

Utilization of Medication-Assisted Treatments

The National Quality Forum and the World Health Organization recommend the use of the combination of psychosocial treatment and pharmacotherapy to reduce or eliminate substance use and to improve well-being among patients with substance use disorders (SUDs)^{1,2}. Over the past two decades, there have been several efficacious innovations in medication-assisted treatment (MAT) for SUDs, including tobacco. MATs, such as methadone, buprenorphine and naltrexone, have been shown to increase patients' retention in treatment, social functioning, and days of abstinence, and to reduce engagement in criminal activities, infectious disease transmission, and hospital or emergency room admissions. Although SUD is a chronic relapsing disease, much like diabetes, MAT adoption appears to be low. In contrast, the CDC reports that 85.3% of individuals with diabetes use medication (insulin, pills, and/or both)³. To illustrate MAT adoption within the SUD field, LACES reviewed results of the "2011 National Survey of Substance Abuse Treatment Services" (N-SSATS), which surveys facilities regarding SUD treatment services⁴. In addition, Fiscal Year 2013-2014 LACPRS records were reviewed to determine how many agencies within Los Angeles served at least one patient who utilized a MAT. Utilization of MAT services throughout California and Los Angeles are shown below.

Chart 1: Utilization of Medication-Assisted Treatments among SUD Facilities in California (N = 1,639)

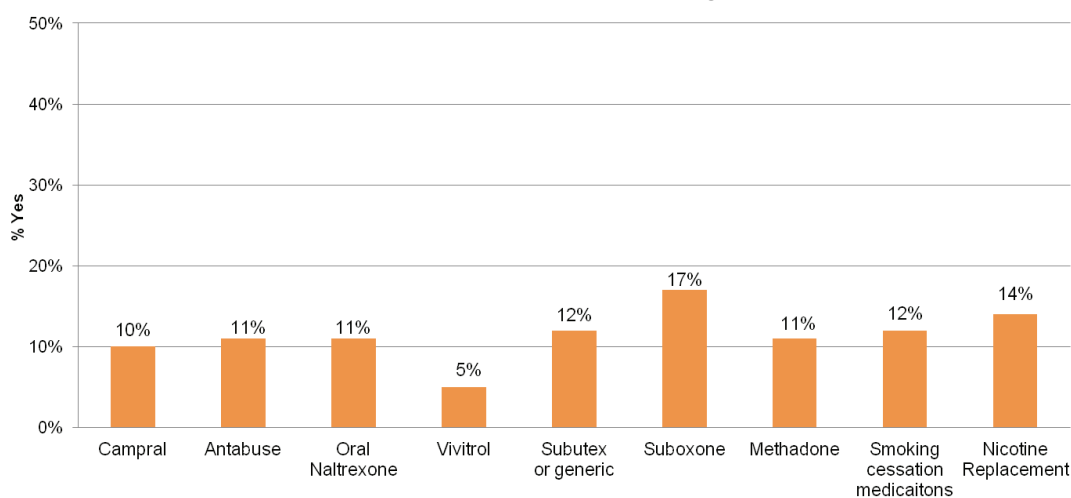
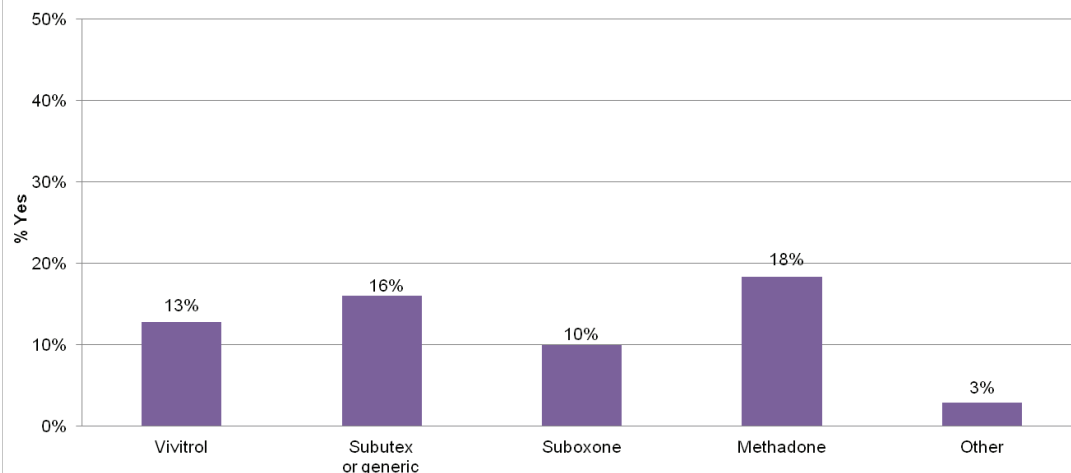


Chart 1 shows that the most commonly used MAT across the state is Suboxone (17%) and nicotine replacement (14%). In contrast, Chart 2 indicates that the most commonly reported MATs used in Los Angeles County are methadone (18%) and Subutex (16%). Compared to the state, Los Angeles County appears to utilize Vivitrol at a higher rate (13% vs. 5%) and Suboxone at a lower rate (10% vs. 17%). (Please note: A statistical test is needed to corroborate comparative observations).

Chart 2: Utilization of Medication-Assisted Treatments among SUD Agencies in Los Angeles (N = 236)



References: (1) National voluntary consensus standards for the treatment of substance use conditions: Evidence-based treatment practices. Paper presented at: Washington, DC: The National Quality Forum, 2007; (2). Guidelines for the Psychosocially Assisted Pharmacological Treatment of Opioid Dependence. Geneva: World Health Organization; 2009; (3) Centers for Disease Control. Crude Percentage of Adults with Diabetes Using Any Diabetes Medication, United States, 1997–2011; 2013. Retrieved 3/15/15 from <http://www.cdc.gov/diabetes/statistics/meduse/fig3.htm> (4) Substance Abuse and Mental Health Services Administration. 2011 State Profile: California. National Survey of Substance Abuse Treatment Services; 2012. Retrieved 12/4/14 from <http://www.dasis.samhsa.gov/webt/newmapv1.htm>