

ATTC EDUCATIONAL PACKAGES FOR OPIOID USE DISORDERS COUNSELORS & PSYCHOLOGISTS



ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration

DISCLAIMER

The Addiction Technology Transfer Center Network prepared this publication under a cooperative agreement from the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Treatment (CSAT). All material appearing in the publication except that taken directly from copyrighted sources is in the public domain and may be reproduced or copied without permission from SAMHSA/CSAT or the authors. Citation of the sources is appreciated.

At the time of this publication, Elinore F. McCance-Katz, M.D., Ph.D., served as the Assistant Secretary of Mental Health and Substance Use. Captain Chideha Ohuoha, M.D., M.P.H., served as the CSAT Director, and Humberto Carvalho, MPH, served as the CSAT Project Officer.

The opinions expressed herein are the views of the authors and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA, or CSAT. No official support or endorsement of DHHS, SAMHSA, or CSAT for the opinions described in this document is intended or should be inferred.

This report has not been published elsewhere, nor has it been submitted simultaneously for publication elsewhere. The work reported in this manuscript was supported by SAMHSA cooperative agreement: TI080205-01.

CONTRIBUTORS

Humberto M. Carvalho, MPH

*Public Health Advisor – Project Officer
Office of Management, Analysis, and
Coordination - OMAC
Substance Abuse & Mental Health
Services Administration - SAMHSA*

Laurie Krom, MS

*Co-Director
ATTC Network Coordinating Office*

Holly Hagle, PhD

*Co-Director
ATTC Network Coordinating Office*

Maureen Fitzgerald

*Communications Coordinator
ATTC Network Coordinating Office
Great Lakes ATTC*

LeAnna Cates

*Research Assistant
ATTC Network Coordinating Office*

REVIEWERS:

Cynthia Moreno Tuohy, NCAC II, CDC III, SAP

*Executive Director
Association for Addiction Professionals (NAADAC)*

Rachel R Witmer

*Assistant Director
International Certification & Reciprocity Consortium
(IC&RC)*

INTRODUCTION

The Addiction Technology Transfer Center (ATTC) Network Coordinating Office (NCO), funded by the Substance Abuse and Mental Health Services (SAMHSA), has designed three competency-based guides to raise awareness of resources available to build the capacity of the workforce to address the opioid crisis. The digital guides are relevant to psychologists, counselors, social workers, peer support workers, and other behavioral health professionals who intersect with people at risk for misuse of, or who are already misusing, opioids. Contemporary use of prescription or illicit opioids has led to the current opioid crisis in the US, where opioid overdose has increased fivefold since 1999 and where every day more than 115 people die of an opioid overdose. It is important to acknowledge the continuum of prevention, treatment, and recovery when addressing people who have, or are at risk of developing, an opioid use disorder. Therefore, we have organized the guides to align with this continuum.

The methods used to develop the guides follow:

- Initial development and planning meeting between senior SAMHSA and ATTC NCO staff identified the need for the document and target audiences. The need was identified through an increase in requests to SAMHSA to educate the behavioral health field on understanding and addressing opioid use.
- Senior staff at the ATTC NCO held several exploratory meetings to review materials that are currently available on the ATTC and SAMHSA websites. In addition, senior staff identified the core competencies for each of the target audiences (psychologists and counselors, social workers, and peer support workers) to use for a crosswalk of competencies and resources.
- ATTC NCO senior staff conducted a crosswalk of competencies and resources through an iterative process of resource review and matching those resources to particular competencies.
- The identified competencies and resources were then sent out for review by subject matter experts (SMEs) from the Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS), Council on Social Work Education (CSWE), International Certification & Reciprocity Consortium (IC&RC), and NAADAC, the Association for Addiction Professionals.
- ATTC NCO senior staff reviewed the SMEs' recommendations and made recommended revisions.
- ATTC NCO senior staff conducted two rounds of review to come to consensus on the final arrangement of the crosswalk of the competencies and matching resources.

It is the hope of the ATTC NCO that this digital guide will give the behavioral healthcare workforce information to be able to enhance their professional knowledge and skills so that all can have an appropriate, active role in preventing, treating, and/or supporting recovery from opioid use disorders.

QUICK GUIDE

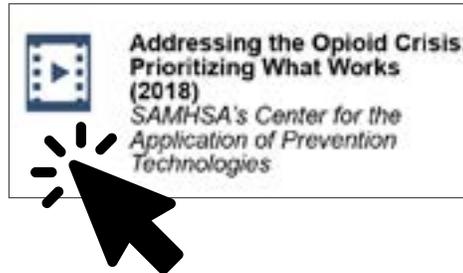
Step 1. Choose an Area of Focus

There are 19 competencies listed in this interactive guide to assist Counselors & Psychologists providers in enhancing their professional knowledge, attitudes, and skills in preventing, treating, and supporting recovery of patients and communities with opioid use disorders. Refer to the Table of Contents to identify the competency that matches your learning or professional objectives.



Step 2. Click on a Resource Icon

Resources listed below each competency were selected to address the knowledge, skills, and attitudes required to meet such competency. Each has been vetted and recommended by senior staff at the ATTC Network Coordinating Office. Click on an icon to transfer you to the resource for further exploration.



Resources are presented in a variety of formats to appeal to a larger audience with diverse learning styles. View the resource format key below for further clarification.

RESOURCE FORMAT KEY



Online Courses
Training
Curriculum



Presentation
Slides,
PowerPoints



Toolkit



PDF Documents
Bibliography
Fact Sheet



Mobile Apps



Report
Peer-
Reviewed
Article



Webinars
Movie
YouTube Video



Checklists



Pamphlets



Interactive
Journals



Handbooks
Books/Textbooks



Technical
Assistance
Publication (TAP)



Research
Database



Distance
Educational
Events
Requiring Travel



Treatment
Improvement
Protocol (TIP)



Chart



Websites



Articles
Blog Posts



Curriculum

TABLE OF CONTENTS

PREVENT OPIOID MISUSE

Understand the role of prevention in addressing the opioid crisis	6
Understand Naloxone distribution and use as an opioid antagonist.....	7
Recognize that crisis may indicate an underlying substance use disorder and may be a window of opportunity for change	8

INTERVENE WITH INDIVIDUALS AT RISK FOR OPIOID USE DISORDERS

Recognize the signs an individual is abusing or misusing opioids	10
Recognize withdrawal symptoms of those individuals abusing or misusing opioids	12
Understand the biological and psychological effects of opioids.....	13
Describe a variety of helping strategies for reducing the negative effects of substance use, abuse, and dependence	14
Tailor helping strategies and treatment modalities to the client’s stage of dependence, change, or recovery	15

PROVIDE SAFE, INFORMED, PERSON-CENTERED CARE FOR PEOPLE WITH OPIOID USE DISORDERS

Understand the established diagnostic criteria for opioid use disorders and describe placement criteria within the continuum of care.....	16
Understand medication-assisted treatment options	17
Be able to utilize cognitive behavioral therapy for treatment	19
Be able to utilize Motivational Interviewing during treatment.....	20
Be able to utilize Mindfulness-based stress-reduction strategies during treatment.....	21
Recognize the importance of family, social networks, and community systems in the treatment and recovery process.	22
Provide Person-Centered Care.	24

UNDERSTAND YOUR ROLE

Understand the importance of self-awareness in one’s personal, professional, and cultural life	28
Understand the obligation of the addiction professional to participate in prevention and treatment activities.....	29
Understand the prevalence of opioid abuse in the United States.....	30
Understand the value of an interdisciplinary approach to addiction treatment	32

COMPETENCY: UNDERSTAND THE ROLE OF PREVENTION IN ADDRESSING THE OPIOID CRISIS

Source: *The President's Commission on Combating Drug Addiction and the Opioid Crisis*



Addressing the Opioid Crisis: Prioritizing What Works (2018)

*SAMHSA's Center for the
Application of Prevention
Technologies*



Seeing the Whole Elephant: The Critical Role of Collaboration in Addressing the Opioid Crisis (2018)

SAMHSA



Opioid Overdose and the Role of Prescriber Education (2018)

*SAMHSA's Center for the
Application of Prevention
Technologies*



Collaboration to Prevent Opioid Misuse and Overdose: Eliminating Silos (2018)

SAMHSA



Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health (2016)

The Surgeon General's Office



Preventing or reducing early substance use initiation, substance misuse, and the harms related to misuse requires the implementation of effective programs and policies that address substance misuse across the lifespan.

U.S. Department of Health and Human Services (HHS), Office of the Surgeon General, Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health. Washington, DC: HHS, November (2016).



The Role of Prevention in Addressing Opioid Overdose (2016)

*SAMHSA's Center for the
Application of Prevention
Technologies*



Preventing Drug Use Among Children and Adolescents (2003)

National Institute on Drug Abuse



COMPETENCY: UNDERSTAND NALOXONE DISTRIBUTION AND USE AS AN OPIOID ANTAGONIST

Source: *Surgeon General's Advisory on Naloxone and Opioid Overdose*



**Addressing the Opioid Crisis:
How Naloxone Is Changing
the Way We Think About
Prevention (2018)**
SAMHSA



**Hard Reduction and Opioid
Misuse: Looking Beyond
Naloxone (2018)**
SAMHSA's Center for the
Application of Prevention
Technologies



**SAMHSA Opioid Overdose
Prevention Toolkit (2018)**
SAMHSA



**Preparing for Naloxone
Distribution: Resources for
First Responders and Others
(2018)**
SAMHSA Center for the
Application of Prevention
Technologies



**Medication and Counseling
Treatment – Naloxone (2018)**
SAMHSA



Get Naloxone Now (2017)
*Get Naloxone Now is endorsed
by ATTC Northeast and
Caribbean*



**Preventing Opioid Overdose:
Increasing the Availability of
Naloxone (2018)**
SAMHSA's Center for the
Application of Prevention
Technologies

Be Prepared. Get Naloxone. Save a Life.

“For patients currently taking high doses of opioids as prescribed for pain, individuals misusing prescription opioids, individuals using illicit opioids such as heroin or fentanyl, health care practitioners, family and friends of people who have an opioid use disorder, and community members who come into contact with people at risk for opioid overdose, knowing how to use Naloxone and keeping it within reach can save a life.”

*Surgeon General's Advisory on Naloxone and Opioid Overdose
Surgeon General of the United States Public Health Service, VADM Jerome Adams*

COMPETENCY:

RECOGNIZE THAT CRISIS MAY INDICATE AN UNDERLYING SUBSTANCE USE DISORDER AND MAY BE A WINDOW OF OPPORTUNITY FOR CHANGE

Source: Competency 16, *Foundations of Substance Use Disorder Treatment: Addiction Counseling Competencies (TAP 21)*



SBIRT: Screening, Brief Intervention, and Referral to Treatment (2018)
 SAMHSA-HRSA Center for Integrated Health Solutions



The Role of Prevention Following a Non-Fatal Overdose (2018)
 SAMHSA



Cultivating Change Talk, Part 2 (2018)
 Institute for Research, Education & Training in Addictions



MI Skill Building: How to Recognize, Respond to, and Elicit Change Talk (2017)
 Institute for Research, Education & Training in Addictions

**OPPORTUNITIES TO INTERVENE:
 EMERGENCY ROOMS**

78% of opioid dependent patients who ended up in the ER for any medical reason and received buprenorphine plus referral to addiction treatment were continuing in formal treatment 30 days later.

D'Onofrio, G., O'Connor, P. G., Pantalon, M. V., Chawarski, M. C., Busch, S. H., Owens, P. H., ... & Fiellin, D. A. (2015). Emergency department-initiated buprenorphine/Naloxone treatment for opioid dependence: a randomized clinical trial. JAMA, 313(16), 1636-1644.



HealthKnowledge (2016):

- **SBIRT for Health and Behavioral Health Professionals**
- **Foundations of SBIRT**

ATTC Network



Implementing Innovative Approaches to Crisis Services: Peer-Led Crisis Respite and Opioid Overdose Prevention Programs (70 min.) – March 16, (2016)

SAMHSA BRSS TACS Policy Academy



Treatment Referral in an Opioid Crisis: Opportunities to Engage (2016)

Institute for Research, Education & Training in Addictions



Screening and Brief Intervention Guidance (2014)

- **Identifying Patients With Substance Use Disorders**
- **Screening for Substance Use Disorders**
- **Tips for Conducting Brief Intervention and Assessing Readiness to Change**
- **The Clinical Assessment of Substance Use Disorders Case Study**
- **Substance Use Disorders in Adolescents: Screening and Engagement in Primary Care Settings**

National Institute on Drug Abuse

COMPETENCY: RECOGNIZE THE SIGNS AN INDIVIDUAL IS ABUSING OR MISUSING OPIOIDS

Source: APA "Overcoming Opioid Abuse — How psychologists help people with opioid dependence and addiction"



Understanding and Overcoming Opioid Abuse (2018)

American Psychological Association



Psychologists Helping to Treat Opioid Use Disorders (2017)

American Psychological Association Continuing Education Article



Preventing Prescription Drug Misuse: Selected Strategies and Associated Risk Factors (2017)

SAMHSA's Center for the Application of Prevention Technologies



Opioid Overdose Prevention Toolkit (2016)

SAMHSA



Preventing Prescription Drug Misuse: Understanding Who Is At Risk (2016)

SAMHSA's Center for the Application of Prevention Technologies

Recognize the signs an individual is abusing or misusing opioids

Opioid use disorder is characterized by the misuse of opioid medications with the intention of getting high or avoiding withdrawal symptoms.

Signs of opioid misuse:

- Taking the medication for reasons other than prescribed
- Trading medications with others
- Continuing to take the medication even when it causes increasing physical or psychological problems

Source: APA "Overcoming Opioid Abuse — How psychologists help people with opioid dependence and addiction"



Preventing Prescription Drug Misuse: Overview of Factors and Strategies (2016)

SAMHSA's Center for the Application of Prevention Technologies



Opioid Use Disorder Diagnostic Criteria (2013)

American Psychiatric Association



Screening, Assessment and Drug Testing Resources (2014)

- NIDA Drug Screening Tool NM ASSIST
- Chart of Evidence-Based Screening Tools for Adults and Adolescents
- Resource Guide: Screening for Drug Use in General Medical Settings
- Screening for Drug Use in General Medical Settings Quick Reference Guide

National Institute on Drug Abuse



Preventing the Non-Medical Use of Prescription Drugs (2013)

- Part 1: Beyond the Warning Label: Identifying and Prioritizing Risk and Protective Factors for Non-Medical Use of Prescription Drugs
- Part 2: What's the Prescription? Strategies and Interventions to Prevent the Non-Medical Use of Prescription Drugs

SAMHSA's Center for the Application of Prevention Technologies

COMPETENCY:

RECOGNIZE WITHDRAWAL SYMPTOMS OF THOSE INDIVIDUALS ABUSING OR MISUSING OPIOIDS

Source: APA "Overcoming Opioid Abuse — How psychologists help people with opioid dependence and addiction"



Opioid Overdose Prevention Toolkit (2018)
SAMHSA



TIP 45: Detoxification and Substance Abuse Treatment (2015)
SAMHSA



HealthKnowledge (2016):
 • **Supporting Recovery with Medications for Addiction Treatment (MAT)**
 NIDA/SAMHSA-ATTC
 Medication-Assisted Treatment Blending Team



Introduction to Opioids and Medication-Assisted Treatment (2014)
Great Lakes ATTC



People addicted to an opioid medication who stop using the drug can have severe withdrawal symptoms that begin as early as a few hours after the drug was last taken. These symptoms include:

- muscle and bone pain
- sleep problems
- diarrhea and vomiting
- cold flashes with goose bumps
- uncontrollable leg movements
- severe cravings

Prescription Opioids, NIDA

COMPETENCY: UNDERSTAND THE BIOLOGICAL AND PSYCHOLOGICAL EFFECTS OF OPIOIDS

Source: APA "Overcoming Opioid Abuse — How psychologists help people with opioid dependence and addiction"



Heroin, Prescription Opioids, and HIV: What Clinicians Need to Know (2018)
Pacific Southwest ATTC



Chronic Substance Use and Cognitive Effects on the Brain: An Introduction (2016)
SAMHSA



NIDA: Drugs, Brains, and Behavior: The Science of Addiction (2014)
NIDA

Opioids are synthetic or natural drugs that have certain unique effects on the brain and body. Opioids relieve pain and give a person a sense of well-being or euphoria by changing the body and brain chemistry. The first change many people notice is tolerance, or the need for more of a drug to get the desired effect.



Substance Abuse and Mental Health Services Administration (2016). Decisions in Recovery: Medications for Opioid Use Disorder. [Electronic Decision Support Tool] (HHS Pub No. SMA-16-4993), (2016). Available from <http://www.samhsa.gov/brss-tacs/shared-decision-making>

COMPETENCY:

DESCRIBE A VARIETY OF HELPING STRATEGIES FOR REDUCING THE NEGATIVE EFFECTS OF SUBSTANCE USE, ABUSE, AND DEPENDENCE

Source: Competency 10, Foundations of Substance Use Disorder Treatment: Addiction Counseling Competencies (TAP 21)



Harm Reduction and Opioid Misuse: Embracing Positive Change (2018)

SAMHSA's Center for Prevention Technologies



Words Matter: How Language Choice Can Reduce Stigma (2017)

SAMHSA's Center for the Application of Prevention Technologies



Now What? The Role of Prevention Following a Nonfatal Opioid Overdose (2018)

SAMHSA's Center for the Application of Prevention Technologies



Decisions in Recovery: Treatment for Opioid Use Disorders (2016)

SAMHSA



Preventing Prescription Drug Misuse (2017):

- **Part 1: Strategies to Reduce the Demand for Prescription Drugs**
- **Part 2: Strategies to Reduce the Supply of Prescription Drugs**
- **Part 3: Strategies to Reduce the Harm of Prescription Drug Misuse**

SAMHSA's Center for the Application of Prevention Technologies

What Are “Warm Handoffs”?

“Warm handoffs” comprise a range of interventions aimed at helping individuals who survive an opioid-related overdose connect with the people, resources, and/or services they need to prevent future overdoses.

COMPETENCY: TAILOR HELPING STRATEGIES AND TREATMENT MODALITIES TO THE CLIENT'S STAGE OF DEPENDENCE, CHANGE, OR RECOVERY

Source: Competency 11, *Foundations of Substance Use Disorder Treatment: Addiction Counseling Competencies (TAP 21)*



Patient-Centered Care in Opioid Treatment Programs (2018)
ATTC Northwest



HealthKnowledge (2016):
• **Supporting Recovery with Medication for Assisted Treatment (MAT)**
NIDA/SAMHSA-ATTC MAT Blending Team



MAT Training Series: Module IV: Identification of Patients for Medication-Assisted Treatment (2017)
ATTC Network



Decisions in Recovery: Treatment for Opioid Use Disorders (2016)
SAMHSA



Leveraging Prescription Drug Monitoring (PDM) Data to Support Prevention Planning (2017):

- Part 1: An Introduction to Prescription Drug Monitoring Programs
- Part 2: Using Prescription Drug Monitoring Programs Across SAMHSA's Strategic Prevention Framework
- Part 3: Collaborating with Prescription Drug Monitoring Programs: Opportunities and Challenges

SAMHSA

No single treatment is right for everyone. The best treatment addresses a person's various needs, not just his or her drug abuse.

Matching treatment settings, programs, and services to a person's unique problems and level of need is key to his or her ultimate success in returning to a productive life.

NIDA: Seeking Drug Abuse Treatment: Know What to Ask

**COMPETENCY:
UNDERSTAND THE ESTABLISHED DIAGNOSTIC
CRITERIA FOR OPIOID USE DISORDERS AND
DESCRIBE PLACEMENT CRITERIA WITHIN THE
CONTINUUM OF CARE**

Source: Foundations of SUD TX and APA "Overcoming Opioid Abuse — How psychologists help people with opioid dependence and addiction"



The Basics of Addiction Counseling Desk Reference, 11th Edition (2018)

- **Module 1: Pharmacology of Psychoactive Substance Use Disorders**
- **Module II: Addiction Counseling Theories, Practices, and Skills**
- **Module III: Ethical and Professional Issues in Addiction Counseling**

AADAC



Decisions in Recovery: Treatment for Opioid Use Disorder (2016)
SAMHSA



ATTC Messenger January (2016): ASAM National Practice Guidelines
ATTC Network



ASAM Criteria Resources and Training (2018)
American Society of Addiction Medicine



Preventing Prescription Drug Misuse: Programs and Strategies (2016)
SAMHSA's Center for the Application of Prevention Technologies



PCSS MAT Training (2018)

- **A Clinical Practice Simulation**
- **Review of Opioids and Treatment of Opioid Dependence**

Providers Clinical Support System



Understanding Addiction: Fundamentals About the Nature of Addiction for Practitioners Seeking to Learn More About OUDs (2017)

Harvard Medical School Global Academy

In 2016, an estimated **2.1 million people** had an opioid use disorder, which includes **1.8 million people** with a prescription pain reliever use disorder and **0.6 million people** with a heroin use disorder.



SAMHSA: Key Substance Use and Mental Health Indicators in the United States: Results from the 2016 National Survey on Drug Use and Health

COMPETENCY: UNDERSTAND MEDICATION-ASSISTED TREATMENT OPTIONS

Source: APA "Overcoming Opioid Abuse — How psychologists help people with opioid dependence and addiction"



SAMHSA Tip 63: Medications for Opioid Use Disorder (2018)
SAMHSA



Identification, Counseling, and Treatment of OUD: Current Best Practices for the Identification and Management of Opioid Use Disorder (2017)
Harvard Medical School Global Academy



PCSS MAT Training (2018)

- **Myths and Misconceptions of Medication-Assisted Treatment**
- **Considerations in Medication-Assisted Treatment of Opiate Dependence**
- **Improving Opioid Prescribing: The CDC Guidelines for Prescribing Opioids for Chronic Pain**
- **Opioid Dependence 101 and MAT**
- **2002 to 2017: The Evolution of Buprenorphine Treatment**
- **Follow-Up Q&A Webinar: The ASAM National Practice Guidelines for the Use of Medications in the Treatment of Addiction Involving Opioid Use**

Providers Clinical Support System



Recovery LIVE! Opioid Use Disorder, Medication and Recovery (2017)
SAMHSA



August (2017): Responding to the Opioid Epidemic
ATTC/NIATx Service

COMPETENCY: UNDERSTAND MEDICATION-ASSISTED TREATMENT OPTIONS

Source: APA "Overcoming Opioid Abuse — How psychologists help people with opioid dependence and addiction"



Plan Your Recovery Personal Stories (2016)
Plan Your Recovery



Quick Guide for Clinicians: Based on TIP 34 Brief Interventions and Brief Therapies for Substance Abuse (2015)
SAMHSA



HealtheKnowledge (2016):

- Supporting Recovery with Medication for Assisted Treatment (MAT)

NIDA/SAMHSA-ATTC MAT Blending Team



In My Own Words: A Compilation of Essays by Individuals Supported by Medication-Assisted Treatment in Long-Term Recovery (2011)
ATTC Network



"Medication is integral to recovery for many people with OUD. Medication usually produces better treatment outcomes than outpatient treatment without medication."

SAMHSA TIP 63, 2018

COMPETENCY: BE ABLE TO UTILIZE COGNITIVE BEHAVIORAL THERAPY FOR TREATMENT

Source: APA "Overcoming Opioid Abuse — How psychologists help people with opioid dependence and addiction"



Recovery-Oriented Cognitive Therapy (2018)
SAMHSA



Identification, Counseling, and Treatment of OUD (2017)
Harvard Medical School Global Academy



Cognitive Behavioral Therapy Training Manual (2013)
ATTC Network



Cognitive Behavioral Therapy Part 3 – Co-Occurring Disorders (2010)
ATTC Network

“

Individuals in CBT learn to identify and correct problematic behaviors by applying a range of different skills that can be used to stop drug abuse and to address a range of other problems that often co-occur with it.

NIDA: Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition)

”

COMPETENCY:

BE ABLE TO UTILIZE MOTIVATIONAL INTERVIEWING DURING TREATMENT

Source: APA "Overcoming Opioid Abuse - How psychologists help people with opioid dependence and addiction"



Cultivating Change Talk, Part 2 (2018)

Institute for Research, Education, & Training in Addictions



A List of MI Resources (2018)

Case Western Reserve University Center for Evidence-Based Practices



MINT Excellence in Motivational Interviewing (2018)

Motivational Interviewing Network of Trainers



MI Skill Building: How to Recognize, Respond to, and Elicit Change Talk (2017)

Institute for Research, Education & Training in Addictions



What Is Motivational Interviewing?

Motivational interviewing (MI) is a patient-centered method for enhancing intrinsic motivation to change health behavior by exploring and resolving ambivalence.

Source: American Academy of Pediatrics, Motivational Interviewing



HealtheKnowledge (2016):

Tour of Motivational Interviewing Mid-America ATTC



Shaping Up Your Motivational Interviewing Skills, Featuring Kate Speck, PhD (2016)

Institute for Research, Education & Training in Addictions

**COMPETENCY:
BE ABLE TO UTILIZE MINDFULNESS-BASED
STRESS REDUCTION STRATEGIES DURING
TREATMENT.**

Source: APA "Overcoming Opioid Abuse - How psychologists help people with opioid dependence and addiction"



Treating the Relapse Process Using Mindfulness (2018)
NAADAC



Intro to Mindfulness-Based Stress Reduction (2009)
Stanford Health Improvement Program



Trauma Sensitive Mindfulness Practice as Recovery Maintenance (2016)
NAADAC



Mindfulness and Addiction Treatment (2015)
NAADAC



Using Mindfulness Based Stress Reduction to Promote Health (2014)
American College of Preventive Medicine



Tips for Enhancing Brief Interventions – Stress Management/Resilience (2014)
Institute for Research, Education & Training in Addictions



The Power and Price of Survival: Understanding Resilience, Stress, and Trauma (2nd Edition) (2011)
ATTC Network



“Mindfulness-based stress reduction (MBSR) is a therapeutic intervention that teaches people the principles of mindfulness, the ability to tune into the body’s thoughts, feelings, and behaviors in the present moment. The goal of mindfulness and MBSR is to create greater awareness of the ways that unconscious thoughts and behaviors might be affecting the body and undermining emotional and physical health.”

APA, “Overcoming Opioid Abuse: How psychologists help people with opioid dependence and addiction”

COMPETENCY:

RECOGNIZE THE IMPORTANCE OF FAMILY, SOCIAL NETWORKS, AND COMMUNITY SYSTEMS IN THE TREATMENT AND RECOVERY PROCESS.

Source: Competency 6, Foundations of Substance Use Disorder Treatment: Addiction Counseling Competencies (TAP 21)



Opioid Epidemic Practical Toolkit: Helping Faith and Community Leaders Bring Hope and Healing to Our Communities (2018)

US Department of Health and Human Services



Recovery Community Organizations (2018)

Faces and Voices of Recovery



The Opioid Crisis: Community Is Key to Addressing the Epidemic (2018)

ATTC/NIATx



Easier Together: Partnering With Families to Make Recovery Possible (2017)

Mid-America ATTC



Responding to the Opioid Epidemic (2017)
ATTC/NIATx



MAT for Opioid Addiction in a Criminal Justice Context: An Implementation Brief for Community Supervision (2016)
Great Lakes ATTC



June (2017): Community Health Centers and First Responders: Strengthening Communities Through Education
Webinar
Discussion Guide
SAMHSA Road to Recovery



Recovery-Oriented Systems of Care (ROSC)

A ROSC is a coordinated network of community-based services that is person-centered and builds on the strengths and resilience of individuals, families, and communities to achieve abstinence and improved health, wellness, and quality of life for those with or at risk of alcohol and drug problems.

William White Papers, Definition of Recovery Oriented Systems of Care

PROVIDE PERSON-CENTERED CARE.

A. PROVIDE TREATMENT SERVICES APPROPRIATE TO THE PERSONAL AND CULTURAL IDENTITY AND LANGUAGE OF THE CLIENT.

Source: Competency 12, Foundations of Substance Use Disorder Treatment: Addiction Counseling Competencies (TAP 21)

B. UNDERSTAND DIVERSE CULTURES AND INCORPORATE THE RELEVANT NEEDS OF CULTURALLY DIVERSE GROUPS, AS WELL AS PEOPLE WITH DISABILITIES, INTO CLINICAL PRACTICE.

Source: Competency 18, Foundations of Substance Use Disorder Treatment: Addiction Counseling Competencies (TAP 21)

C. CREATE TAILORED TREATMENT PLANS TO ADDRESS UNIQUE NEEDS AND CONCERNS.

Source: APA "Overcoming Opioid Abuse — How psychologists help people with opioid dependence and addiction"



Talking About Overdose With People Who Use Opioids (2018)

SAMHSA'S Center for the Application of Prevention Technologies



HealthKnowledge: Understanding the Basis of Race, Ethnicity, and Culture (2018)

*ATTC Network
New England ATTC*



Fast Focus: The Opioid Epidemic and Socioeconomic Disadvantage (2018)

Institute for Research on Poverty



Health Disparities within Latino and African American Communities (2018)

SAMHSA



Opioid Misuse in Rural America (2018)

USDA



**ATTC Center of Excellence:
YMSM + LGBT Resources
(2018)**
ATTC Network



**Examples of Community- and
State-Level Logic Models for
Addressing Opioid-Related
Overdose Deaths (2017)**
*SAMHSA'S Center for the
Application of Prevention
Technologies*



**Cultural Competency and
Spirituality (2017)**
*Mid-America ATTC; Family-
Centered Behavioral Health
Support for Pregnant and
Postpartum Women*



**Make Your Program
Work: Cultural Adaptation
Resources for Latino Serving
Substance Use Treatment
Organizations (2017)**
ATTC Network

PROVIDE PERSON-CENTERED CARE.

A. PROVIDE TREATMENT SERVICES APPROPRIATE TO THE PERSONAL AND CULTURAL IDENTITY AND LANGUAGE OF THE CLIENT.

Source: Competency 12, Foundations of Substance Use Disorder Treatment: Addiction Counseling Competencies (TAP 21)

B. UNDERSTAND DIVERSE CULTURES AND INCORPORATE THE RELEVANT NEEDS OF CULTURALLY DIVERSE GROUPS, AS WELL AS PEOPLE WITH DISABILITIES, INTO CLINICAL PRACTICE.

Source: Competency 18, Foundations of Substance Use Disorder Treatment: Addiction Counseling Competencies (TAP 21)

C. CREATE TAILORED TREATMENT PLANS TO ADDRESS UNIQUE NEEDS AND CONCERNS.

Source: APA "Overcoming Opioid Abuse — How psychologists help people with opioid dependence and addiction"



Establishing Whole Health Recovery Models in Diverse Communities (2016)
SAMHSA



TIP 59: Improving Cultural Competence (2015)
SAMHSA



Cultural Competence and Organizational Change (2016)
ATTC NIATx



Risk and Protective Factors for Substance Abuse and/or Mental Health Problems Among Alaska Native and Native American Populations (2013)

SAMHSA Center for Application of Prevention Technologies



Engaging Diverse Populations in Recovery Support Services (2016)
SAMHSA



Cultural Elements in Treating Hispanic and Latino Populations (2013)
ATTC Network



Clinical Application of Cultural Elements for Hispanic and Latino Populations (2016)
ATTC Network



Through the Diamond Threshold: Promoting Cultural Competency in Understanding American Indian Substance Misuse (2011)

ATTC Network



Responses to the Opioid Abuse Problem (section on how the opioid crisis is affecting tribal communities) (2016)

ATTC Network



“Person-centered care—also known as patient-centered care—means consumers have control over their services, including the amount, duration, and scope of services, as well as choice of providers. Person-centered care is also respectful and responsive to the cultural, linguistic, and other social and environmental needs of the individual.”

SAMHSA, Person- and Family-Centered Care and Peer Support

COMPETENCY:

UNDERSTAND THE IMPORTANCE OF SELF-AWARENESS IN ONE’S PERSONAL, PROFESSIONAL, AND CULTURAL LIFE

Source: Competency 19, Foundations of Substance Use Disorder Treatment: Addiction Counseling Competencies (TAP 21)



Modeling the Way: Managing Personal Wellness While Supporting Others (2018)
SAMHSA



Enhancing Personal Capacity for Wellness and Incorporating Reflective Practices (2017)
SAMHSA



Examining Our Biases About People Who Misuse Opioids (2018)
SAMHSA’s Center for the Application of Prevention Technologies



Language Matters: Using Affirmative Language to Inspire Hope and Advance Recovery (2017)
Mid-America ATTC



Preventing Opioid Misuse and Overdose: Strange Bedfellows Working Together (2018)
SAMHSA’s Center for the Application of Prevention Technologies



Cultural Activation Prompts (2016):

- Gaining Awareness, Part I
- Gaining Awareness, Part II

SAMHSA

Are you using “person-first” language?

“Person-first language (for example, reference to ‘a person with substance use disorder’) suggests that the person has a problem that can be addressed. By contrast, calling someone a ‘drug abuser’ implies that the person is the problem.”



SAMHSA’S Center for the Application of Prevention Technologies. Words Matter: How Language Choice Can Reduce Stigma

COMPETENCY: UNDERSTAND THE OBLIGATION OF THE ADDICTION PROFESSIONAL TO PARTICIPATE IN PREVENTION AND TREATMENT ACTIVITIES.

Source: Competency 22, *Foundations of Substance Use Disorder Treatment: Addiction Counseling Competencies (TAP 21)*



Prevention of Substance Abuse and Mental Illness (2018)
SAMHSA



Responding to the Opioid Epidemic (2017)
ATTC/NIATx



It Only Takes a Little to Lose A Lot — Rx Awareness Campaign (2017)
Centers for Disease Control and Prevention



Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health (2016)
US Department of Health & Human Services; SAMHSA



Preventing the Consequences of Opioid Overdose: Understanding 911 Good Samaritan Laws (2017)
SAMHSA's Center for the Application of Prevention Technologies



Stigma: The Addictions Professional as Activist (2009)
William White Papers

SAMHSA's Strategic Prevention Framework (SPF)

The five steps and two guiding principles of the SPF offer prevention professionals a comprehensive process for addressing the substance misuse and related behavioral health problems facing their communities. The effectiveness of the SPF begins with a clear understanding of community needs and involves community members in all stages of the planning process.

SAMHSA Center for the Application of Prevention Technologies, Applying the Strategic Prevention Framework (SPF)



COMPETENCY:

UNDERSTAND THE PREVALENCE OF OPIOID ABUSE IN THE UNITED STATES

Source: Competency 8, Foundations of Substance Use Disorder Treatment: Addiction Counseling Competencies (TAP 21)



**ATTC Network
Taking Action to Address
Opioid Misuse (2018)**
ATTC Network



**SAMHSA
National Survey on Drug Use
and Health (2018)**
SAMHSA



HHS.Gov/Opioids (2018)
*US Department of Health and
Human Services*



**SAMHSA/HHS: An Update on
the Opioid Crisis (2018)**
SAMHSA/HHS



**amFAR
Big Data and the Opioid
Epidemic (2018)**
amFAR



**AHRQ Data Show Impact of
Opioid Crisis at County Level:
New Insights Into Community
Hospitalization Rates for
Substance Use (2018)**
*Agency for Healthcare
Research and Quality*



CDC Vital Statistics Rapid Release: Provisional Drug Overdose Death Counts (2018)

Centers for Disease Control and Prevention



Preventing Opioid Misuse and Overdose: Data sources and Tools to Inform Assessment and Planning Efforts (2017)

SAMHSA's Center for the Application of Prevention Technologies



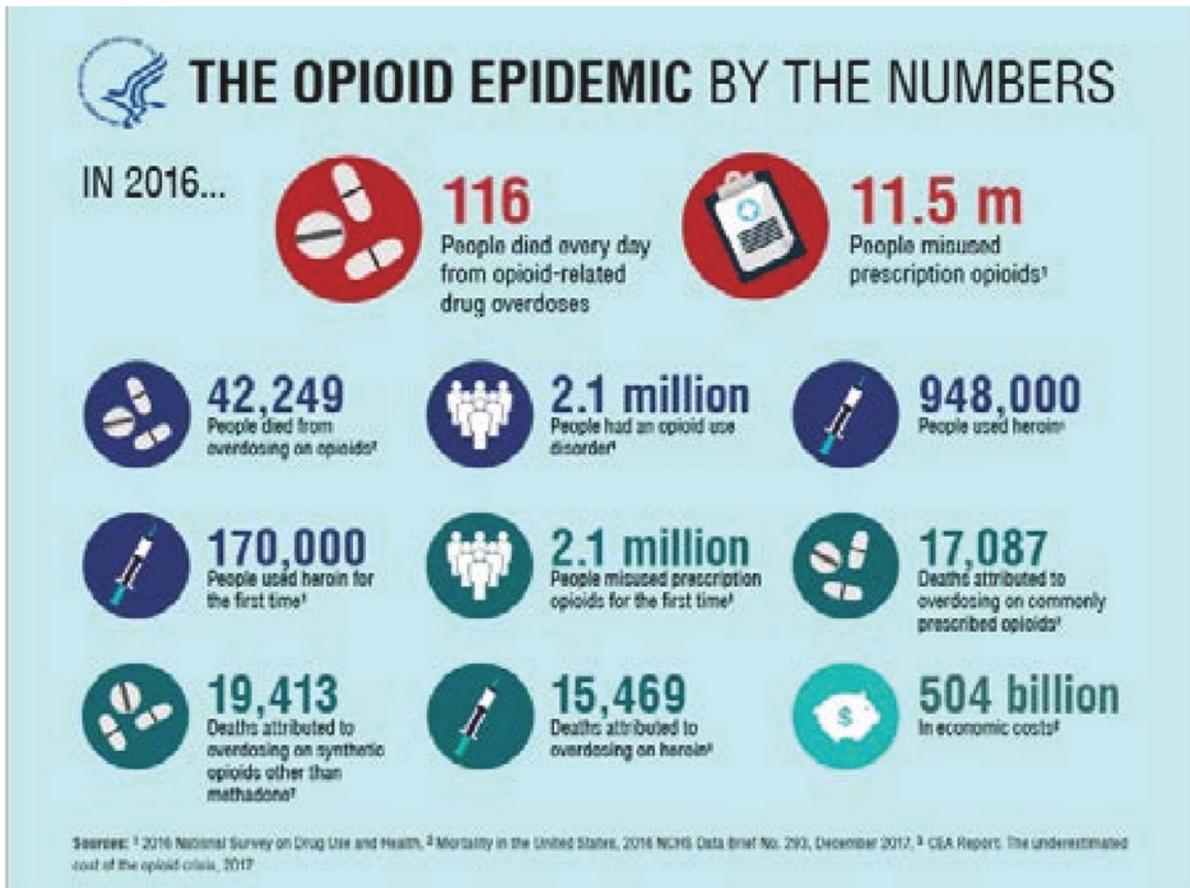
Using Prescription Drug Monitoring Program Data to Support Prevention Planning (2017)

SAMHSA's Center for the Application of Prevention Technologies



Preventing Opioid Misuse and Overdose: Using Data to Correct Misperceptions (2017)

SAMHSA's Center for the Application of Prevention Technologies



COMPETENCY: UNDERSTAND THE VALUE OF AN INTERDISCIPLINARY APPROACH TO ADDICTION TREATMENT

Source: Competency 19, *Foundations of Substance Use Disorder Treatment: Addiction Counseling Competencies (TAP 21)*



Community in Crisis: A Collaborative Approach to Responding to the Opioid Epidemic (2018)

Providers Clinical Support System



Agency for Healthcare Research and Quality Academy: Integrating Behavioral Health and Primary Care (2018)

Agency for Healthcare Research and Quality



Opioid Epidemic Practical Toolkit: Helping Faith and Community Leaders Bring Hope and Healing to Our Communities (2018)

The Partnership Center and The Center for Faith-Based and Neighborhood Partnerships



Developing a Collaborative Approach to Addressing the Opioid Crisis: 2-Part Webinar Series — Tools for Pregnant Women (2017)

Mid-America ATTC

The Integration of SUD Services into Health Care

The benefits of integrated care extend to patients, caregivers, providers, and the health care system. Research demonstrates that the integration of SUD services and primary care can lead to improved physical and mental health, reduced levels of substance use, and can result in cost savings for health care.

ATTC White Paper: Integrating substance use disorder and health care services in an era of health reform.



Preventing Prescription Opioid Misuse Utah: Leveraging Partnerships (2017)

SAMHSA's Center for the Application of Prevention Technologies



Opportunities for Collaborating With Medical Professionals to Prevent Opioid Misuse (2017)

SAMHSA's Center for the Application of Prevention Technologies (2017) Report



Opportunities for Engaging Partners to Prevent Opioid Overdose-Related Deaths (2017)

SAMHSA's Center for the Application of Prevention Technologies



Advancing Integration (2015)

ATTC Network



SAMHSA-HRSA Center for Integrated Health Solutions (2014)

SAMHSA



ATTC

