



COLLEGE OF SCIENCE & ENGINEERING

INSTITUTE OF BEHAVIORAL RESEARCH

Research and News Worth Repeating

September 16, 2020

Opioids & Substance Use

Overdoses are on the rise. Is it time to provide medication assisted treatment in NC prisons?

North Carolina Health News - August 25, 2020

Medication-assisted therapy (MAT) is a best practice provided to individuals who have an opioid use disorder (OUD). People released from jailor prison in North Carolina were 40 times more likely to die of an overdose within two weeks of release than the average North Carolina resident and those who have undergone detoxification in jailor prison are more likely to have a fatal overdose than those maintained on MAT. However, many states such as North Carolina currently do not offer MAT in prisons. Laura Brinkley-Rubinstein, professor and public health researcher from UNC notes that MAT use in prisons is regional with MAT more likely to be offered in prisons in the northeast and West. COVID-19 has stalled the North Carolina Department of Public Safety's plan to pilot MAT in 3 prisons.

<https://www.northcarolinahealthnews.org/2020/08/25/is-it-time-to-provide-medication-assisted-treatment-in-nc-prisons/>

Look beyond opioids to solve national substance use epidemic

Journal Substance Abuse Treatment - August 28, 2020

A study of participants in an inpatient addiction program conducted at the Oregon Health & Science University revealed that 75% of inpatients were polysubstance users, who used multiple substances such as alcohol and/or stimulants such as methamphetamines in addition to opioids, emphasizing the need to offer additional support services and to not just focus on opioid use. Dr. Honora Englander leads Project IMPACT, an initiative at the hospital bringing together physicians, social workers, peer recovery mentors and community providers to address addiction. She has emphasized the need to understand the

complexity of issues associated with polysubstance use, such as peoples' backgrounds, particularly people of color

<https://www.sciencedaily.com/releases/2020/08/200828204950.htm>

HHS Eases Federal Substance Use Disorder Confidentiality Rules

The National Law Review - August 27, 2020

The Substance Abuse and Mental Health Services Administration (SAMHSA) finalized amendments to the federal Confidentiality of Substance Use Disorder Patient Records regulation, Part 2. The purpose of the changes is to better facilitate care coordination for substance use disorder (SUD) by loosening technical consent requirements and clarifying permissible disclosures. Changes include allowing patients to name an organization to receive data and clarify when disclosures can be made without patient consent. These changes will make it substantially easier for entities subject to HIPAA regulations to share information.

<https://www.natlawreview.com/article/hhs-eases-federal-substance-use-disorder-confidentiality-rules>

Correlates of Patient-Centered Care Practices at U.S Substance Use Disorder Clinics

American Psychiatric Association - September 10, 2019

Factors associated with patient-centered care were examined using data from 657 clinics in the National Drug Abuse Treatment System Survey, a nationally representative survey of U.S. substance use disorder treatment clinics. It was found that 23% of clinics utilized some form of patient-centered care by inviting patients to participate in clinical decision-making. Clinicians were more likely to engage in patient-centered care in residential clinics, when the percentage of patients with alcohol use or opioid use disorder was lower, and when the proportion of patients from minority ethnic groups was higher. With only a minority of clinics involving patients in clinical decision-making, many vulnerable populations may not be getting patient-centered care.

<https://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.201900121>

Typologies of adversity in childhood & adulthood as determinants of mental health & substance use disorders of adults incarcerated in US prisons

Child Abuse & Neglect - January 2020

Exposure to adverse experiences (e.g., homelessness, lived in foster care, caretaker substance abuse, familial incarceration, sexual assault or abuse, military combat experience, or physical abuse) were used to predict mental health and substance use disorders among incarcerated adults. For people with four or more adverse childhood experiences, the risk of anxiety, depression and schizophrenia was found to be about four times higher, as compared to people who experienced less than four adverse childhood

experiences. In this study, as compared to having low exposure to adversity, high exposure to violence or deprivation were found to significantly predict having mental health and substance use disorders. Data from the 2004 Survey of Inmates in State and Federal Correctional Facilities (SI-SFCF), a cross sectional survey of incarcerated adults (n = 18,185) were examined

<https://www.sciencedirect.com/science/article/pii/S0145213419304284>

Public Health

Recovery Resources Council merges with the Dallas Council on Alcohol and Drugs to serve 19 North Texas counties

Dallas News - August 19, 2020

The Recovery Resource Council in Fort Worth recently merged with the Dallas Council on Alcohol and Drugs creating one of the largest non-profit behavioral healthcare providers in North Texas, serving 19 counties. The organization has a mission of promoting wellness and recovery from alcohol, substance use disorders and trauma. During COVID-19, recovery education and treatment has become an increasingly important service offered by the Recovery Resources Council in light of economic uncertainty and isolation and impact on underlying physical and mental health conditions, as well as increases in child abuse, domestic violence and alcohol sales.

<https://www.dallasnews.com/sponsored/2020/08/19/recovery-resource-council-merges-with-the-dallas-council-on-alcohol-and-drugs-to-serve-19-north-texas-counties/>

Everything you need to know about homelessness in Texas

Texas Tribune - December 23, 2019

The state of Texas has more than 25,000 homeless people. Although the rate of homelessness in Texas is about half of the national average, there have been slight increases over the last several years. Houston's homelessness has decreased 54% since 2011 as they have found housing for thousands of veterans, developed a homeless management database, and worked to increase HUD funding. The city of Dallas has seen a 725% increase since 2009, largely due to lack of affordable housing. Experts cite many reasons for cycles of homelessness including mental illness, drug or alcohol addiction, criminal justice involvement, trauma, and lack of housing affordability. In addition, lack of shelter exacerbates poor health outcomes.

<https://www.texastribune.org/2019/12/23/homeless-texas-explain-austin-greg-abbott/>

E-cigarette Use, Polytobacco Use, and Longitudinal Changes in Tobacco and Substance Use Disorder Symptoms Among U.S. Adolescents

Journal of Adolescent Health - January 2020

Given the rise of e-cigarettes nationally, it is important that prevention efforts be targeted at youth before they transition to cigarettes. In this study, data from US adolescents ages 12-17 years were surveyed for

the Population Assessment of Tobacco and Health Study. The purpose was to study the combinations of cigarette, e-cigarette, and tobacco use over time and the relationship these have with substance use disorder (SUD) and tobacco use disorder (TUD). Analysis found that past 30-day cigarette use and other tobacco use at the most recent follow-up was associated with an increase in both current TUD and SUD symptoms.

<https://www.sciencedirect.com/science/article/pii/S1054139X19303167>

America's opioid crisis: the need for an integrated public health approach

Translational Psychiatry - 2020

To successfully address the challenges posed by the opioid crisis, authors from the National Institute on Drug Abuse (NIDA) say a translational, integrated approach involving healthcare, justice, education, and social service systems is needed. Four crucial themes at the core of a public health approach are highlighted: (1) social determinants of health and disease; (2) person-centered approaches for prevention and treatment; (3) bridging the gap between implementation science and practice; and (4) using data to build learning systems of care, relevant to public health approaches to address the opioid crisis.

<https://doaj.org/article/9bc453ccfadd4d0bae4e9a58bbb42b92>

COVID-19 is destroying the rehab industry

Quartz - September 11, 2020

The addiction treatment industry has taken a significant hit from COVID-19. According to the National Council for Behavioral Health, representing over 3,000 mental health and addiction treatment providers, 54% of organizations have closed programs and 65% have had to turn away patients. Although COVID-19 has been associated with increased need for services, capacity has been reduced due in part to financial burdens related to increased safety costs, limited capacity for clients and fewer referrals. Smaller programs in rural areas have been more likely to close. The industry is at risk of facing increased demand with fewer resources and service providers.

<https://qz.com/1900954/covid-19-is-destroying-addiction-treatment-centers/>