rather than relying on patient coercion.

Scientific evidence and treatment accountability will play increasingly important roles.

# Thank you

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