



SANTA BARBARA COUNTY
DEPARTMENT OF
Behavioral Wellness
A System of Care and Recovery

METHADONE AND MEDICATION ASSISTED TREATMENT

Prepared by:

Alice Gleghorn, PhD

John Doyel M.A., LAADC

METHADONE HISTORY AND BENEFITS

- Methadone used widely in the US since 1970
- Methadone has been used in SB County for close to 40 years
- Methadone is Medication Assisted Treatment (MAT) for opioid addiction
- Research demonstrates methadone is effective in reducing the use of illicit drugs, criminal activity, HIV infection, and suicide rates, and improves social health, employment productivity, and physical health conditions

Methadone National Data

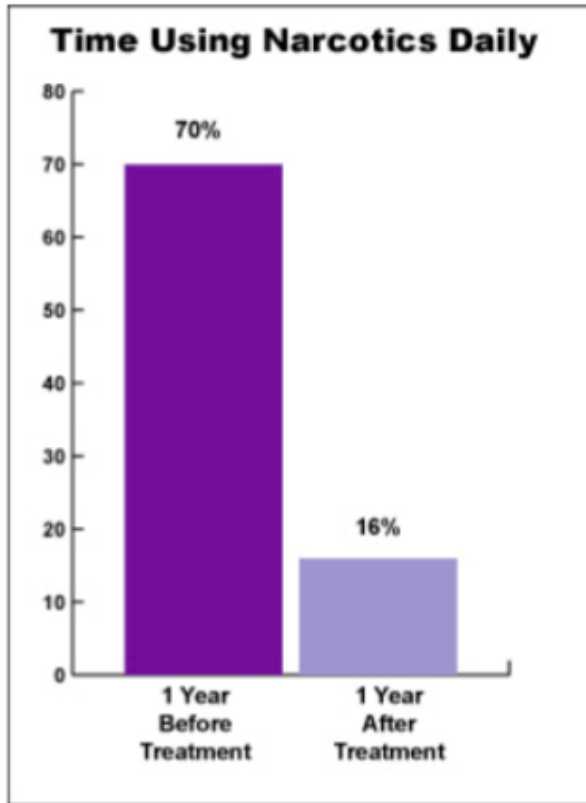


Figure 1 illustrates that the percentage of time using daily narcotics was much greater before methadone maintenance treatment than after (McGlothlin and Anglin, 1981)

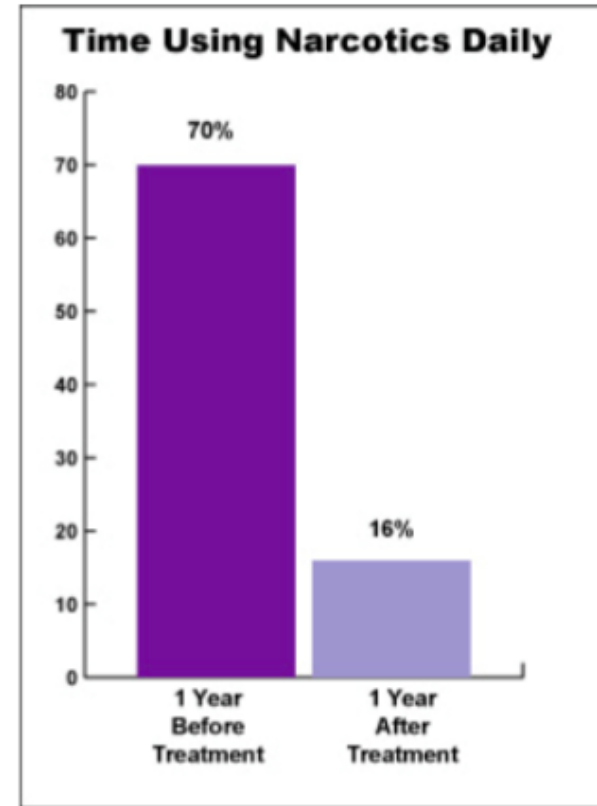


Figure 2 illustrates that the percentage of time unemployed decreased after methadone maintenance treatment (McGlothlin and Anglin, 1981).

Methadone is a Covered Federal Medicaid and State Medi-Cal Benefit

- Methadone is an entitlement and cannot be denied to MC and Drug Medi-Cal eligible clients
- Medical Necessity criteria is required for methadone services. This criteria includes:
 1. Opioid addiction
 2. Two (2) prior unsuccessful treatment attempts
 3. Indications that methadone will benefit both client and the public

Addiction as a Disease

- Addiction is a Chronic Brain Disease, and Opioids are among the most addicting of all drugs
- Most Opioid Addicts are addicted to several other substances at the same time including cocaine, methamphetamine and benzodiazepines
- Methadone is only one medication used to treat opiate addiction. Buprenorphine (Suboxone) is being used in a pilot at Aegis and other NTPs, and is a promising alternative to methadone
- Access to other Medication Assisted Treatment (MAT) is planned for the Organized Delivery System (ODS) waiver

Aegis Treatment Center and Behavioral Wellness

- SB County has contracted with Aegis as its Narcotic (Opioid) Treatment Program for 17 years.
- Aegis and all NTPs are licensed Medical Clinics
- Aegis and all NTPs are closely monitored by the State of CA Department of Health Care Services (DHCS), SB County Behavioral Wellness, the Drug Enforcement Agency and the Commission on Accreditation of Rehabilitation Facilities (CARF)
- Aegis has had positive administrative and clinical compliance reviews

Aegis Clients and Services

- Census of 700, over half of those in Santa Maria
- 80% attend clinic every day for dosage
- 20% have take home doses
- Most clients remain in treatment for 40 months
- 10% of Aegis clients and NTP clients nationwide need to stay on methadone their entire lives
- Aegis provides group and individual counseling services in addition to the medication

Aegis Treatment Center Results

- 80% of clients who remain in treatment for 90 days are free from illicit drugs
- From December, 2 2012 and December 31, 2015:
 - ▣ 25% of Aegis clients successfully completed treatment and graduated from the program
 - ▣ 25% completed their treatment plans or made successful progress and were referred out to another treatment facility
 - ▣ 40% in treatment for one year reported an increase in number of days paid for work and improvement in family and social life
 - ▣ Arrest rates fell by 80%

Aegis Results, Continued

- Between July 1, 2014 and March 31, 2016:
 - 44% of clients completed treatment satisfactorily and or successfully
 - 15.7% of clients moved
 - 4.3% of clients died
 - 2.6% of clients were incarcerated
 - Overall life functioning of those who discharged successfully was positive

Aegis in Combination with Other Providers and Agencies

- Aegis works with many other Santa Barbara county to assist their clients with additional needs including housing supports, primary care job placement, educational resources and mental health services
- Aegis managers have established ongoing relationships with Marian and Cottage Hospitals, Santa Maria Rotary Club, Santa Maria Library, Sheriff's Department, the Holman Group, Sansum clinics and the Red Cross

Recommended Actions

- That the Board of Supervisors:
 - ▣ Receive and file a presentation on the benefits of methadone and medication-assisted treatment for individuals receiving narcotic replacement therapy and outpatient methadone detoxification services in Santa Barbara County.
 - ▣ Determine that the above action is exempt from the California Environmental Quality Act (CEQA) pursuant to section 15378(b)(5) of the CEQA guidelines, as organizational or administrative activities of governments that will result in direct or indirect physical changes in the environment.