

“It works if you work it?”

What *actually* works in treating problems with opioids

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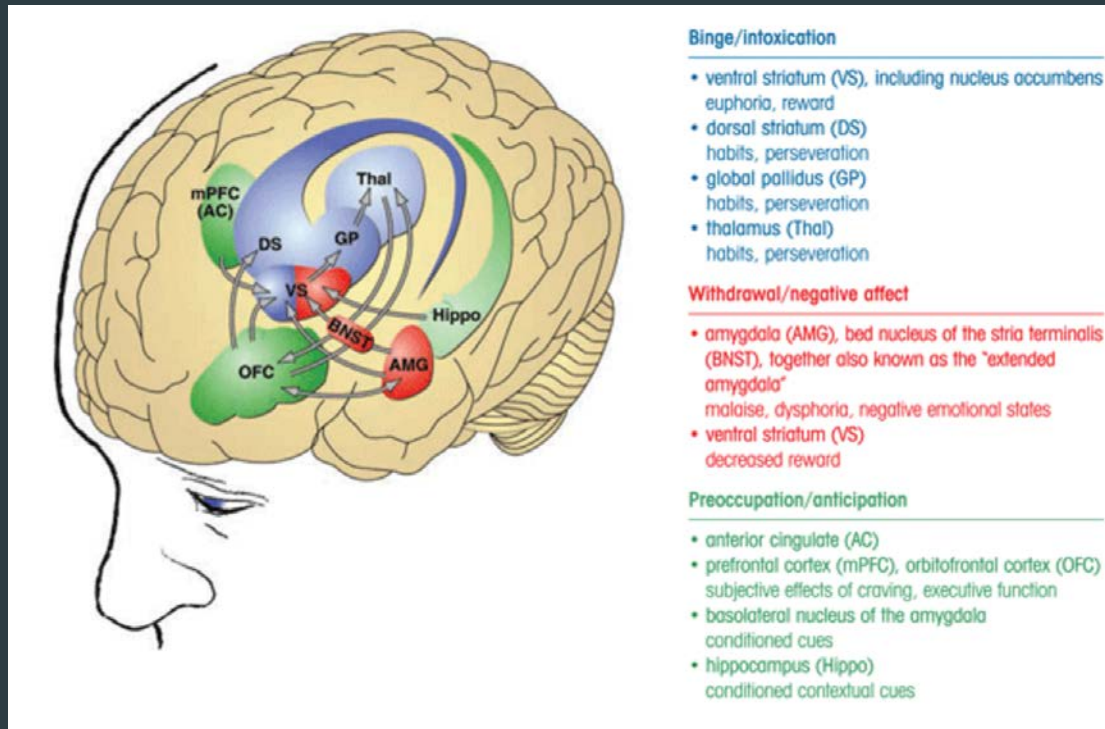
Why do people use opioids?

(Why do people use any drugs at all?)

- ▶ People use substances to change perception
 - ▶ How we feel
 - ▶ How we perceive our environment
- ▶ Without changing
 - ▶ What causes the feeling
 - ▶ The environment
- ▶ We initially use because we perceive a *benefit* from using



Why do people KEEP using opioids?



People keep using harmful substances despite the problems it is causing because *not* using the substances has become more painful.



What are the goals when helping a person ~~who uses opioids?~~

- ▶ Survival
- ▶ Validation
- ▶ Connection
- ▶ Improve Quality of Life
 - ▶ Decrease sickness
 - ▶ Decrease social chaos
 - ▶ Increase rewarding endeavors



Opioid agonist therapies

- ▶ Buprenorphine-naloxone (Suboxone™)
- ▶ Methadone
- ▶ Sustained-release oral morphine (SROM, Kadian™)
- ▶ Injectables

- ▶ Can be combined with
 - ▶ Mutual help approaches
 - ▶ Routine counseling
 - ▶ Advanced psychosocial interventions
 - ▶ Traditional ways of healing



Risks with abstinence-only approaches

Loss of tolerance and overdose mortality after inpatient opiate detoxification: follow up study

John Strang, Jim McCambridge, David Best, Tracy Beswick, Jenny Bearn, Sian Rees, Michael Gossop

Predictors of mortality among patients who underwent inpatient opiate detoxification. Values are numbers (percentage) of patients unless stated otherwise

Characteristic	Patients who died (n=5)	Other patients (n=132)	Statistical test results
Mean age in years (SD)	31.4 (7.1)	32.6 (7.3)	$t=0.36$, $P=0.72$
Male sex	5 (100)	99 (75)	Fisher's exact, $P=0.34$
Previous inpatient treatment	4 (80)	92 (70)	Fisher's exact, $P=1.0$
Ever overdosed	1 (20)	50† (39)	Fisher's exact, $P=0.65$
Was prescribed methadone*	5 (100)	92 (70)	Fisher's exact, $P=0.32$
Mean dose (mg) of prescribed methadone (SD)	51.0 (20.7)	29.2 (23.1)	$t=2.08$, $P=0.04$
Mean number of days of heroin use* (SD)	14.4 (14.4)	24.5 (10.2)	$t=2.15$, $P=0.03$
Living alone*	4 (80)	21† (16)	Fisher's exact, $P=0.004$
Physical health (MAP‡ score) (SD)*	38.6 (10.2)	29.9 (12.3)	$t=1.59$, $P=0.12$
Mean length of stay (days) in unit (SD)	24.6 (7.6)	15.6 (8.1)	$t=2.44$, $P=0.02$
Completed detoxification	5 (100)	89 (67)	Fisher's exact, $P=0.33$
Completed full treatment programme	4 (80)	33 (25)	Fisher's exact, $P=0.02$

*In the month before admission.

†Of 130 patients.

‡Maudsley Addiction Profile (see www.ntors.org.uk/map.pdf).

Longer period of abstinence = higher risk of death with lapse



“Meet people where they’re at.”

- ▶ ...and WHEN they’re there
- ▶ ...and for WHY they’re there
- ▶ ...and know WHO they are

- ▶ “...and then walk with them to where they want to go.”



Contact us – Alberta First Nations

Metro City Medical Clinic is now providing specialized treatment in and around some Alberta First Nation communities.

Our **office hours** are Monday to Friday, 9:00 a.m. to 4:00 p.m..

You can contact us during office hours to set up an appointment or to ask any questions by:



Phone (Toll-Free): 1.855.886.6262



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Email us with the simple form below:

Name *

Your email address

Please include either your email address here or your phone number below.

Your phone number

Please include either your phone number here or your email address above.

In which community do you live? *

- Kainai Nation (Blood Tribe)
- Siksika Nation

Questions?

- ▶ email: [Khalil @ metrocitymedicalclinic.ca](mailto:Khalil@metrocitymedicalclinic.ca)
- ▶ phone: 1.855.886.MCMC