ATTC EDUCATIONAL PACKAGES FOR OPIOID USE DISORDERS SOCIAL WORKERS
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:

1. 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.
2. 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.
3. 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.
4. 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.
5. ATTC NCO senior staff reviewed the SMEs' recommendations and made recommended revisions.
6. 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.
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Step 1. Choose an Area of Focus
There are 15 competencies listed in this interactive guide to assist Social Work 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.
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Given the impact of substance misuse on public health and the increased risk for long-term medical consequences, including substance use disorders, it is critical to prevent substance misuse from starting and to identify those who have already begun to misuse substances and intervene early.

COMPETENCY:
UNDERSTAND NALOXONE DISTRIBUTION AND USE AS AN OPIOID ANTAGONIST
Source: Surgeon General’s Advisory on Naloxone and Opioid Overdose

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, healthcare 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

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

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

Get Naloxone Now (2017)
Get Naloxone Now
COMPETENCY:
APPLY TYPES OF PREVENTION STRATEGIES ACROSS LEVELS OF INTERVENTION, INCLUDING THE INDIVIDUAL, FAMILY, SCHOOL, AGENCY COMMUNITY, OR LARGER CONTEXT

Source: Advanced Social Work Practice in Prevention of Substance Use Disorders

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

Easier Together: Partnering With Families to Make Recovery Possible (2017)
Mid-America ATTC

The Opioid Crisis: Community Is Key to Addressing the Epidemic (2018)
ATTC/NIATx Service Improvement

Responding to the Opioid Epidemic (2017)
ATTC/NIATx

Recovery Community Organizations (2018)
Faces and Voices of Recovery Database

SAMHSA’s Center for the Application of Prevention Technologies (CAPT) is a national substance abuse prevention system committed to strengthening prevention efforts at the national, regional, state, and local levels, and to building the nation’s substance abuse prevention workforce.
June 2017: Community Health Centers and First Responders: Strengthening Communities Through Education
SAMHSA Road to Recovery

Preventing Prescription Drug Misuse: Selected Strategies and Associated Risks (2017)
SAMHSA’s Center for the Application of Prevention Technologies

SAMHSA’s Center for the Application of Prevention Technologies

Preventing Prescription Drug Misuse: Overview of Factors and Strategies (2016)
SAMHSA’s Center for the Application of Prevention Technologies
COMPETENCY:
RECOGNIZE THE RISK FACTORS FOR, AND SIGNS OF, OPIOID OVERDOSE

Source: Massachusetts Social Work Education Core Principles for the Prevention and Management of Substance Misuse

SIGNS OF AN OPIOID OVERDOSE

Recognizing an opioid overdose can be difficult. Here are a few signs and symptoms to look out for:

- Unconsciousness or unresponsiveness
- Shallow breathing or no breathing
- Pinpoint pupils

If you suspect someone is overdosing or in distress, it is important that you don’t leave the person alone and that you call 911 and seek immediate medical care for the individual.

CDC Prevent Prescription Opioid Overdose
COMPETENCY:
UNDERSTAND THE EPIDEMIOLOGY OF OPIOID USE AND PROBLEMS WITH OPIOID USE, AS WELL AS THE PREDICTORS OF OPIOID USE AND ABUSE IN POPULATIONS, ACROSS PLACE AND DEVELOPMENT

Source: Advanced Social Work Practice in Prevention of Substance Use Disorders and Massachusetts Social Work Education Core Principles for the Prevention and Management of Substance Misuse

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

HHS U.S. Opioid Epidemic (2018)
US Department of Health and Human Services

Big Data and the Opioid Epidemic (2018)
amfAR

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

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

Centers for Disease Control and Prevention
COMPETENCY:
UNDERSTAND THE EPIDEMIOLOGY OF OPIOID USE AND PROBLEMS WITH OPIOID USE, AS WELL AS THE PREDICTORS OF OPIOID USE AND ABUSE IN POPULATIONS, ACROSS PLACE AND DEVELOPMENT

Source: Advanced Social Work Practice in Prevention of Substance Use Disorders and Massachusetts Social Work Education Core Principles for the Prevention and Management of Substance Misuse

SAMHSA’s Center for the Application of Prevention Technologies

U.S. Department of Health & Human Services; SAMHSA

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

2016 NSDUH Report America’s Behavioral Health Changes & Challenges
SAMHSA National Survey on Drug Use and Health

Preventing Opioid Misuse and Overdose: Using Data to Correct Misperceptions (2017)
SAMHSA’s Center for the Application of Prevention Technologies
THE OPIOID EPIDEMIC BY THE NUMBERS

IN 2016...

116
People died every day from opioid-related drug overdoses

42,249
People died from overdosing on opioids

2.1 million
People had an opioid use disorder

948,000
People used heroin

170,000
People used heroin for the first time

11.5 m
People misused prescription opioids

2.1 million
People misused prescription opioids for the first time

17,087
Deaths attributed to overdosing on commonly prescribed opioids

19,413
Deaths attributed to overdosing on synthetic opioids other than methadone

15,469
Deaths attributed to overdosing on heroin

504 billion
In economic costs

Sources: 1 2016 National Survey on Drug Use and Health, 2 Mortality in the United States, 2016 NCHS Data Brief No. 293, December 2017, 3 CEA Report: The underestimated cost of the opioid crisis, 2017

Updated January 2018. For more information, visit: http://www.hhs.gov/opioids/
COMPETENCY: DEMONSTRATE AN AWARENESS OF HOW TO INFORM INDIVIDUAL

Source: Massachusetts Social Work Education Core Principles for the Prevention and Management of Substance Misuse

Talking About Overdose With People Who Use Opioids (2018)
SAMHSA’S Center for the Application of Prevention Technologies

HealtheKnowledge (2016)
• SBIRT for Health and Behavioral Health Professionals
• Foundations of SBIRT ATTC Network

Treatment Referral in an Opioid Crisis: Opportunities to Engage (2016)
Institute for Research, Education & Training in Addictions

25% or more of patients about their alcohol or drug use with a professional trained in Screening Brief Intervention and Referral to Treatment for Substance Use.

The UMKC SBIRT Project
COMPETENCY:
RECOGNIZE SUBSTANCE AND OPIOID USE DISORDERS AS A CHRONIC DISEASE
Source: Massachusetts Social Work Education Core Principles for the Prevention and Management of Substance Misuse

Addiction as a Disease — Not a Moral Failure (2018)
SAMHSA

ATTC Network

Addiction Is a Chronic Disease (2018)
NIDA

Treating Opioid Addiction as a Chronic Disease (2014)
ASAM

OPIOID ADDICTION IS A CHRONIC BRAIN DISEASE
Addiction is a primary, chronic disease of brain reward, motivation, memory, and related circuitry. Dysfunction in these circuits leads to characteristic biological, psychological, social, and spiritual manifestations.

American Society of Addiction Medicine Fact Sheet: Treating Opioid Addiction as a Chronic Disease
Provide safe, informed, person-centered care for people with opioid use disorders.

**COMPETENCY:**
Demonstrate an understanding of the substance use disorder treatment and recovery support systems, and how to appropriately refer individuals.


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

- 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

NAADAC

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

### SAMHSA TIP 63: Medications for Opioid Use Disorder (2018)
SAMHSA (TIP)

### PCSS MAT Training (2018)
- Myths and Misconceptions of Medication-Assisted Treatment
- Considerations in Medication-Assisted Treatment of Opiate Dependence
- Improving Opioid Prescribing: The CDC Guideline 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 Guideline for the Use of Medications in the Treatment of Addiction Involving Opioid Use

Providers Clinical Support System

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

The primary goals and general management methods of treatment for substance use disorders are the same as those for the treatment of other chronic illnesses. The goals of treatment are to reduce key symptoms to non-problematic levels and improve health and functional status; this is equally true for those with co-occurring substance use disorders and other psychiatric disorders.

Key components of care are medications, behavioral therapies, and recovery support services (RSS).
“The primary goals and general management methods of treatment for substance use disorders are the same as those for the treatment of other chronic illnesses. The goals of treatment are to reduce key symptoms to non-problematic levels and improve health and functional status; this is equally true for those with co-occurring substance use disorders and other psychiatric disorders. Key components of care are medications, behavioral therapies, and recovery support services (RSS).”

_Facing Addiction in America: The Surgeon General’s Report on Alcohol, Drugs, and Health_
COMPETENCY:
DEMONSTRATE AN UNDERSTANDING OF THE SUBSTANCE USE DISORDER TREATMENT AND RECOVERY SUPPORTS SYSTEM, AND HOW TO APPROPRIATELY REFER INDIVIDUALS

Source(s): Advanced Social Work Practice in Prevention of Substance Use Disorders and NASW Standards for Social Work Practice for Clients with Substance Use Disorders and Massachusetts Social Work Education Core Principles for the Prevention and Management of Substance Misuse

Plan Your Recovery Personal Stories (2016)
Plan Your Recovery

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

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

**TRACKING PATIENTS’ RESPONSE TO TREATMENT**

“A further indicator of quality treatment is having reliable, valid measurement systems in place to track patients’ response to treatment. Similar to regular assessment of blood pressure at each check-up in treating hypertension, addiction treatment programs should collect “addiction and mental health vital signs” in order to monitor the effectiveness or ineffectiveness of the individualized treatment plan and adjust it accordingly when needed. Without any kind of standardized metrics, it is patients’ progress.”

Recovery Research Institute
Guide to Effective Addiction Treatment: 11 Indicators of Quality
COMPETENCY:
ASSESS FOR TRAUMA, CO-OCCURRING DISORDERS, SUICIDE RISK, AND PHYSICAL HEALTH IN PLANNING RECOVERY ACTIVITIES AND TREATMENT

Source: Advanced Social Work Practice in Mental Health Recovery

The Intersection of Opioid Abuse, Overdose, and Suicide: Understanding the Connections (2018)
SAMHSA’s Center for the Application of Prevention Technologies

SAMHSA BRSS TACS

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

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

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Co-Occurring Disorders
(2016)
SAMHSA

TIP 57: Trauma Informed Care in Behavioral Health Services
(2014)
SAMHSA

TIP 42: Substance Abuse Treatment for Persons With Co-Occurring Disorders
(2013)
SAMHSA

Integrating Treatment for Co-Occurring Disorders: An Introduction to What Every Addiction Counselor Needs to Know (2011)
NADAAC

Trauma-specific intervention programs generally recognize the following:

- The survivor’s need to be respected, informed, connected, and hopeful regarding their own recovery
- The interrelation between trauma and symptoms of trauma such as substance abuse, eating disorders, depression, and anxiety
- The need to work in a collaborative way with survivors, family and friends of the survivor, and other human-services agencies in a manner that will empower survivors and consumers

SAMHSA, Trauma-Informed Approach and Trauma-Specific Interventions
COMPETENCY: ENSURE THAT ALL CLIENTS AND THEIR FAMILIES ARE PROVIDED WITH SERVICES WITHIN A CONTEXT OF CULTURAL UNDERSTANDING AND COMPETENCE

Source(s): NASW Standards for Social Work Practice for Clients with Substance Use Disorders

Talking About Overdose With People Who Use Opioids (2018)
SAMHSA’S Center for the Application of Prevention Technologies

Health Disparities Within Latino and African American Communities (2018)
SAMHSA

HealtheKnowledge (2018):
• Understanding the Basis of Race, Ethnicity, and Culture
ATTC Network
New England ATTC

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

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

ADVANCING HEALTH EQUITY AT EVERY POINT OF CONTACT

The National Standards for Culturally and Linguistically Appropriate Services in Health and Health Care (The National CLAS Standards) aim to improve health care quality and advance health equity by establishing a framework for organizations to serve the nation’s increasingly diverse communities.

www.ThinkCulturalHealth.hhs.gov
PROVIDE SAFE, INFORMED, PERSON-CENTERED CARE FOR PEOPLE WITH OPIOID USE DISORDERS

COMPETENCY:
ENSURE THAT ALL CLIENTS AND THEIR FAMILIES ARE PROVIDED WITH SERVICES WITHIN A CONTEXT OF CULTURAL UNDERSTANDING AND COMPETENCE

Source(s): NASW Standards for Social Work Practice for Clients with Substance Use Disorders

Cultural Competence and Organizational Change (2016)
ATTC NIATx

Engaging Diverse Populations in Recovery Support Services (2016)
SAMHSA

SAMHSA

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

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

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

Nearly Every Age Group Has Been Touched by the Opioid Epidemic:

Overdose Deaths by Age in 2014 per 100,000 people:

HEROIN
15-24 years: 3.3
25-34 years: 8
35-44 years: 5.9
45-54 years: 4.7
55-64 years: 2.7
65-74 years: 0.5

OPIOIDS
15-24 years: 3.1
25-34 years: 9
35-44 years: 10.3
45-54 years: 11.7
55-64 years: 8.5
65-74 years: 2.7
COMPETENCY:

ARTICULATE THE FOUNDATIONAL SKILLS IN PERSON-CENTERED COUNSELING AND BEHAVIOR CHANGE

Sources: Massachusetts Social Work Education Core Principles for the Prevention and Management of Substance Misuse

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- 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

NAADAC

Patient-Centered Opioid Addiction Treatment (P-COAT) (2018)
ASAM

Creating Recovery-Oriented, Person-Centered Plans With Community Resources (2016)
SAMSHA

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

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What Is Person-Centered Care?

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.

SAMHSA, Person- and Family-Centered Care and Peer Support
COMPETENCY:
BE ABLE TO RECOGNIZE AND ASSESS THEIR
OWN AND SOCIETAL STIGMAS AND BIASES
AND BE KNOWLEDGEABLE ABOUT VARIOUS
PERSPECTIVES ON SOCIAL CONSTRUCTIONS
OF OPIOID USE, MISUSE, ABUSE, AND
DEPENDENCE

Source: 1) Massachusetts Social Work Education Core Principles for the Prevention and Management of Substance Misuse 2) Advanced Social Work Practice in Prevention of Substance Use Disorders

SAMHSA’s Center for the Application of Prevention Technologies

Mid-America ATTC

Reframing the Opioid Prevention Narrative: Addressing Misperceptions (2018)
SAMHSA

Cultural Activation Prompts (2016):
• Gaining Awareness, Part I
• Materials
• Gaining Awareness, Part II
SAMHSA

The use of affirming language inspires hope and advances recovery.

Words have power.

PEOPLE FIRST.

The ATTC Network uses affirming language to promote the promises of recovery by advancing evidence-based and culturally informed practices.
COMPETENCY:
ENGAGE IN ADVOCACY THAT SEEKS TO ENSURE THAT CLIENTS WITH SUBSTANCE USE DISORDERS AND THEIR FAMILIES HAVE EQUAL ACCESS TO THE APPROPRIATE SERVICES IN A TIMELY MANNER.
Source: NASW Standards for Social Work Practice for Clients with Substance Use Disorders

Coalition to Stop Opioid Overdose (2018)
ASAM

SAMHSA Opioid Overdose Prevention Toolkit (2018)
SAMHSA

Opioids Advocacy Toolkit (2018)
ASAM

Operation Naloxone: Bringing Opioid Awareness and Prevention to College Campuses (2017)
NAADAC

ADVOCACY IN ACTION

“Opioid misuse and overdose are a public health crisis in the United States. ASAM and others have come together as the Coalition to Stop Opioid Overdose to advance meaningful legislative and regulatory policies this year in response to the opioid epidemic.”

Coalition to Stop Opioid Overdose
COMPETENCY:
ADVOCATE AT MULTIPLE LEVELS FOR HEALTH PROMOTION AND FOR REDUCTION OF HEALTH DISPARITIES AND STIGMA FOR DIVERSE POPULATIONS AFFECTED BY OPIOIDS AND OPIOID USE DISORDERS

Source: Advanced Social Work Practice in Prevention of Substance Use Disorders

- Prevention of Substance Abuse and Mental Illness (2018)
  SAMHSA

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

  U.S. Department of Health & Human Services; SAMHSA Report

- 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

National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective, and people can and do recover.
COMPETENCY:
ENGAGE IN SELF-CARE METHODS AND SEEK SUPPORT TO DEVELOP AWARENESS, INSIGHT, AND RESILIENCY TO MORE EFFECTIVELY MANAGE THE EFFECTS OF TRAUMA AND RETRAUMATIZATION IN THEIR LIVES

Source: Advanced Social Work Practice Competencies in Mental Health Recovery

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

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

Enhancing Personal Capacity for Wellness and Practices (2017)
SAMHSA

STEPS TO SELF-CARE

Self-care refers to selected actions that restore balance in our personal and professional lives. Not just an add-on activity, self-care is also a state of mind through development of self-awareness, self-regulation, and self-

From the How to Flourish in Social Work Infographic. University of Buffalo School of Social Work