a New Start
Medication Assisted Treatment

County of Santa Cruz

Health Services Agency
HPHP, Emeline, WHC
What is Medication Assisted Treatment?

Medication assisted treatment (MAT) is the use of medications in combination with counseling and behavioral therapies for the treatment of substance use disorders. A combination of medication and behavioral therapies is effective in the treatment of substance use disorders, and can help some people to sustain recovery.

SAMSHA
https://www.integration.samhsa.gov/clinical-practice/mat/mat-overview
What is harm reduction?

Harm reduction is a set of ideas and interventions that seek to reduce the harms associated with both drug use and ineffective, racialized drug policies.

(Drug Policy Alliance)

“All positive change.”

Dan Bigg
Harm reduction as we know it:

- Sunscreen
- Condoms
- Seat belts
- Bicycle helmets
- Designated drivers
- Nicotine patches/gum
Harm reduction in an opioid epidemic:

- Syringe service programs
- Overdose prevention education and Narcan distribution
- Medication Assisted Treatment (Buprenorphine, Naltrexone, Methadone)
- Drug treatment (residential and outpatient)
- Safe Injection Sites
- Integrated primary care with linkage to HIV/HCV care, IZ, PrEP
What are opioids?

- Opioids are natural and synthetic forms of opium that are widely used as pain relievers. Opioids include heroin and prescription medications such as morphine, hydrocodone (Vicodin or Norco), oxycodone (Percocet or OxyContin), fentanyl, codeine, and methadone.
On Dopamine

“We need three things to survive (besides oxygen): food, water and dopamine. If you deprive study subjects of water for three days, then put them in a functional MRI and place water on their lips, the relative size of the craving is like a baseball. Do the same with food, and it is like a basketball. Then take someone with an addiction to opioids, up to one year after their last use, and talk about OxyContin while they are in a functional MRI, and the relative size of that craving is the size of a baseball field.”

(Corey Waller MD, 2016)
Geography of Opioid Overdose Mortality in California

Opioid Deaths (2016)

Data unavailable for: Alpine County, CA, Amador County, CA...
174 Americans die everyday from an opioid overdose (CDC & Prevention)

In 2016, 63,632 drug overdose deaths occurred in the United States

POTUS declared “public health emergency” not national state emergency
Santa Cruz County Health Services Agency
Primary Care Clinics
MAT Team

Homeless Person Health Project (HPHP)
- Joey Crottogini, Health Clinic Manager of HPHP
- Jasmine Marozick, MAT Nurse,
- Angelica Torres, CADC-CAS, Bilingual SUD CM
- 5 prescribers

Santa Cruz Health Center (EMELINE)
- Marion Brodkey, MAT Nurse
- Greg Goldfield, CADC-CAS, SUD CM
- Marissa Torres, CADC II, Bilingual SUD CM
- Adam Echols, RADT, SUD CM
- 8 prescribers

Watsonville Health Center (WHC)
- Alejandro Monroy, CADC-CAS, Bilingual SUD CM
- This could be you, Bilingual SUD CM
- This could be you, Bilingual MAT Nurse
- 6 prescribers

Danny Contreras, SUDCC III – MAT Health Services Manager
Santa Cruz County Clinics

19 waived providers and the capacity to see 640+ patients and growing

135 patients receiving MAT in the previous 6 months, 305 patients served in last 3 years

Part of the Hub and Spoke model

Working in collaboration with many agencies to develop bridges from the ER, hospitals, jails, etc.

- We have given out 1,600 nasal doses to agencies, patients, and individuals during outreach.
- SSP gives out about 2,000 doses of the nasal naloxone yearly.
How does someone get started?

**Step 1:** Set up an intake appointment with one of our SUD counselors. We will go over program requirements at this meeting. Patient will be asked to submit specimens for drug screen/blood tests.

**Step 2:** Patient will be required to start attending a MAT group weekly. An appointment with a medical provider will be scheduled after the patient has completed group and lab test results are reviewed.
Mat Workflow

- SUD CM MAT intake
- Labs Pre-Induction visit with Nurse
- Group/ 1x1
- Initial appointment with MAT provider (MD, Psych, PA, NP)
- Post- Initial visit with Nurse
- Follow up on induction with Nurse
- Follow up Provider Visit
- Continue Treatment determined by Tier
**Program Requirements:**

Complete Intake and Labs

Attend groups and individual meetings determined by tier and treatment team.

Patients graduate from each tier by providing negative urine drug screens and adhering to your group and/or scheduled appointments with IBH.

**Relapse:** If during treatment there is a relapse, patient will return to Tier 2 level of care and more support will be provided.

**Appointments:** It is very important that appointments are not missed. If you must miss, please call to reschedule ahead of time.

**Drug test:** Patients will be drug tested at every visit.

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<thead>
<tr>
<th>Tier 1</th>
<th>Prescription</th>
<th>Group/IBH</th>
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</thead>
<tbody>
<tr>
<td>Induction (2 weeks)</td>
<td>Weekly</td>
<td>Weekly</td>
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<table>
<thead>
<tr>
<th>Tier 2</th>
<th>Prescription</th>
<th>Group/IBH</th>
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<tbody>
<tr>
<td>Early Treatment (12 weeks)</td>
<td>Weekly</td>
<td>Weekly</td>
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<tr>
<th>Tier 3</th>
<th>Prescription</th>
<th>Group/IBH</th>
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</thead>
<tbody>
<tr>
<td>Stabilization (12 weeks)</td>
<td>Every other week</td>
<td>Every other week</td>
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<tr>
<th>Tier 4</th>
<th>Prescription</th>
<th>Group/IBH</th>
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<tbody>
<tr>
<td>Maintenance (6 months to 1 year)</td>
<td>Once a month</td>
<td>Once a month</td>
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<tr>
<th>Tier 5</th>
<th>Prescription</th>
<th>Group/IBH</th>
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<tbody>
<tr>
<td>Maintenance</td>
<td>Once a month</td>
<td>Once a month</td>
</tr>
<tr>
<td>Day</td>
<td>Time</td>
<td>Location</td>
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</tr>
<tr>
<td>Monday MAT group</td>
<td>2-3 pm</td>
<td>WHC (atrium) Building A</td>
</tr>
<tr>
<td>Monday MAT group</td>
<td>10-11 am</td>
<td>Emeline (room #109)</td>
</tr>
<tr>
<td>Tuesday MAT group</td>
<td>2-3 pm</td>
<td>HPHP (SMA)</td>
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<tr>
<td>Tuesday MAT group</td>
<td>4-5 pm</td>
<td>Emeline (SMA) (room #109)</td>
</tr>
<tr>
<td>Wednesday MAT group</td>
<td>6-7 pm</td>
<td>Emeline (room #109)</td>
</tr>
<tr>
<td>Wednesday Seeking Safety</td>
<td>5-6 pm</td>
<td>WHC (atrium) Building A</td>
</tr>
<tr>
<td>Thursday Seeking Safety in Spanish</td>
<td>5-6 pm</td>
<td>WHC (atrium) Building A</td>
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MAT Services

IBH (Therapy & Psychiatry)

Syringe Service Program

Contingency Management

Acupuncture

Yoga

Groups/SMA 1x1

Peer Mentors

Outreach in the streets
MAT Case Management Visits by Year

- 2015: Low visits
- 2016: Moderate visits
- 2017: Increasing visits
- 2018: High visits
Homeless Person Health Project (HPHP)
115-A Coral St.
Santa Cruz Ca, 95060

HPHP 831-454-2080

Nurse Jasmine 831-201-2485

Angelica Torres 831-566-9347
Watsonville Health Center (WHC)
1430 Freedom Blvd, Ste. C, D
Watsonville, CA 95076

WHC                              831-763-8400
Alejandro Monroy      831-247-4193
Danny Contreras         831-212-3498