



# Update on Substance Abuse Treatment Centers in New Mexico

Presentation to  
The Legislative Health and Human Services Committee

Wayne W. Lindstrom, Ph.D.  
Director, Behavioral Health Services Division  
CEO, Behavioral Health Collaborative



## Update on Substance Abuse Treatment Centers

### ▶ **Over Dose Deaths**

- Have become an enormous concern
- Consequences of drug use continue to burden NM
- NM has the 2<sup>nd</sup> highest drug OD death rate in the nation
- NM had made significant gains with OD deaths dropping by 16% from 2011 to 2013
- Total number of drug overdose deaths increased by 19% from 2013 to 2014
- Unintentional OD deaths increased by 24%



## Update on Substance Abuse Treatment Centers

### ○ **Substance Use Disorders (SUD)**

- Are associated with other societal problems including:
  - Crime
  - Violence, including domestic violence
  - Homelessness
  - Poverty
  - Loss of productivity, and
  - Spread of blood-borne disease
    - HIV
    - Hepatitis



## Update on Substance Abuse Treatment Centers

### ▶ **Unintentional Drug OD**

- Largest subset of total OD death, accounts for 80-85% of NM OD deaths
- Balance of OD death is suicide, or intentional self-poisoning, accounts for 10-15% of NM OD deaths
- Poisoning has been the leading NM cause of unintentional injury since 2007, surpassing motor vehicle crash deaths



## Update on Substance Abuse Treatment Centers

### ▶ **OD Death Rates**

- OD deaths & unintentional OD deaths among men are 1.6 times that of women
- However, in NM from 2000-2014, OD death rate among women increased by 238% (men – 52%)
- OD deaths from prescription drugs was more common than from illicit drugs across all age ranges
- Illicit drugs are the predominant drug type causing death among males across age ranges, & rates are highest among males ages 25-54
- The highest OD death rate is among Hispanic males, followed by White males



## Update on Substance Abuse Treatment Centers

### ▶ **Drugs Associated with Unintentional OD Deaths:**

- Prescription opioids (i.e., methadone, oxycodone, morphine) - 49%
- Heroin - 29%
- Tranquilizers/muscle relaxants - 28%
- Antidepressants - 21%
- Cocaine - 19%, and
- Methamphetamine - 9%
- Most OD deaths involve multiple drugs, including alcohol – 57% estimated in 2014



## Update on Substance Abuse Treatment Centers

### ▶ **NM Counties' OD Death Rate**

- Rio Arriba County has the highest OD death rate in the state
- Bernalillo County continues to bear the highest burden of OD death in terms of total numbers of deaths
- Almost half of all NM counties have total OD death rates more than twice the U.S. rate
- Santa Fe County has experienced the opposite trend:
  - All OD deaths dropped by 8% from 2013 to 2014 while the NM rate increased by 16%
  - Unintentional OD deaths decreased by 16% while NM rate increased by 24%



## Update on Substance Abuse Treatment Centers

### ▶ **Alcohol-Related Death Rate**

- NM's rate is more than twice the national rate
- NM has ranked 1st, 2nd, or 3rd in the U.S. since 1981; and 1st for the period 1997 through 2010
- The negative consequences of excessive alcohol use are not limited to death, but also include:
  - Domestic violence
  - Crime
  - Poverty
  - Unemployment
  - Chronic liver disease
  - Motor vehicle crashes and other injuries, and
  - A variety of other medical problems.
- ▶ Nationally, 1 in 10 deaths among working age adults (age 20-64) is attributable to alcohol. In NM this ratio is of 1 in 6 deaths



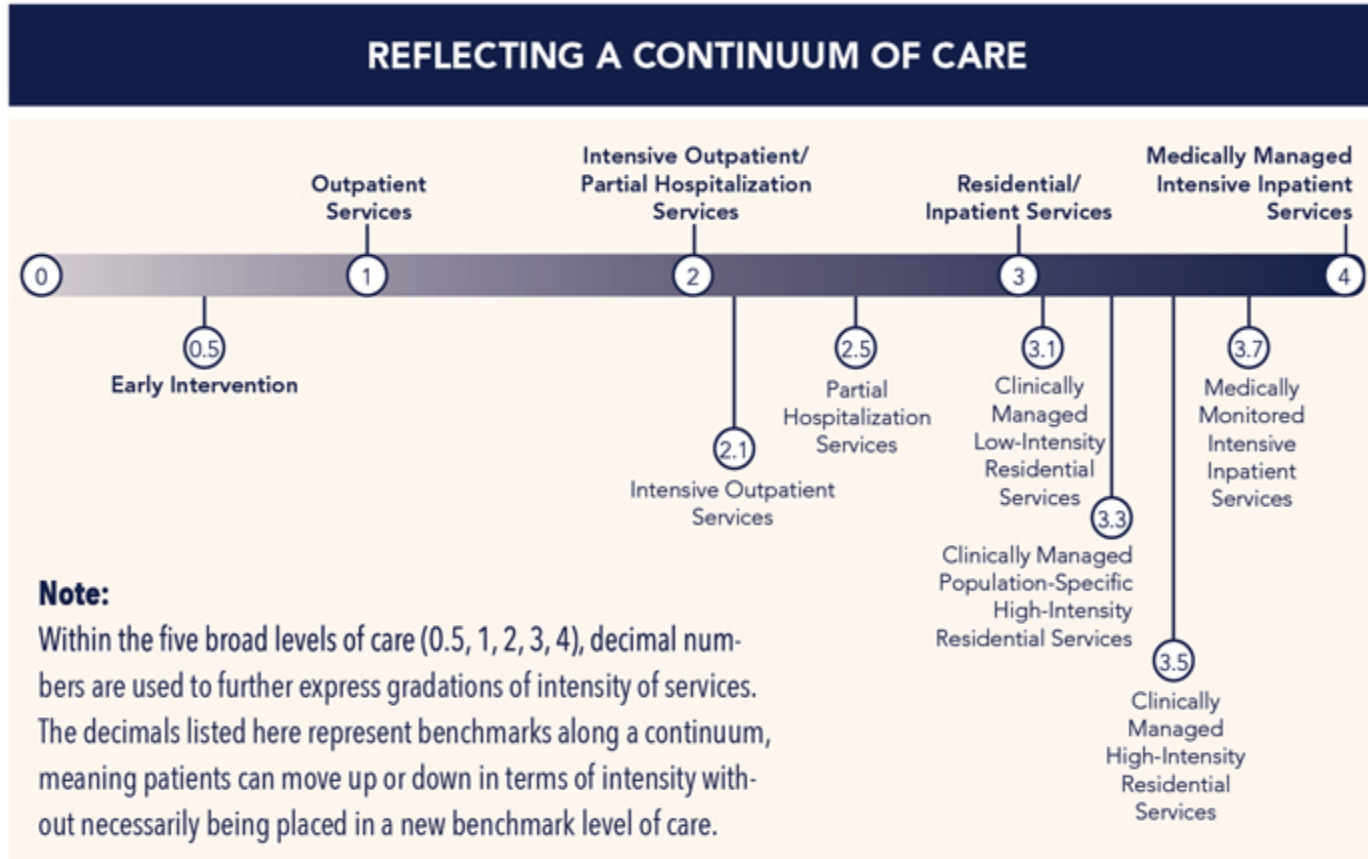


## Update on Substance Abuse Treatment Centers

### ▶ **NM Counties' Alcohol-related Deaths**

- Rio Arriba & McKinley counties have highest rates of alcohol-related death, with rates more than twice the state rate & almost 4 times the national rate
- Several other counties (Cibola, San Miguel, San Juan, & Taos) have a substantial burden (20 or more alcohol-related deaths per year) & rates more than twice the U.S. rate.
- High rates among Native American males & females drive the rates in McKinley, Cibola, & San Juan counties;
- Rio Arriba has highest rates among both Hispanic & Native American males and females
- Deaths among Hispanic males drive the high rates in San Miguel and Taos counties

## Update on Substance Abuse Treatment Centers



## AT A GLANCE: THE SIX DIMENSIONS OF MULTIDIMENSIONAL ASSESSMENT

ASAM's criteria uses six dimensions to create a holistic, biopsychosocial assessment of an individual to be used for service planning and treatment across all services and levels of care. The six dimensions are:

1	DIMENSION 1	<b>Acute Intoxication and/or Withdrawal Potential</b> Exploring an individual's past and current experiences of substance use and withdrawal
2	DIMENSION 2	<b>Biomedical Conditions and Complications</b> Exploring an individual's health history and current physical condition
3	DIMENSION 3	<b>Emotional, Behavioral, or Cognitive Conditions and Complications</b> Exploring an individual's thoughts, emotions, and mental health issues
4	DIMENSION 4	<b>Readiness to Change</b> Exploring an individual's readiness and interest in changing
5	DIMENSION 5	<b>Relapse, Continued Use, or Continued Problem Potential</b> Exploring an individual's unique relationship with relapse or continued use or problems
6	DIMENSION 6	<b>Recovery/Living Environment</b> Exploring an individual's recovery or living situation, and the surrounding people, places, and things



## Update on Substance Abuse Treatment Centers

### ➤ **Early Intervention – ASAM Level .05**

- For Adults and Adolescents, this Level of Care (LOC) constitutes a service for individuals who, for a known reason, are at risk of developing substance-related problems, or
- A service for those for whom there is not yet sufficient information to document a diagnosable substance use disorder
- Screening, assessment, and referral, such as SBIRT, is such a service
- Appropriate in primary care & other health settings, online, BH-related courts, etc.



## Update on Substance Abuse Treatment Centers

### ▶ **Outpatient Services – ASAM Level 1**

- For adolescents & adults, this level of care typically consists of less than 9 hours of service/week for adults, or less than 6 hours a week for adolescents
- For recovery or motivational enhancement therapies & strategies
- Encompasses a set of organized services that may be delivered in a wide variety of settings
- Services may include individual, family, & group therapies, as well as, Medication Assisted Treatment (MAT)
- Services may be delivered in private practices, CMHCs, FQHCs, & other health care related settings



## Update on Substance Abuse Treatment Centers

- **Intensive Outpatient Services – ASAM Level 2.1**
  - For adolescents & adults, this level of care typically consists of 9 or more hours of service a week or 6 or more hours for adults and adolescents respectively to treat multidimensional instability
  - It encompasses services that are capable of meeting the complex needs of people with addiction & co-occurring conditions
  - It is an organized outpatient service that delivers treatment services during the day, before or after work or school, in the evening, &/or on weekends
  - In NM, IOP requires HSD certification to be Medicaid reimbursable



## Update on Substance Abuse Treatment Centers

- ▶ **Partial Hospitalization Services – ASAM Level 2.5**
  - For adolescents & adults, this level of care typically provides 20 or more hours of service a week for multidimensional instability that does not require 24-hour care
  - It encompasses services that are capable of meeting the complex needs of people with addiction & co-occurring conditions
  - It is an organized outpatient service that delivers treatment services usually during the day as day treatment or partial hospitalization services
  - This is not a covered NM Medicaid benefit



## Update on Substance Abuse Treatment Centers

### ▶ **Clinically Managed Low-Intensity Residential Services – ASAM Level 3.1**

- This adolescent & adult level of care typically provides a 24 hour living support & structure with available trained personnel, & offers at least 5 hours of clinical service a week
- It encompasses residential services that are described as co-occurring capable, co-occurring enhanced, and complexity capable services
- Staffed by designated addiction treatment, mental health, & general medical personnel who provide a range of services in a 24-hour living support setting.





## Update on Substance Abuse Treatment Centers

- ▶ **Clinically Managed Population-Specific High-Intensity Residential Services – ASAM Level 3.3**
  - This adult only LOC typically offers 24-hour care with trained counselors to stabilize multidimensional imminent danger along with less intense milieu & group treatment for those with cognitive or other impairments unable to use full active milieu or therapeutic community
  - It encompasses residential services that are described as co-occurring capable, co-occurring enhanced, & complexity capable services, which are staffed by designated addiction treatment, mental health, and general medical personnel who provide a range of services in a 24-hour treatment setting



## Update on Substance Abuse Treatment Centers

- ▶ **Clinically Managed Medium-Intensity Residential Services – ASAM Level 3.5**
  - For adolescents & Clinically Managed High-Intensity Residential Services for adults, this level of care provides 24-hour care with trained counselors to stabilize multidimensional imminent danger and prepare for outpatient treatment.
  - Patients in this level are able to tolerate & use full active milieu or therapeutic communities.
  - It encompasses residential services that are described as co-occurring capable, co-occurring enhanced, & complexity capable services
  - Staffed by designated addiction treatment, mental health, & general medical personnel who provide a range of services in a 24-hour treatment setting



## Update on Substance Abuse Treatment Centers

- ▶ **Medically Monitored Intensive Inpatient Services – ASAM Level 3.7**
  - This LOC appears to be limited to specialized Opioid Treatment Programs



## ▶ **Medically Managed Intensive Inpatient – ASAM Level 4**

- Services for adolescents & adults, this LOC offers 24-hour nursing care & daily physician care for severe, unstable problems in ASAM Dimensions:
  - 1- Acute Intoxication &/or Withdrawal Symptoms
  - 2- Biomedical Conditions & Complications or
  - 3- Emotional, Behavioral, or Cognitive Conditions
- Counseling is available to engage patients in treatment



## Update on Substance Abuse Treatment Centers

### ▶ **Detox Programs**

- Social detox – 4
- Medical detox- 8
- Acupuncture detox-3
- Methadone-7
- Hospital/Medical Centers-33
- Residential -10 (including 8 identified as medical)



## Update on Substance Abuse Treatment Centers

### ▶ **Detox Services Locations**

- Social detox –4 (Albuquerque-1, Santa Fe-2, Farmington-1, Gallup-1)
- Medical detox- 8 (Albuquerque-4, Santa fe-1, Las Cruces-2, Gallup-1)
- Acupuncture detox- 3 (Albuquerque-1, Las Cruces -2)
- Methadone-7
- Hospital/Medical centers-33
- Residential -10 (including 8 identified as medical)  
(Albuquerque-4, Santa Fe-1, Taos-2, Las Cruces-2, Gallup-1)



## Update on Substance Abuse Treatment Centers

### ▶ Inpatient Treatment Center Locations

- Albuquerque-2,
- Taos-2,
- Santa Fe -1,
- Espanola -1,
- Gallup -1,
- Carlsbad -1,
- Farmington- 1(Adolescent Only),
- Las Cruces- 1,
- Roswell -1,
- Santa Clara -1,
- Ohkay Owingeh -1



## Update on Substance Abuse Treatment Centers

### ▶ **Medication Assisted Treatment (MAT)**

- Methadone Treatment
  - It lessens painful symptoms of opiate withdrawal & blocks euphoric effects of opiate drugs
  - Comes in pill, liquid, & wafer forms & is taken once a day
  - 13 clinics (3 additional approved for 2016)
  - Locations:
    - Albuquerque - 8 (1 pending)
    - Alcalde – 0 (1 pending)
    - Belen - 1
    - Farmington - 1
    - Las Cruces - 1
    - Roswell – 1
    - Rio Rancho – 0 (1 pending)
    - Santa Fe - 1





## Update on Substance Abuse Treatment Centers

### ▶ Medication Assisted Treatment

- Suboxone (Buprenorphine)
  - 1<sup>st</sup> medication for opioid treatment prescribed or dispensed in physician offices
  - Increases treatment access
  - Lowers the potential for misuse
  - Diminishes withdrawal symptoms & cravings
  - Prescribed as part of a treatment plan that includes counseling & social support
  - 128 certified prescribers
  - 30 to be verified

#### Locations:

- Abiquiu – 1
- Albuquerque – 58
- Bernalillo – 1
- Carlsbad – 2
- Crownpoint – 1
- Dulce – 1
- Espanola – 3
- Farmington – 2
- Gallup – 1
- Las Cruces – 5
- Las Vegas – 3
- Pecos -2
- Questa - 1
- Santa Fe – 10
- Silver City - 1
- Socorro - 1
- Taos - 1

MAT



## Update on Substance Abuse Treatment Centers

### ▶ **Naloxone (also known as Narcan®)**

- An “opioid antagonist” used to counter the effects of opioid OD, for example morphine & heroin overdose
- Used in opioid ODs to counteract life-threatening depression of the central nervous system & respiratory system, allowing an OD victim to breathe normally
- Naloxone is a nonscheduled (i.e., non-addictive), prescription medication
- Naloxone only works if a person has opioids in their system; it has no effect if opioids are absent
- It can be administered by minimally trained laypeople
- Naloxone has no potential for abuse



## ▶ **Naloxone Initiatives (2014)**

- DOH has trained & enrolled 1700 into use of Naloxone kits
- DOH distributed 5,874 doses, a 55% increase
- Pharmacists are now prescribing
- 10% of pharmacies are dispensing kits
- 900 OD reversals, a 20% increase



## Update on Substance Abuse Treatment Centers

- ▶ **Intensive Out Patient Programs (IOP)**
  - 19 Medicaid-approved adult IOPs (4 pending)
  - 23 Medicaid-approved adolescent IOPs (3 pending)
  - Adult IOP locations:
    - Albuquerque – 5
    - Carlsbad – 1
    - Clovis – 1
    - Espanola – 2
    - Farmington – 1
    - Las Vegas – 1
    - Los Lunas – 1
    - Roswell – 1
    - Santa Fe – 4
    - Taos – 2



## Update on Substance Abuse Treatment Centers

### ▶ **Intensive Out-Patient (IOP)**

- 23 Medicaid approved adolescent IOPs, 5 are
  - Albuquerque – 5
  - Clayton - 1
  - Deming - 1
  - Farmington - 1
  - Grants – 1
  - Hobbs - 3
  - Las Cruces – 1
  - Los Lunas – 2
  - Lovington – 2
  - Raton – 1
  - Rio Rancho -2
  - Santa Fe - 3
  - Silver City - 1



## Update on Substance Abuse Treatment Centers

### ▶ **SUD Treatment Challenges**

- SUD treatment services are limited statewide
- SUD treatment not adequately integrated into other settings
- CMS has not adopted BH Parity Rules
- SUD continuum of care is fragmented in many communities
- EDs and medical centers have not adequately developed detox capacity
- Medical necessity review criteria may be applied too restrictively
- Adult RTCs are not regulated & services are not Medicaid reimbursable



## Update on Substance Abuse Treatment Centers

### ▶ **SUD Treatment Challenges**

- Staff shortages
- Difficulty in navigating through the system resulting in prolonging access to services
- Closure of existing facilities or reduction in services provided
- Limited services addressing the unique needs of high risk specialized populations, i.e. woman and women with children



## Update on Substance Abuse Treatment Centers

### ▶ Initiatives to better address need:

- Further strengthen the Prescription Drug Monitoring Program to change prescribing behavior to include prescribing fewer pills per dose & decreasing the number of refills available to the consumer
- Monitor enforcement action by the appropriate professional Licensing Boards following referrals for outlier prescribing
- Continue to increase public awareness about the risk of dependence & addiction of opioid pain relievers
- Ensure adequate drug disposal
- Expand access to Naloxone through co-prescribing with opioid pain relievers & generally making it more widely accessible
- Increase prevention & treatment service capacity throughout the state (particularly in rural areas)
- Continue to improve information & referral systems for access to available treatment services





## Update on Substance Abuse Treatment Centers

### ▶ Initiatives to better address need

- Expand access to medication assisted treatment (MAT)
- Establish more treatment alternatives for the relief of pain
- Develop and implement mechanisms for the prevention, intervention, treatment sector to obtain accurate and up-to-date supply side data from law enforcement
- Further evaluate the rise in drug abuse among women & the impact this has on children and families to facilitate effective treatment and support strategies
- Address comprehensively the regional & local differences in drug overdose deaths within NM



## Update on Substance Abuse Treatment Centers

- ▶ Thank you –
  - [wayne.lindstrom@state.nm.us](mailto:wayne.lindstrom@state.nm.us)
  - (505) 476-9295