

The Benefit of Evidence-Based Outpatient Treatment: New Findings for Youth with Opioid Problem Use

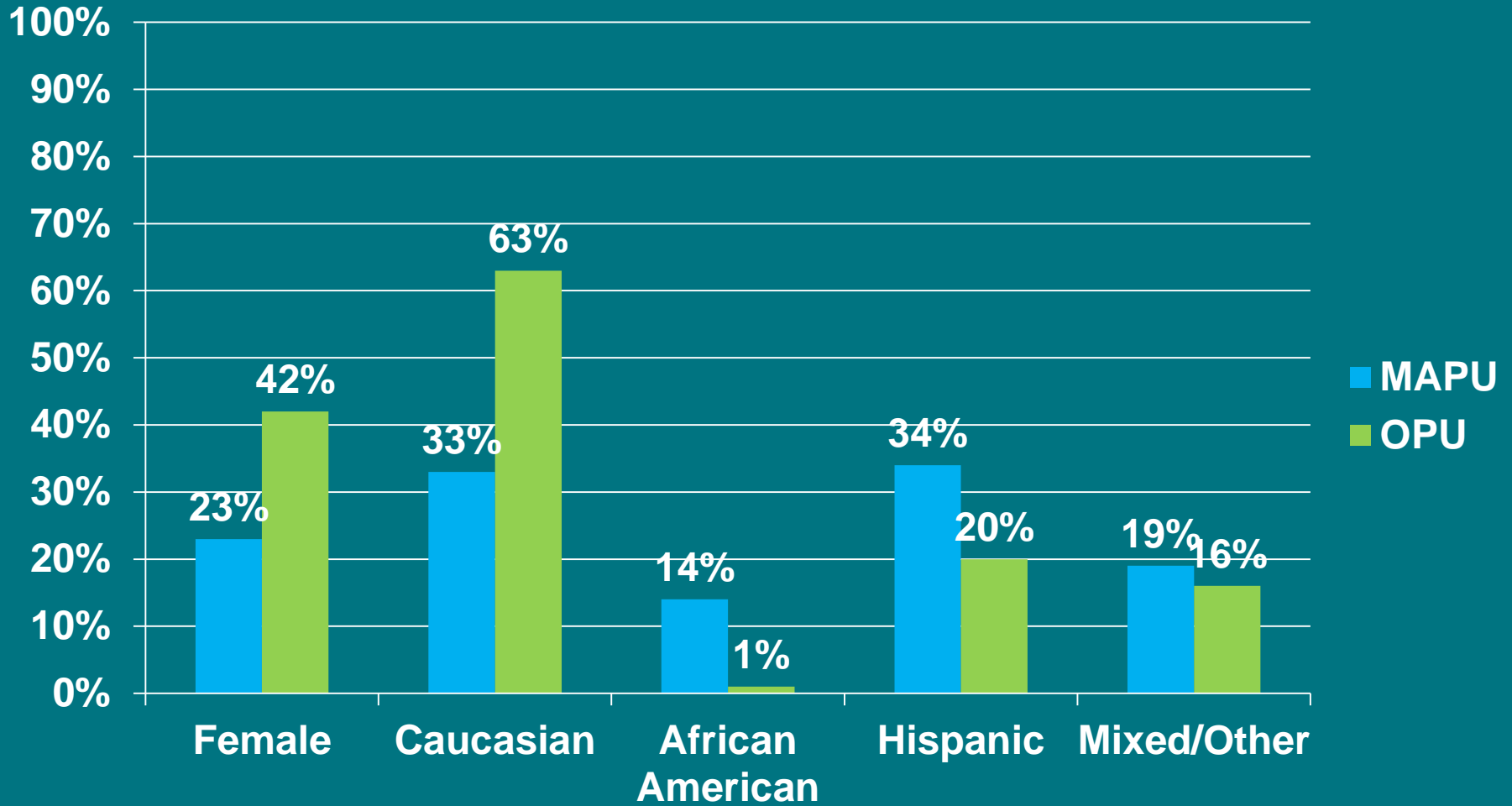
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Conference, Hartford, CT August 17, 2016

Overview

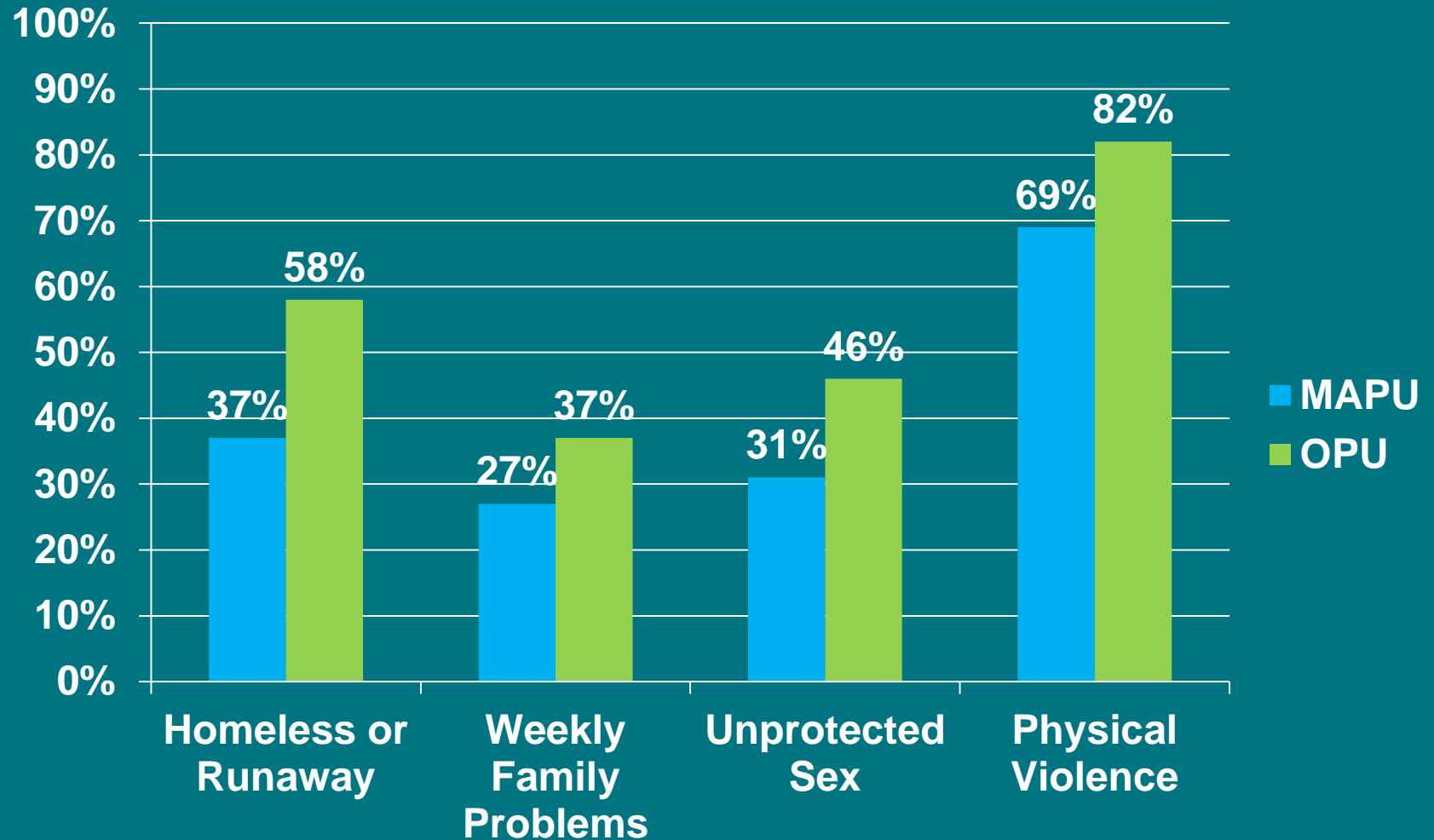
- Of 4,027 youth treated by A-CRA/ACC for 6 months across the U.S.
- 306 youth had primary Opioid problem use (OPU) the remainder had primary Marijuana/Alcohol problem use (MAPU)
- GAIN interviews at Intake, 3, 6, and 12 months
- How do OPU to MAPU differ in terms of –
 - Demographic, social, and clinical risk characteristics at intake
 - Response to outpatient evidence-based treatment
 - Substance use and mental health outcomes

Demographics

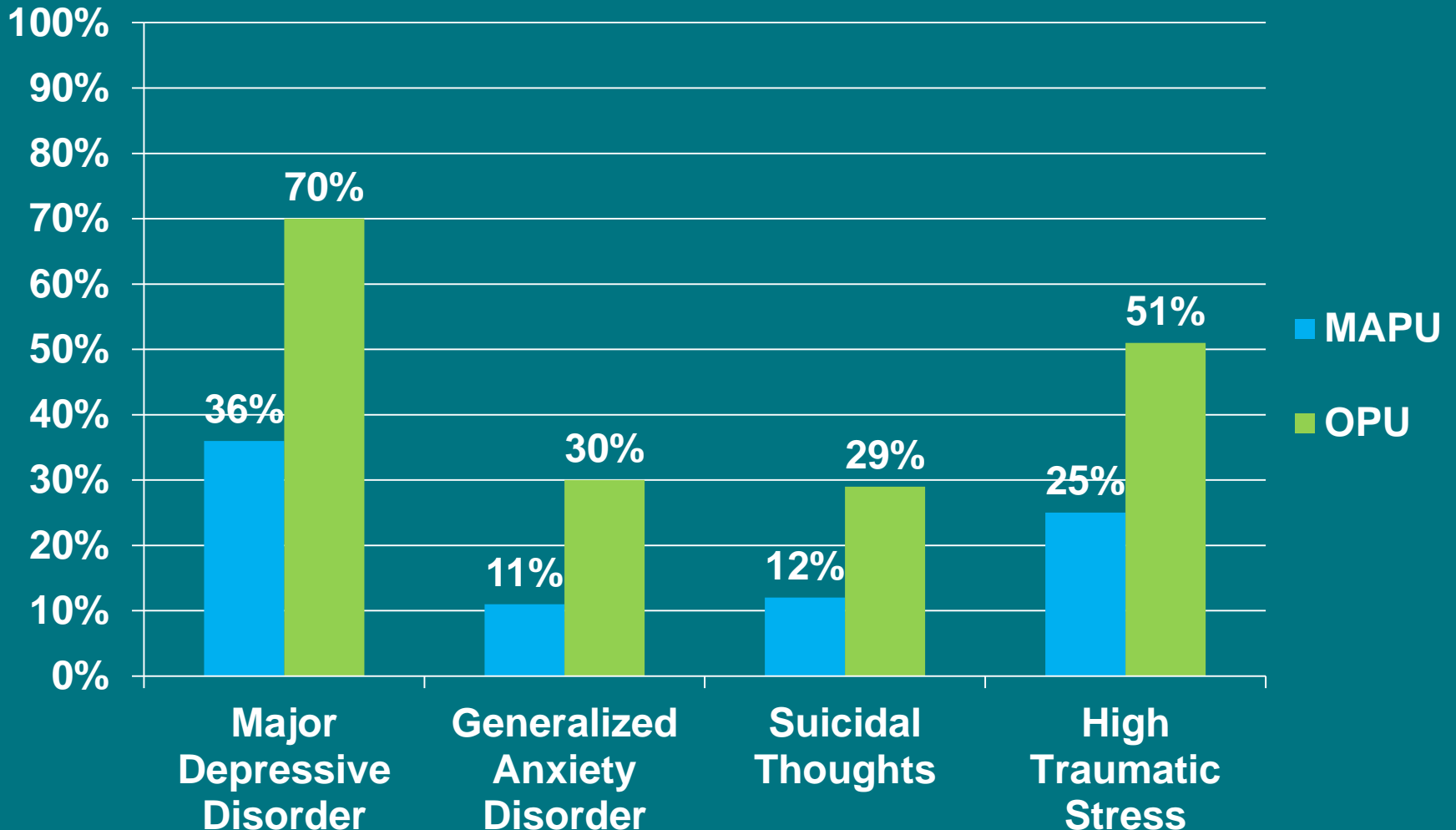


Average age: MAPU = 15.65; OPU = 15.85

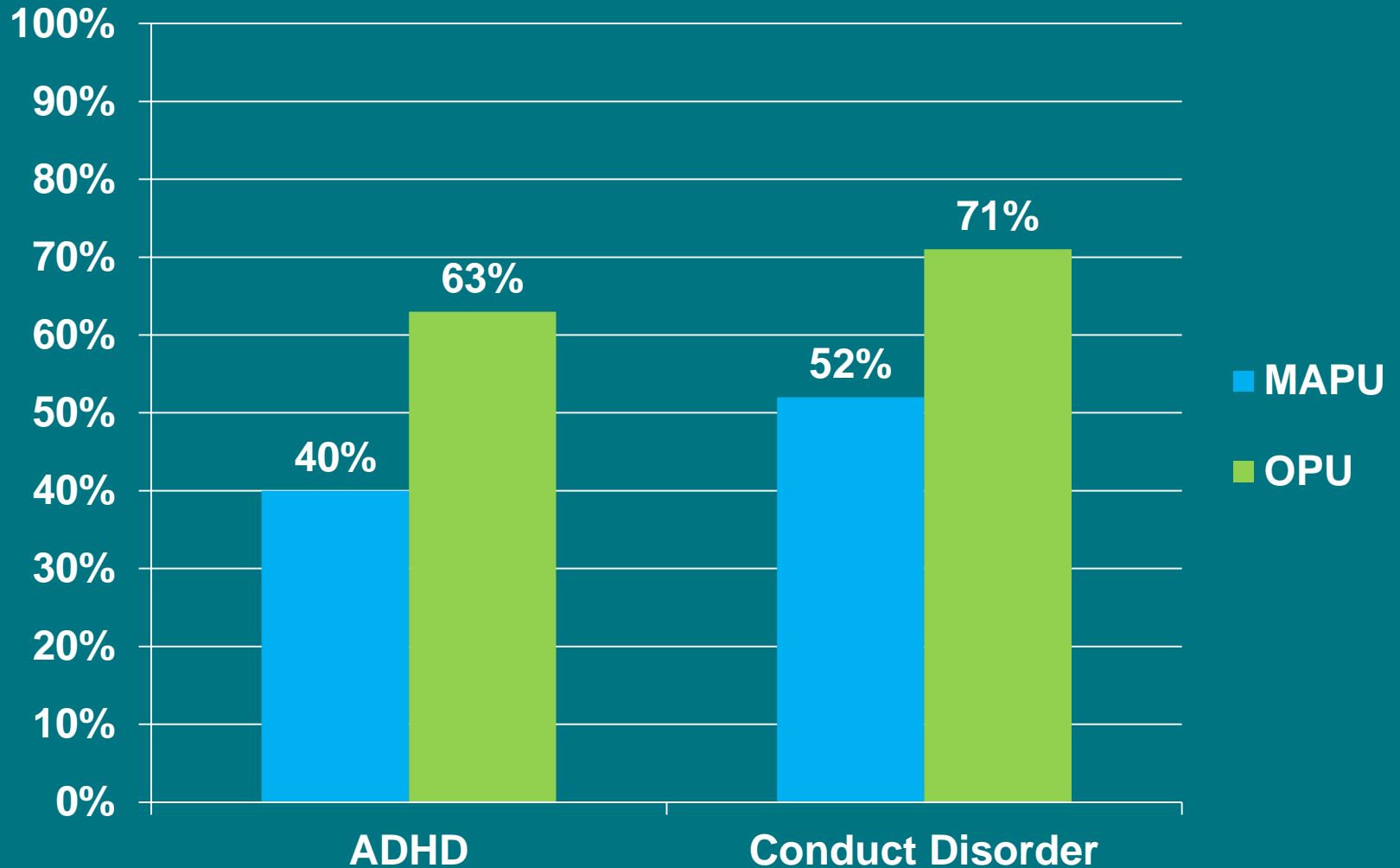
Risk Factors at Intake



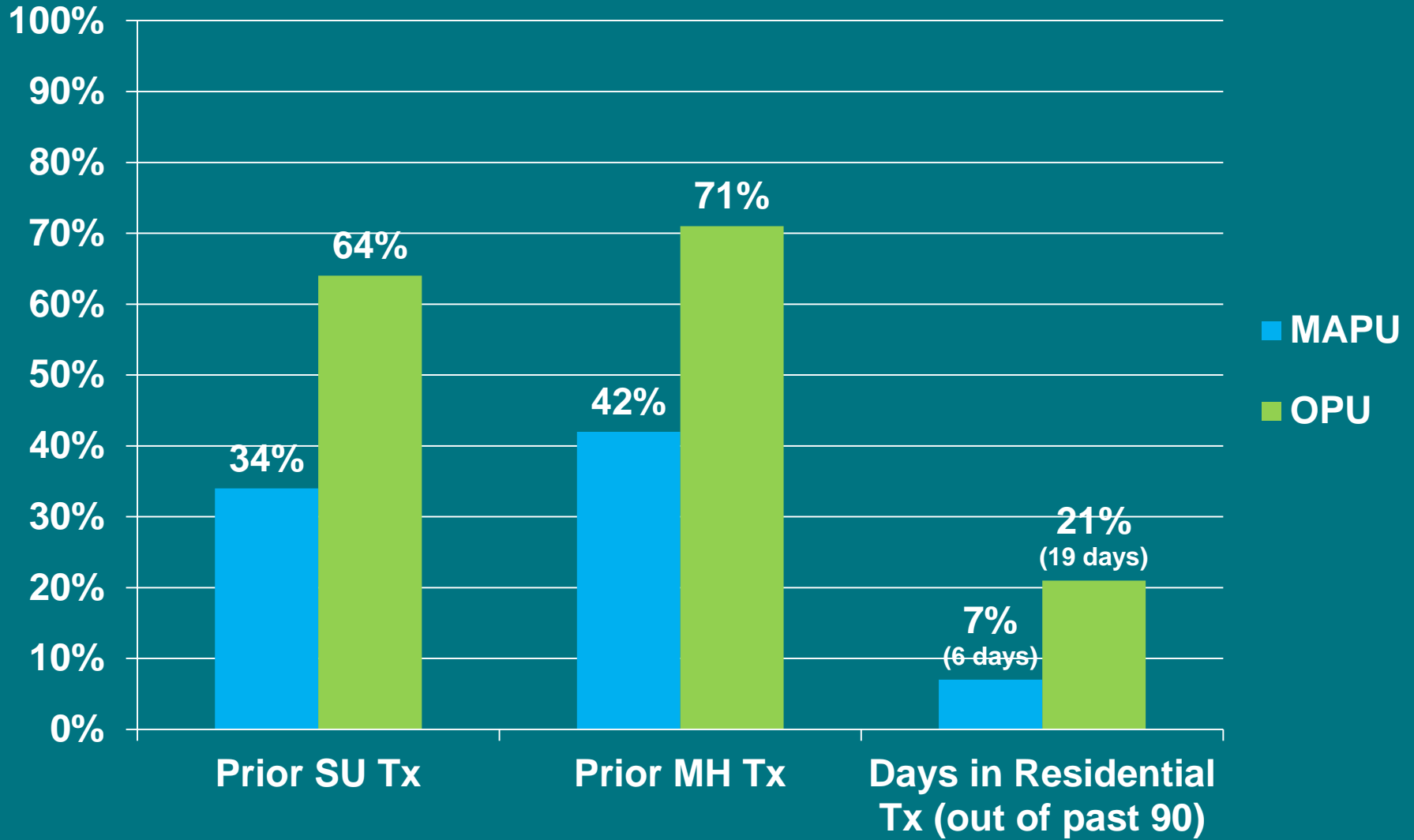
Internalizing Disorders or Problems



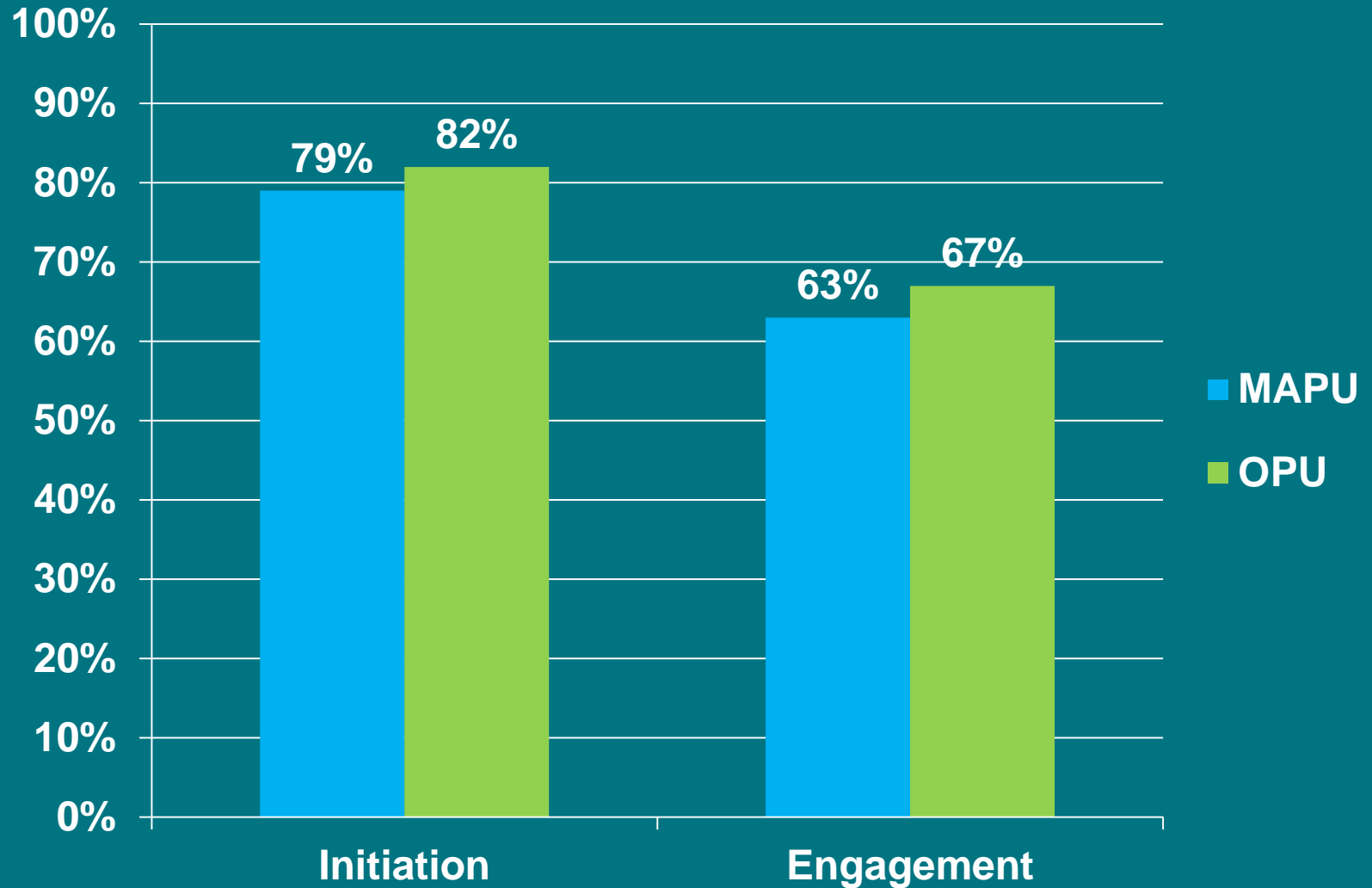
Externalizing Disorders



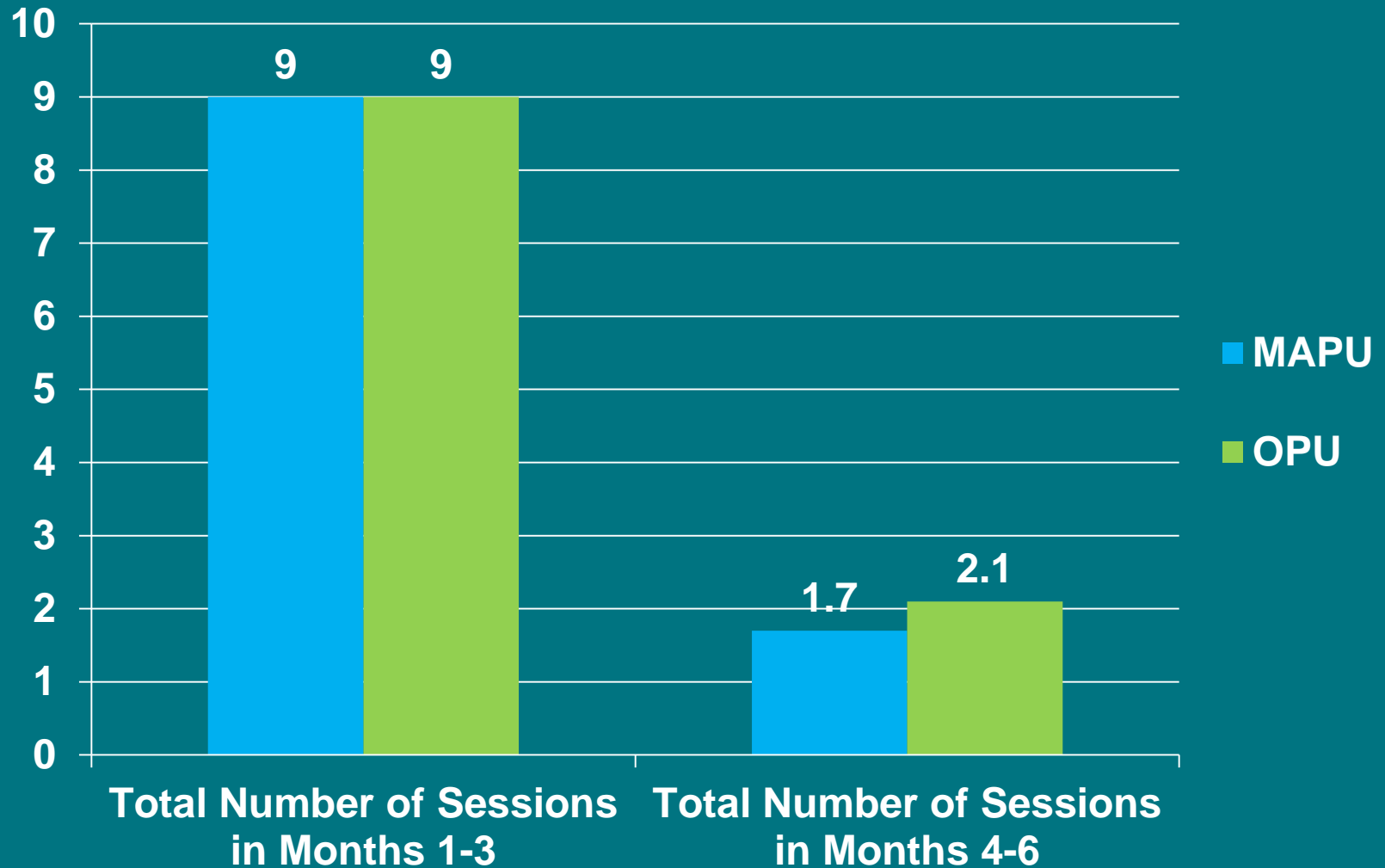
Prior Treatment



Treatment Initiation & Engagement



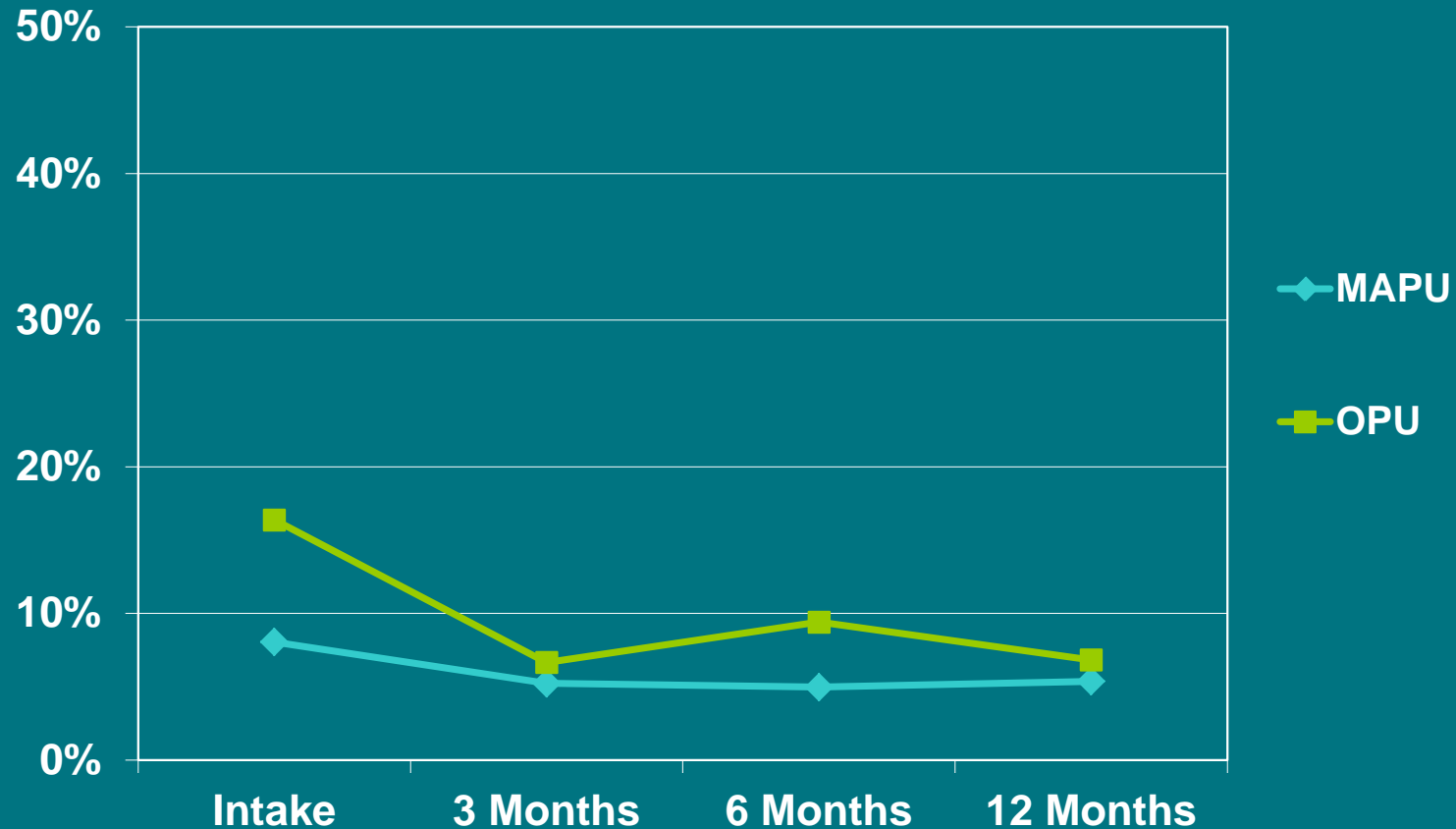
Total Number of Sessions



Treatment Satisfaction Scale

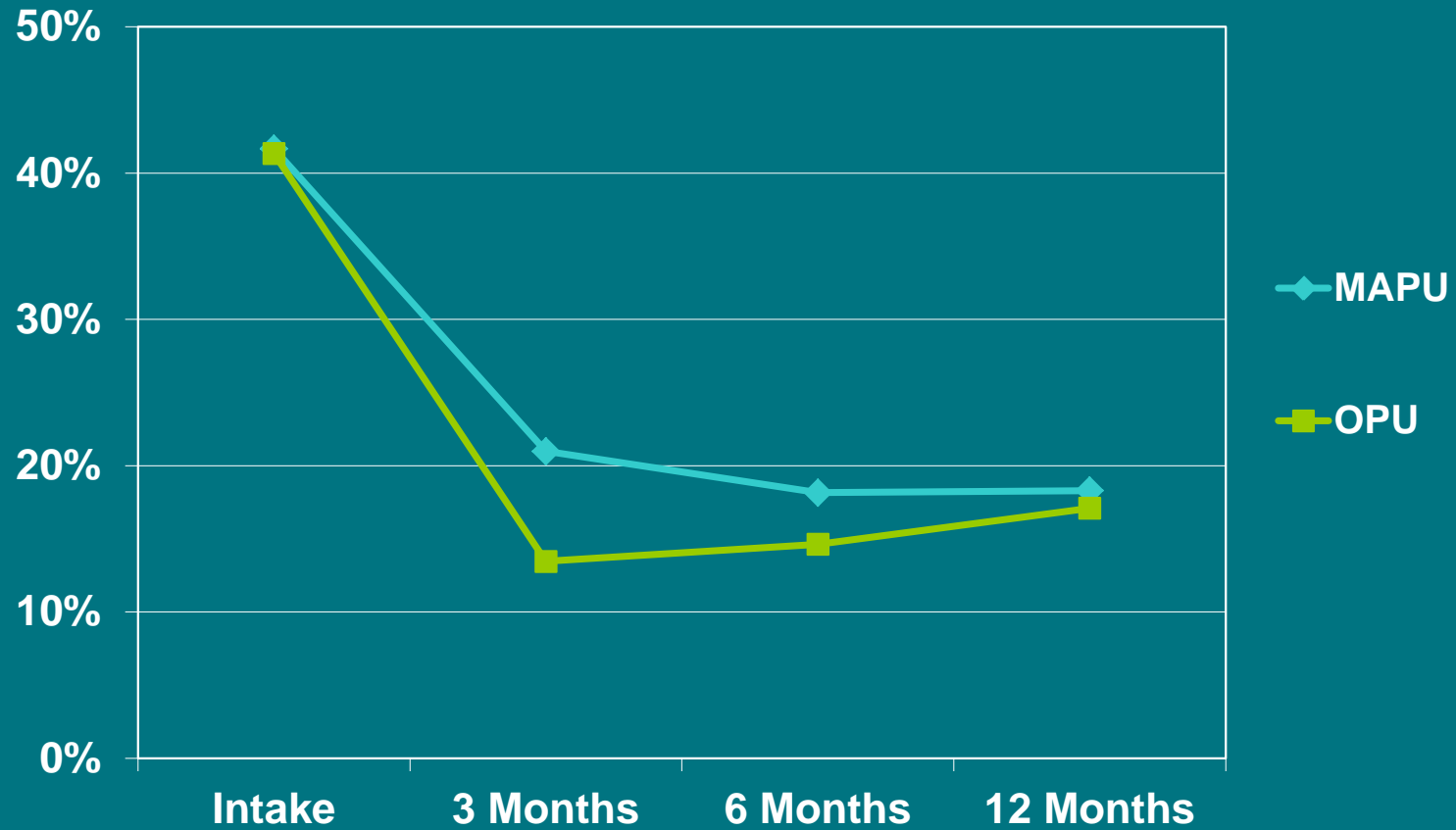


Average % of Days Using Alcohol (90 days)



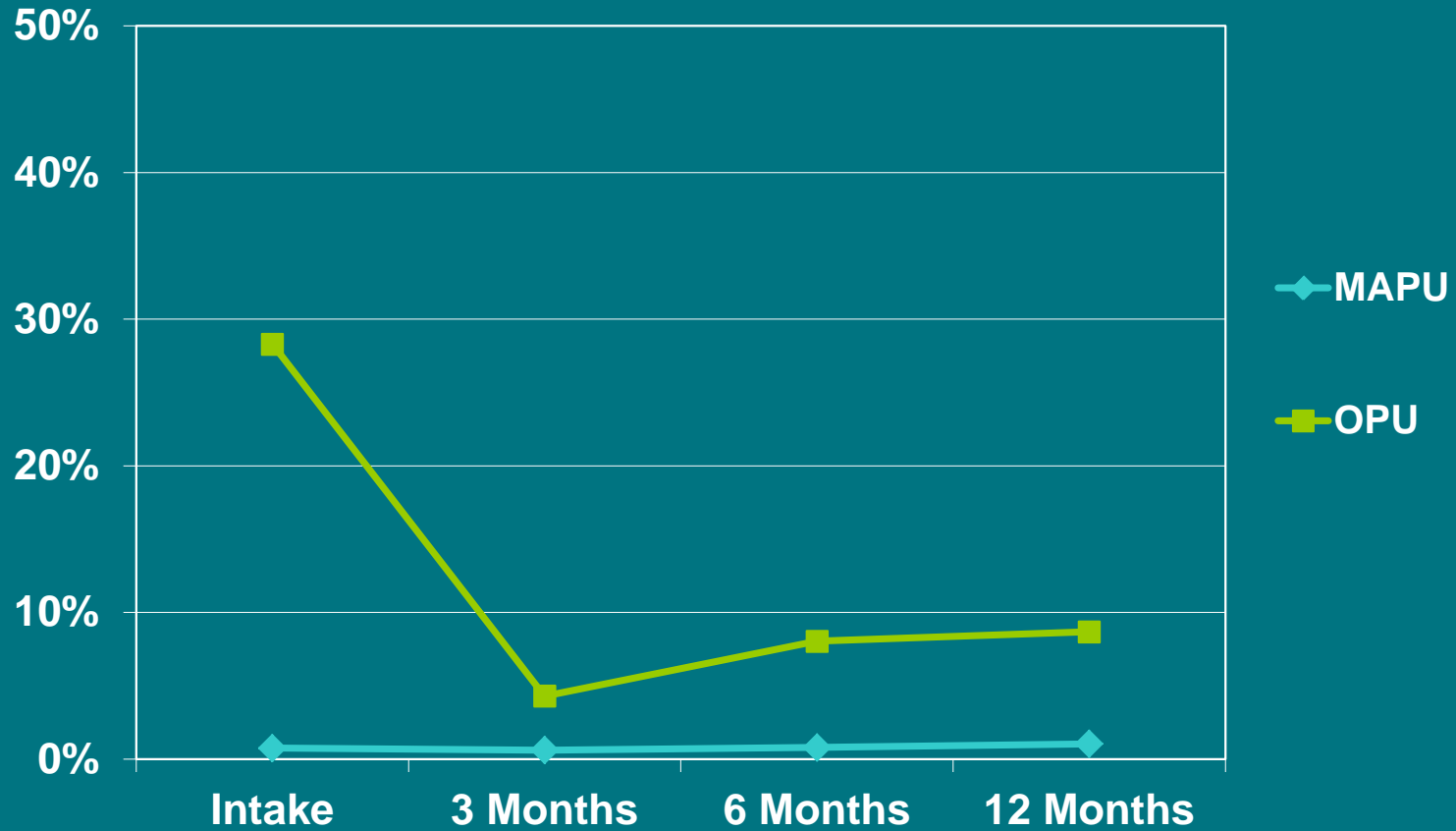
Note: OPU > MAPU at Intake, $p < .001$; OPU decreasing at a greater rate over time, $p < .05$.

Average % of Days Using Marijuana



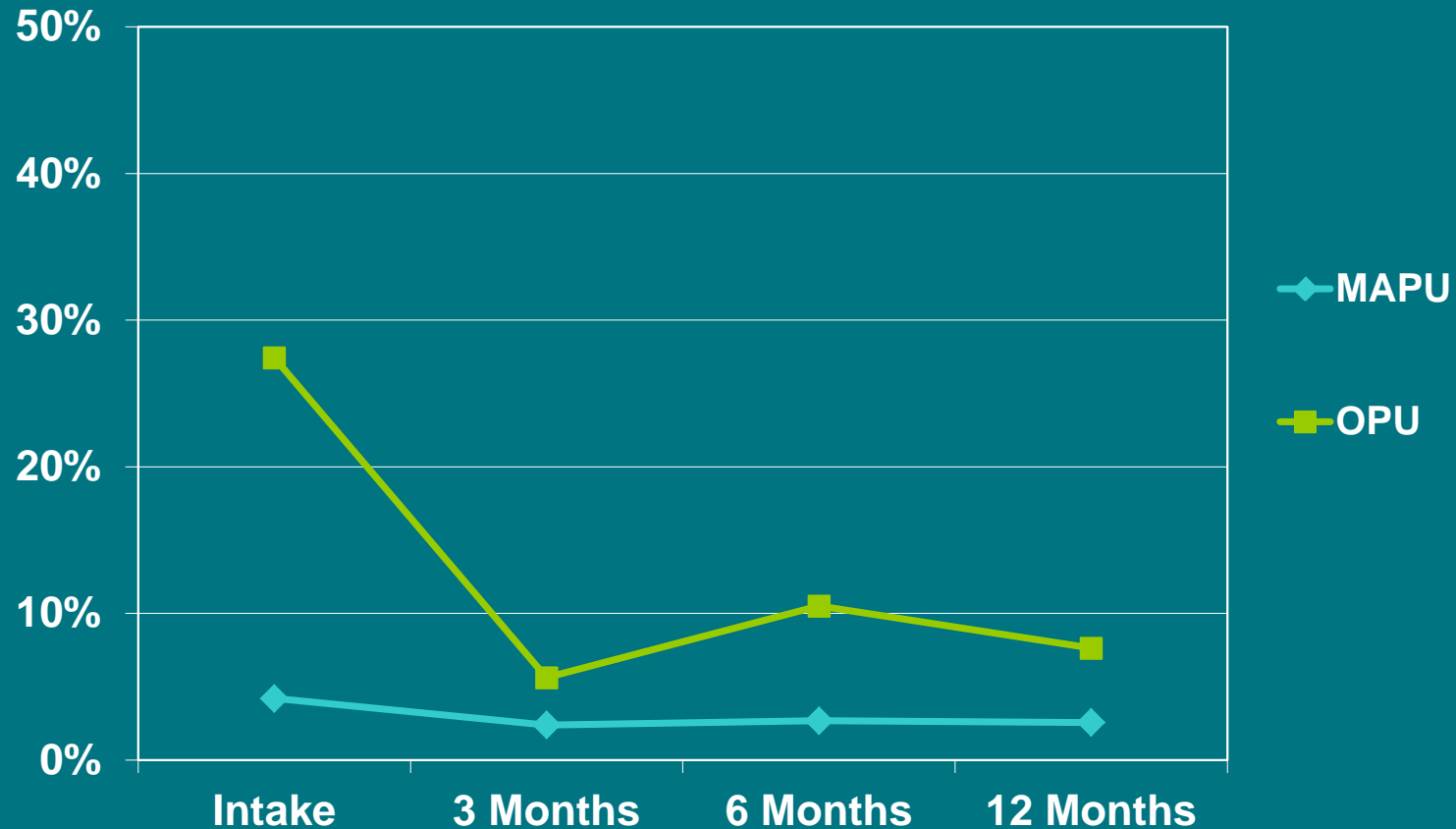
Note: No significant differences

Average % of Days Using Opioid



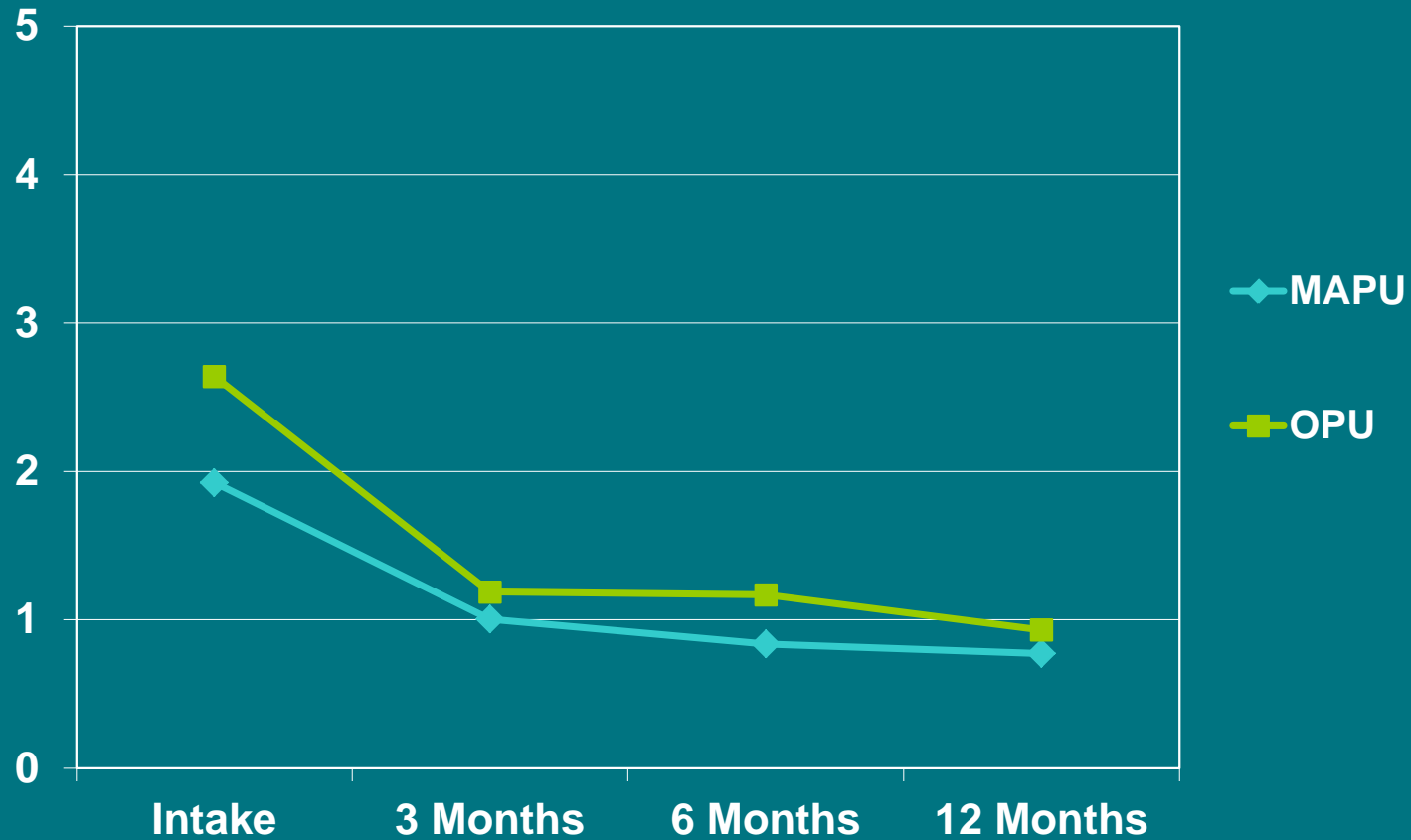
Note: OPU > MAPU at Intake, $p < .001$; OPU decreasing at a greater rate over time, $p < .001$.

Average % of Days Using Other Drugs



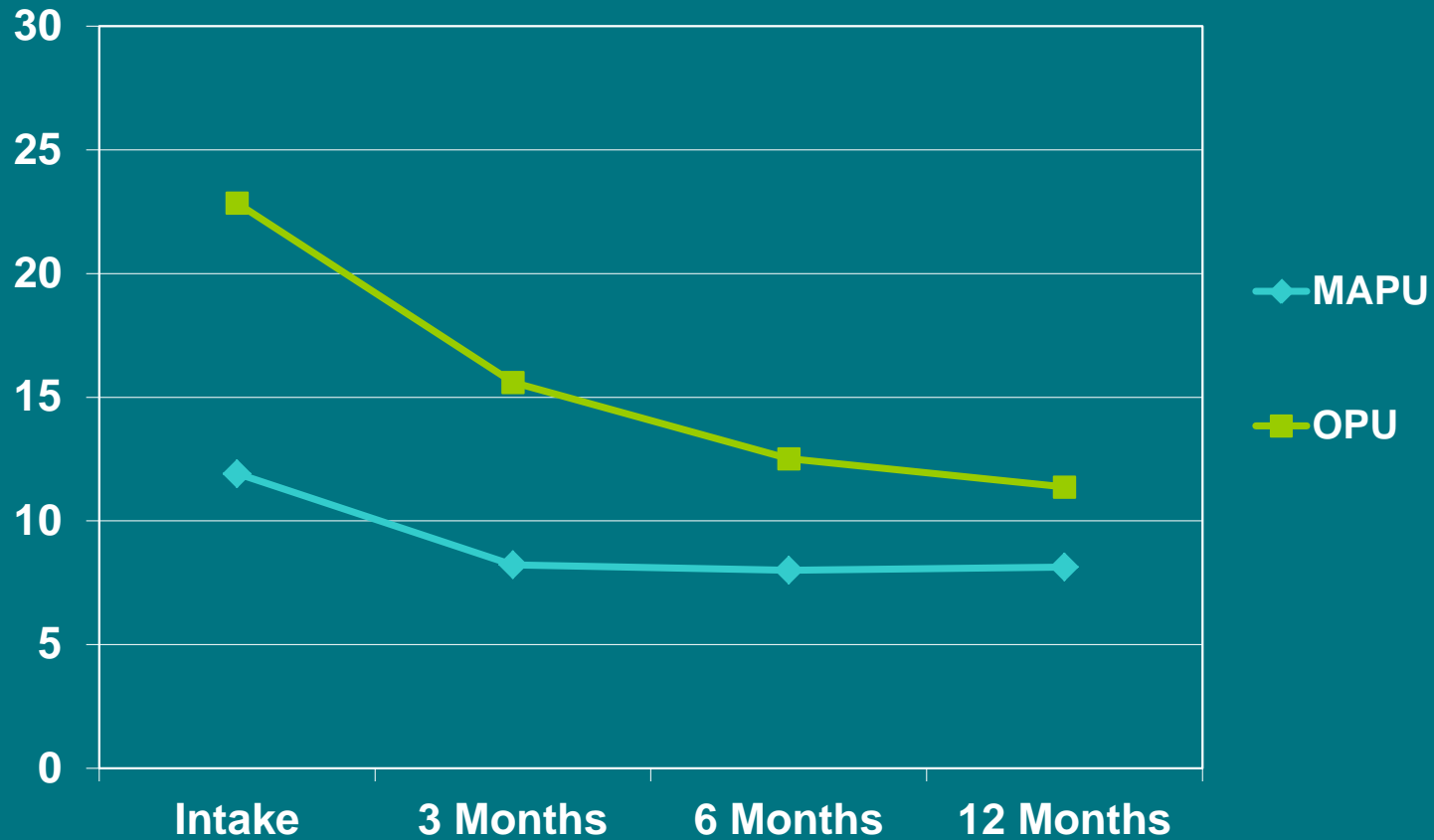
Note: OPU > MAPU at Intake, $p < .001$; OPU decreasing at a greater rate over time, $p < .001$.

Average Substance Use Disorder Symptoms in Past Month



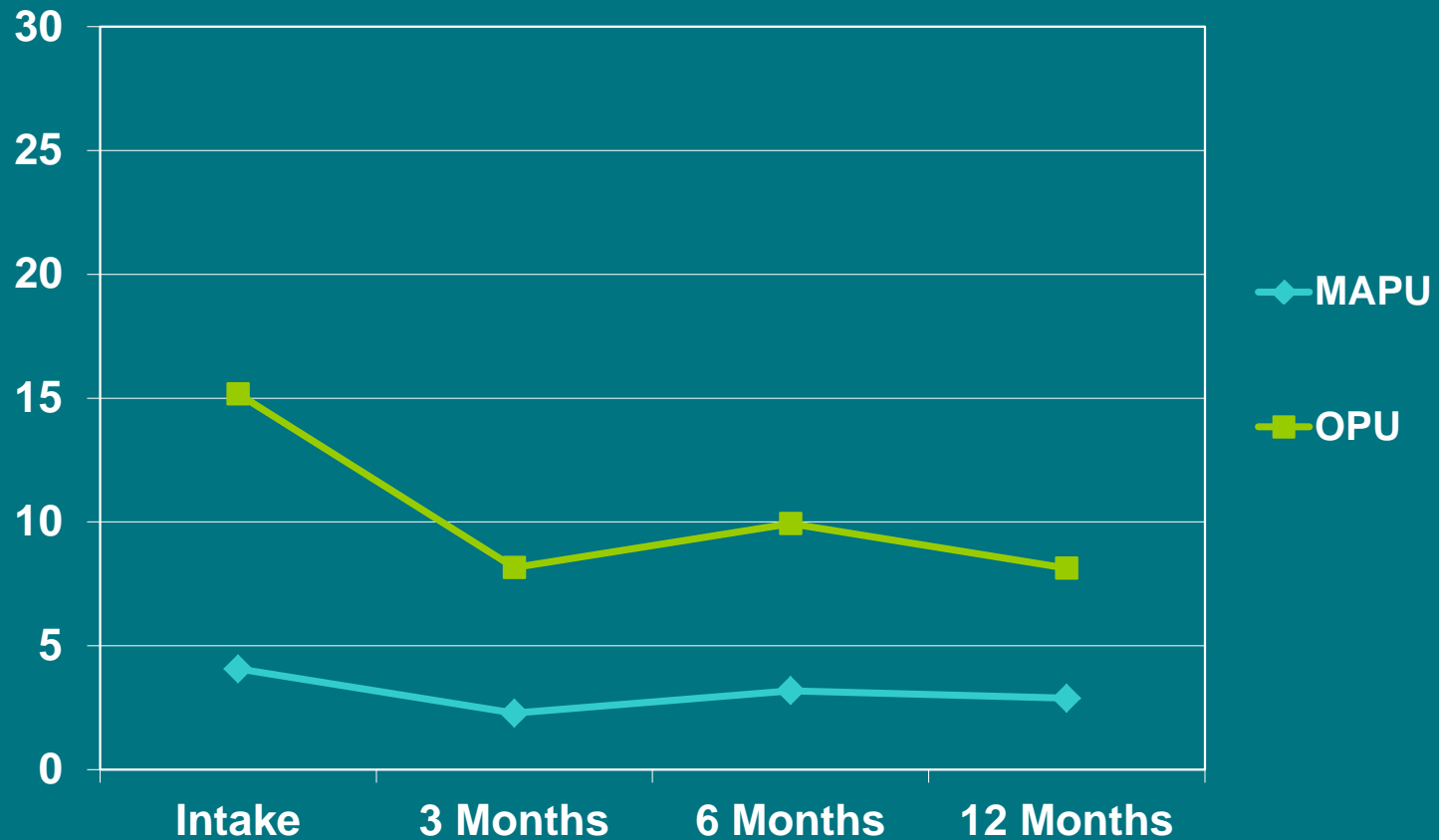
Note: OPU > MAPU at Intake, $p < .05$.

Average Days of Emotional Problems



Note: OPU > MAPU at Intake, $p < .001$; OPU decreasing at a greater rate over time, $p < .05$.

Average Days in Residential Treatment



Note: OPU > MAPU at Intake, $p < .001$; OPU decreasing at a greater rate over time, $p < .05$.

Summary

- Youth with OPU are clinically complicated cases
- But they participate in treatment and have high rates of treatment satisfaction
- Evidence-based outpatient treatment is beneficial for youth with OPU and disorders; however (next slide)

Recommendations

- Target A-CRA procedures to better assess and address opioid craving situations for each client to prevent relapse
- Study the combination of buprenorphine and A-CRA or other evidence-based treatments to better manage withdrawal and relapse prevention
- Use methods such as Assertive Continuing Care to extend outpatient monitoring and treatment out to one year