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

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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

- Homeless or Runaway: 37%
- Weekly Family Problems: 27%
- Unprotected Sex: 31%
- Physical Violence: 69% (MAPU), 82% (OPU)

(Map and bar chart showing percentages for each category)
Internalizing Disorders or Problems

- Major Depressive Disorder: 36% (MAPU) vs. 70% (OPU)
- Generalized Anxiety Disorder: 11% (MAPU) vs. 30% (OPU)
- Suicidal Thoughts: 12% (MAPU) vs. 29% (OPU)
- High Traumatic Stress: 25% (MAPU) vs. 51% (OPU)
Externalizing Disorders

ADHD

- MAPU: 40%
- OPU: 63%

Conduct Disorder

- MAPU: 52%
- OPU: 71%
Prior Treatment

Prior SU Tx: 34% (6 days)

Prior MH Tx: 42% (19 days)

Days in Residential Tx (out of past 90): 7% (6 days), 21% (19 days)

MAPU

OPU
Treatment Initiation & Engagement

**Initiation**
- MAPU: 79%
- OPU: 82%

**Engagement**
- MAPU: 63%
- OPU: 67%
Total Number of Sessions

- Total Number of Sessions in Months 1-3: 9 (MAPU), 9 (OPU)
- Total Number of Sessions in Months 4-6: 1.7 (MAPU), 2.1 (OPU)
Treatment Satisfaction Scale

- MAPU: 84%
- OPU: 89%
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.
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