

**CODAC Health, Recovery, & Wellness, Inc.**  
**380 Clinic/Medication Assisted Treatment (MAT)**  
**Comprehensive Patient Care Plan**

**Subclass of Agency**

CODAC Health, Recovery & Wellness – 380 Clinic/Medication Assisted Treatment (MAAT) site is an outpatient clinic subclass of agency that provides Medication Assisted Treatment (MAT), integrated treatment, and case management services to individuals with a primary substance use diagnosis and who may also have mental health concerns, some of whom are eligible, under Arizona Department of Health Services (ADHS) guidelines to receive services for serious mental illness.

**Description of the Agency's Subclass**

CODAC's outpatient clinics are a multi-disciplinary continuum of community-based behavioral health and medical services. Programming is designed to provide individuals with treatment and referrals that are solution-focused, cost effective, and delivered in the least restrictive environment possible. Central to CODAC's philosophy of treatment is the belief in therapy that is brief, solution-focused, and strength-based, which assists individuals and families in developing and strengthening the resources, both inner and environmental, needed to live rewarding lives without depending heavily on professional help. It is recognized, however, that some impairments make ongoing help a necessity. CODAC's clinics assume the responsibility of providing, or locating that assistance while also using every means possible to enhance the independence of those adults. CODAC members receiving services at this location have access to a CODAC PCP as well as OB-GYN services or coordination with their community PCP occurs if they choose to see a community PCP. Laboratory services are available onsite through a third party provider and members may utilize the pharmacy services provided by Genoa pharmacies available at other CODAC locations.

**Principles and Program Goals**

- To assess each individual's treatment needs and devise, with the individual, a plan of treatment that will improve the individual's coping skills. The clinic seeks to encourage members to maximize their potential and to overcome their challenges.
- To reduce and/or cease the use of illicit and unhealthy drug and alcohol use. The clinic seeks to support individuals in their recovery efforts through medication assisted treatment, care coordination, individual and group therapy or skill building, peer support, employment services as well as alternative therapies including acupuncture and the development of community support networks.

- To insure members receive assistance through case management services. Case management staff assists the individual in obtaining and coordinating necessary social services such as housing, medical care, more intensive substance use treatment where necessary, etc. This coordination of care ensures that the individual receives the necessary services for an improved quality of life.
- To provide short-term, solution-focused treatment, where possible, that will expedite an individual's recovery. The goal is to optimize the individual's mental and physical health.
- To improve and build family and community relationships. The clinic, when possible, encourages members to appropriately reconnect with family for support during crisis, as well as develop a strong social network to promote social well-being.
- To increase self-determination by engaging members in furthering their schooling, developing employment skills and gaining employment, or acquiring volunteer opportunities in the community.
- In MAT services, there is the opportunity for members who request, and who meet the criteria, to build take home privileges, which allow members more independence from the program.
- To resolve warrants and other legal issues, cease involvement in criminal activity, and restore civil rights
- To reduce the incidence of HIV/AIDS and other communicable diseases through education, therapy, and changes in lifestyle.
- To promote health and wellness by engaging members in primary preventative medical care and encouraging members to address ongoing medical issues.
- To promote healthy babies and healthy women through the provision of OB-GYN services on-site addressing women's health and pre-natal care.

### **Description of MAT Services**

- 1) Medication Assisted Treatment (MAT) (methadone, buprenorphine (Suboxone, Subutex), naltrexone (Vivitrol, ReVia)).
- 2) Vocational/employment services
- 3) Health promotion
- 4) Counseling
- 5) Medication services
- 6) Assistance in the self-administration of medication
- 7) Court-Ordered Treatment
- 8) Substance Use Disorder treatment including Opioid Use Disorder treatment
- 9) Case management

- 10) Peer support
- 11) Behavioral Health Services
- 12) Alternative therapies (acupuncture)

### **Medication Assisted Addiction Treatment**

CODAC's 380 location operates as the Medication Assisted Treatment Center of Excellence (COE) for Pima County and the Southern Arizona region. Services are available 24 hours per day, 7 days per week to facilitate engagement in MAAT services to those people demonstrating a need. The intent is to provide treatment on demand for individuals who make the decision to change their lives.

The COE is intended to be the hub for community based treatment efforts to address opioid dependence. The COE provides 24 hour per day access to intake assessment, member/family education on treatment options and availability, referral to on-going services, peer support, induction to MAT medications and behavioral treatments in addition to medications. In addition CODAC medical staff is available to consult community hospital emergency departments, first responders and crisis staff as a resource to assist in making appropriate treatment decisions.

The Center of Excellence also functions as a community drop-in center for first responders, law enforcement, members and families in order to provide a safe haven for individuals who experience an opioid use disorder and are ready for treatment. The intent is to divert individuals from more costly visits to emergency departments and reduce unnecessary incarceration. In addition assistance will be provided to individuals to navigate successfully into treatment programs to ensure a higher retention in services.

CODAC's 380 - MAT services clinic offers methadone buprenorphine and naltrexone medication-based treatment of opiate addiction to individuals who are assessed to meet the criteria for opioid dependence. Naloxone is available to members and families who request it as a part of overdose prevention.

Members who request MAT services are assessed as to their substance use history by experienced clinicians who utilize assessment tools including the ASAM 3 assessment criteria.

The data from the assessment is reviewed with the prescriber or BMHP who specializes in addiction treatment. The BMHP in collaboration with the member determines which medication, if any, the member will be offered induction to, taking into consideration both the member choice of program and the assessment findings. Whenever possible the induction will occur at the time of assessment. For members choosing to utilize naltrexone or buprenorphine the induction may be delayed in order to avoid precipitated withdrawal and assure member safety.

Those members who are prescribed methadone will dose daily for at least 90 days. To assure member safety to dose, at presentation each member will be assessed by the dosing nurse. The nurse will assess gait, speech, appearance for indication that member is potentially under the influence. Members may be asked to provide a breathalyzer sample if alcohol use is suspected. If a member is suspected to be under the influence of drugs they will be asked to complete a urine screen prior to dosing. If the urine screen is unfavorable members will need to be cleared by the BHMP before dosing. If there is a risk of adverse interactions the member may not be dosed that day.

Take home privileges reducing the number of times per week a member must present to the clinic for dosing will be earned according to the federal regulations published by the Substance Abuse and Mental Health Services Administration and enforced by the Drug Enforcement Agency.

Members who are inducted to buprenorphine will present to the clinic weekly initially to receive a weekly prescription. An appointment with the prescribing medical professional is required at a minimum of once per month. Naltrexone/Vivitrol is administered as a monthly injection. Individuals prescribed this medication will be seen once per month by the medical staff. Regardless of the medication prescribed, all members are expected to engage in behavioral treatment programs as defined in their Individual Service Plan.

Additionally, the CODAC-380 MAT program can also enter members into outpatient withdrawal management detox services for opioid dependence. Members will be assessed by a licensed clinician who specializes in addiction medicine for appropriateness for the service. If the member is found appropriate for withdrawal management services, they will be enrolled in a regimen of daily engagement and assessment. The member will be inducted on methadone, and then tapered off completely over a period to not exceed 180 days. Members will also be able to transition to a maintenance program if it is determined medically necessary during the withdrawal management period. These services will be conducted under the supervision of the medical director and appropriately licensed medical staff.

### **Counseling Services**

Master's level therapists provide individual, group, family, and couples therapy. Intensive Outpatient Programs and standard outpatient treatment groups including peer led groups are also available on site for members who engage in services at 380. To the extent possible the 380 program offers members a "one stop shop" allowing engagement in all treatment services at the same location they receive their medications. If members prefer they will be referred to programs at either other CODAC locations or other agencies. If a member is referred out

treatment engagement and progress will be monitored by the assigned CODAC case management provider and will follow CIn-Services-140-Referral to Services Policy

### **Type of Counseling**

Each member entering a CODAC outpatient clinic receives a comprehensive assessment and an individualized treatment plan to guide the course of treatment. At the 380 clinic, every member with an opioid use disorder diagnosis is offered a form of medication-assisted treatment and receives case management services. Members have group, individual and family therapy and counseling services available to them as well. Group therapy encompasses process/therapy and education. CODAC offers groups that focus on general mental health, women's and men's issues, anxiety and anger management, parenting, stress management, wellness, substance abuse, and trauma. Groups are strongly encouraged in the acute and stabilization phase of treatment, and may be required as a condition of treatment on an individualized basis.

CODAC - 380 provides a variety of treatment modalities to meet the current recovery needs of the member. The WRAP group engages members in developing their own recovery and wellness plan. The SMART Recovery group assists members who are in the early stages of recovery with a place to explore reasons they might consider further reduce their substance use. Relapse Prevention group assists members in maintaining a drug-free lifestyle, coping with relapse, and further expanding their recovery. Individual and family therapy are provided as needed. Given the preponderance of polysubstance use within the membership, CODAC -380 offers programs such as the Matrix Model of substance use treatment, Seeking Safety and the Women in Recovery Program to address all substance misuse related concerns.

### **Amount of Counseling Offered Each Week**

The therapeutic groups described above occur on a weekly basis. Intensive Outpatient Programs require a minimum of 9 hours per week of participation. At MAT, there are groups offered six days per week. Individual, couples, and family counseling are provided on site as determined by each member's Adult Recovery Team.

### **Medication Services**

CODAC provides psychiatric consultation, assessments, and medication adjustment and monitoring utilizing psychiatrist and psychiatric nurse practitioners or physician assistants. To accommodate 24/7 services Behavioral Health Medical Professional services are available at all hours on an on-call basis to assure members needs are met timely. Nursing staff are available on-site 24 hours per day to provide triage, health promotion and nursing assessments to those

in need. At MAT, the BMHPs also specialize in addiction. To those members taking advantage of CODAC primary care and OB-GYN services on-call medical staff are available as well.