

Confronting the Opioid Epidemic in Massachusetts: *Understanding the Community Treatment System*

Massachusetts Health Data Consortium
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Association for Behavioral Healthcare



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Association for Behavioral Healthcare (ABH)

- Statewide association of mental health and addiction treatment provider organizations
- Our mission is to lead in promoting and advocating for community-based mental health and addiction treatment services
- Over eighty members across Massachusetts
- Members' revenues range from \$1 million to \$150+ million per year



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What do ABH Members Do?

- Our members are the Commonwealth's system of community-based behavioral health care
- Services funded by Department of Mental Health, Department of Public Health/Bureau of Substance Abuse Services, MassHealth, commercial insurers
- Serve 81,000 individuals daily, 1.5 million annually
- Employ 46,500 people



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What Do ABH Members Do?

- ABH members serve adults, adolescents, children and families
- Provide full range of community-based and diversionary services
- Outpatient/medication management, Day Treatment, CBFS, Clubhouses, PACT, CBHI
- Detox, Step-Down Detox, TSS, Recovery Homes, Methadone, Suboxone



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Opioid Epidemic – Unprecedented Crisis

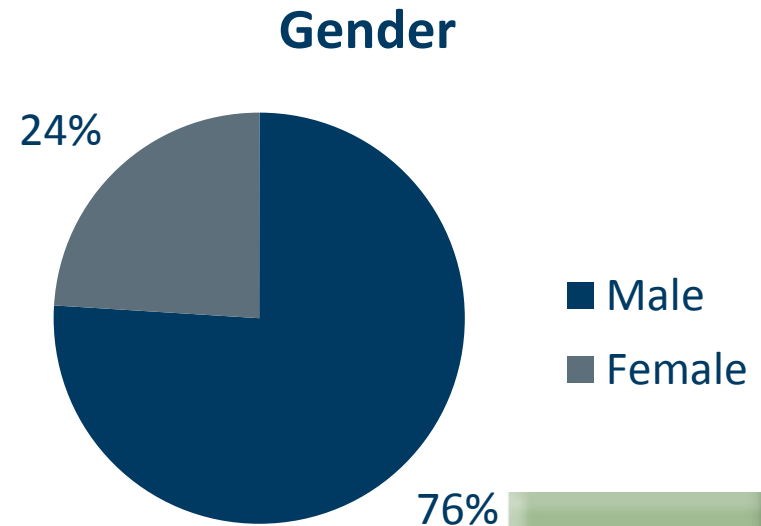
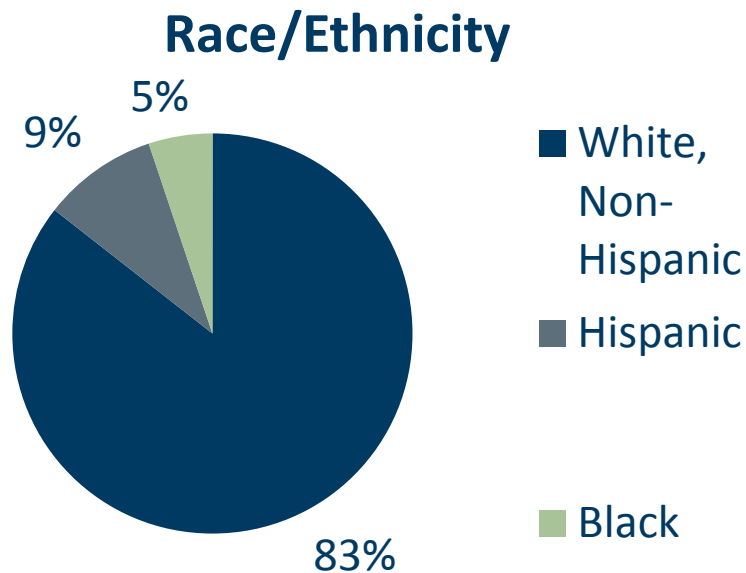
- 1,173 Opioid-related deaths in Massachusetts according to Department of Public Health (DPH) in 2014
- 17.4 deaths per 100,000 residents
- 228% increase from 2000 when there were 5.3 opioid-related deaths per 100,000 residents



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Epidemic's impact across populations

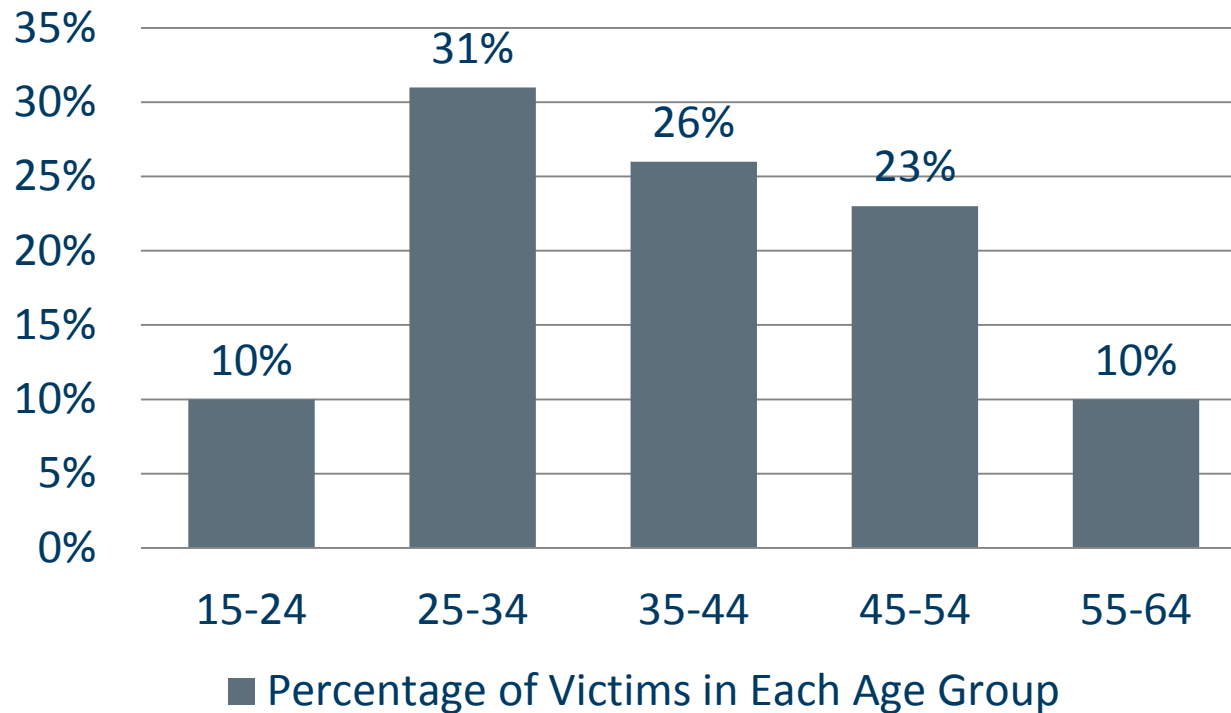
- 791 Opioid Related Deaths in Massachusetts from January – September 2015



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Epidemic's impact across ages

Percentage of Victims in Each Age Group



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Treatment System in Massachusetts

- Can be divided into two broad categories
 - Inpatient/24 hours levels of care (bedded programs)
 - Outpatient
- Access is either through voluntary admission or court-ordered civil commitment (Section 35)



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Inpatient/24 hour Levels of Care

- Acute Treatment Services/Detoxification (ATS/Detox)
- Clinical Stabilization Services (CSS/Post Detox)
- Transitional Support Services (TSS)
- Residential Recovery Homes



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American Society for Addiction Medicine (ASAM) Criteria

- ASAM has established criteria for admission to individual Levels of Care (LOC) and standards for each LOC
- Massachusetts publicly-funded treatment system mirrors ASAM criteria
- Important for standardization and quality



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Demand for Treatment Exceeds Capacity

- Accessing treatment is often a challenge for individuals and families
- Bottlenecks occur across treatment continuum
- Goal must be treatment on demand
- Despite significant investments in the treatment system by state government over past 13 years, we are not there yet.



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ATS/Detox – ASAM 4.0 and 3.7 LOC

- Provides inpatient detoxification for individuals who are dependent on medications or illicit drugs and are at risk of experiencing physical withdrawal
- Average length of stay is 4 – 8 days depending upon substance
- Currently 879 licensed beds in Massachusetts
- 41,277 enrollments of 22,092 individuals in FY15
- Payers: DPH/BSAS, MassHealth, commercial plans (mandated by Ch. 258 of Acts of 2014)



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CSS/Post Detox Step Down – ASAM 3.5 LOC

- Provides short-term post detox stabilization services for individuals who are no longer at risk of withdrawal
- Designed for up to 30 days of treatment – stay is usually 10 – 14 days
- 340 licensed beds in Massachusetts – state is currently procuring additional beds which will increase licensed capacity to approximately 600
- 7,039 enrollments of 5,696 individuals in FY15
- Payers: DPH/BSAS, MassHealth, commercial plans (mandated by Ch. 258 of Acts of 2014)



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Transitional Support Services – ASAM 3.3 LOC

- Provides intermediate residential support services to transition individuals from ATS and CSS to residential recovery programs
- Average length of stay is 30 days
- 344 licensed beds in Massachusetts
- 4,431 enrollments of 3,804 individuals in FY15
- Payers: DPH/BSAS



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Residential Recovery Homes – ASAM 3.1 LOC

- Provides long-term residential treatment to support persons in early phases of recovery
- Goal is to develop/redevelop life skills to help maintain recovery and live independently
- Length of stay is based on individual need – can range from one month to a year
- 2,375 licensed beds
- 6,930 enrollments of 6,169 individuals in FY15
- Payers: primarily DPH/BSAS; some federal probation and county sheriffs



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Services for Civilly Committed Individuals (Section 35)

- Judges can commit individuals for treatment who have been determined to be at risk to themselves or others
- 226 licensed community-based ATS and CSS beds
- 3,685 enrollments of 3,287 individuals in FY15
- Additional beds for men operated by Department of Correction at MASAC in Bridgewater



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Specialized programs for Families, Youth and Adolescents

- 110 licensed recovery homes slots for parents with minor children to live with kids and receive treatment services
- 48 licensed beds for youth in need of detox and stabilization – 791 enrollments of 604 individuals
- 81 residential beds for kids 13 – 17 years old; 310 enrollments of 287 individuals
- 30 beds for Transitional Aged Youth (16 – 21); 80 enrollments of 80 individual clients



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Outpatient Services

- Access to outpatient services is vital to individuals in maintaining long-term recovery
- Structured Outpatient Addiction Program (SOAP)
- Intensive Outpatient Program (IOP)
- Outpatient Counseling
- Medication Assisted Treatment (MAP)
- Payers: DPH/BSAS, MassHealth, commercial plans



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Medication Assisted Treatments

- MATs are vital tool in combating epidemic; access is growing
- Methadone – Evidenced based practice endorsed by the AMA; provided in licensed, highly regulated Opioid Treatment Programs (OTPs) across the state
- Buprenorphine (Suboxone) – provided by Primary Care and Addiction docs; office based
- Vivitrol – monthly injectable



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Gaps in the Continuum

- Services for individuals dually-diagnosed with co-occurring substance and mental health disorders
- Trauma-informed services and care
- Post-residential supportive housing and case management services



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Questions/Discussion

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