

# Substance Use Disorders: Provider Perspective of the Biopsychosocial Disease



*Shawn Ryan, MD,  
MBA, ABEM, ABAM*

*President & Chief Medical Officer  
BrightView Health  
Cincinnati, Ohio*

*President, Ohio Society of Addiction  
Medicine*

*Chair, Payer Relations Committee  
American Society of Addiction Medicine*

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# U.S. Surgeon General, Vivek Murthy MD

- An estimated **20.8 million people** in our country are living with a substance use disorder. This is **similar to** the number of people who have **diabetes**, and **1.5 times** the number of people who have **all cancers combined**. This number does not include the millions of people who are misusing substances but may not yet have a full-fledged disorder. **We don't invest nearly the same amount of attention or resources** in addressing substance use disorders that we do in addressing diabetes or cancer, despite the fact that a similar number of people are impacted. **That has to change.**

# Agenda

- The Issue
- The Disease Model
- The Treatment Model

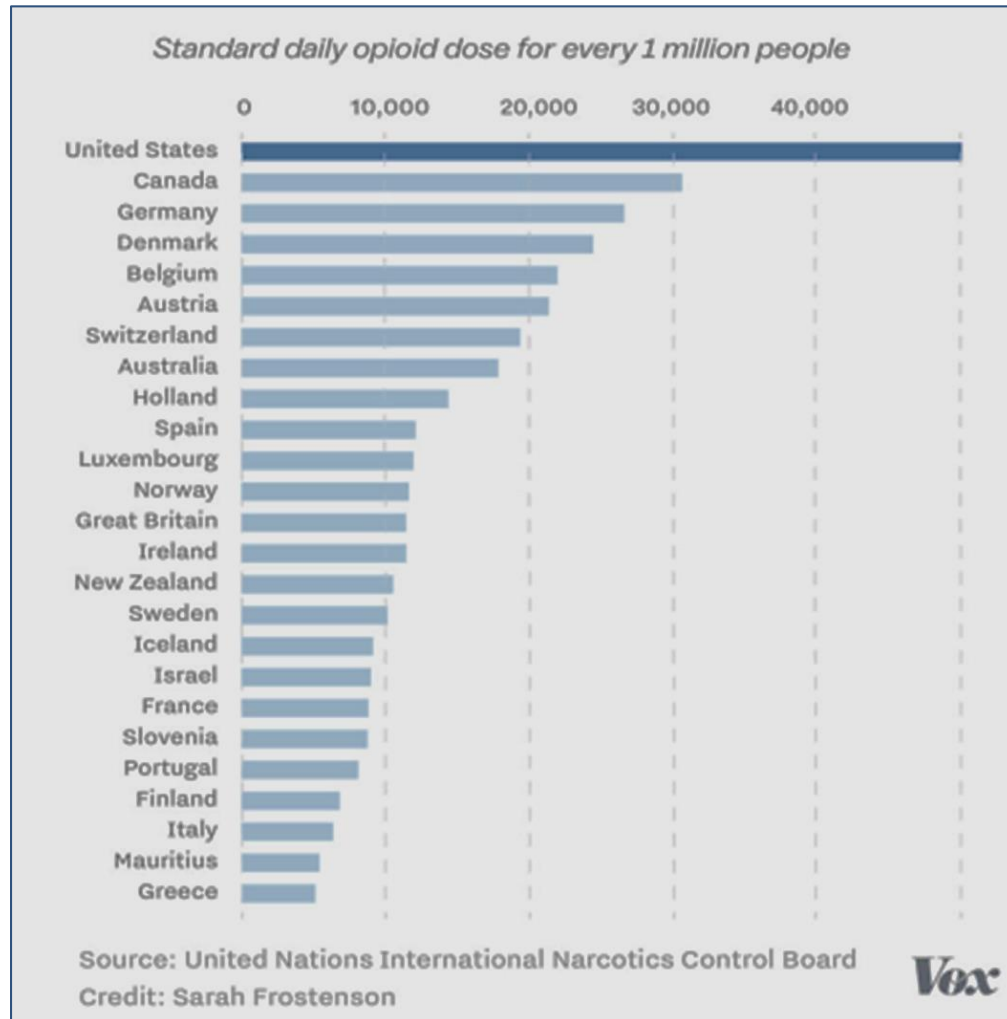
# THE ISSUE

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- Substance Use Disorder (SUD) is a chronic, relapsing disease, which has significant economic, personal, and public health consequences.
- Misuse of and addiction to alcohol, nicotine, and illicit and prescription drugs cost Americans more than \$700 billion a year in increased health care costs, crime, and lost productivity
- Nationally, death rates from Rx Opioid overdoses QUADRUPLED during 1999–2013 - MMWR (CDC)
- CDC estimates over 33,000 people died in 2015 from overdoses involving opioid pain relievers.

# THE ISSUE - Opioids

- Americans consume more opioids than any other country in the world



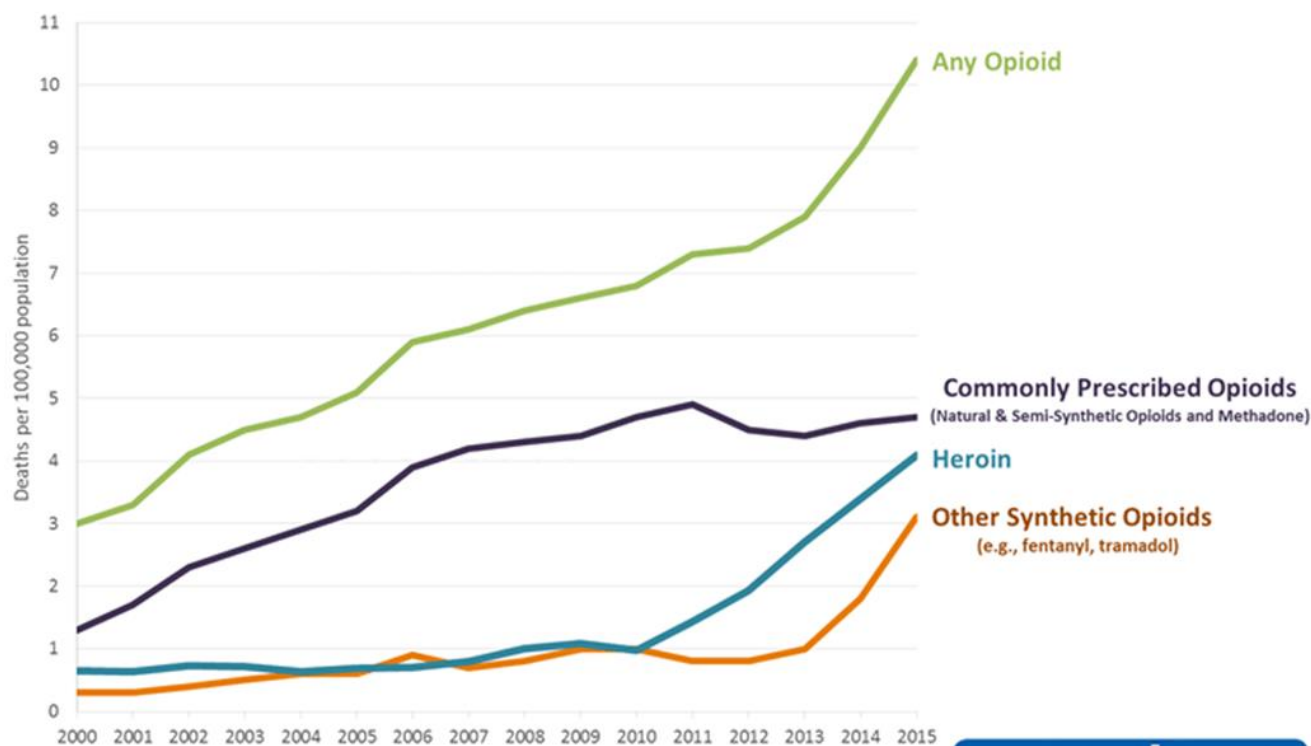
# THE RESULT



**91**  
AMERICANS

die every day from  
an **opioid overdose**  
(that includes prescription  
opioids and heroin).

## Overdose Deaths Involving Opioids, United States, 2000-2015

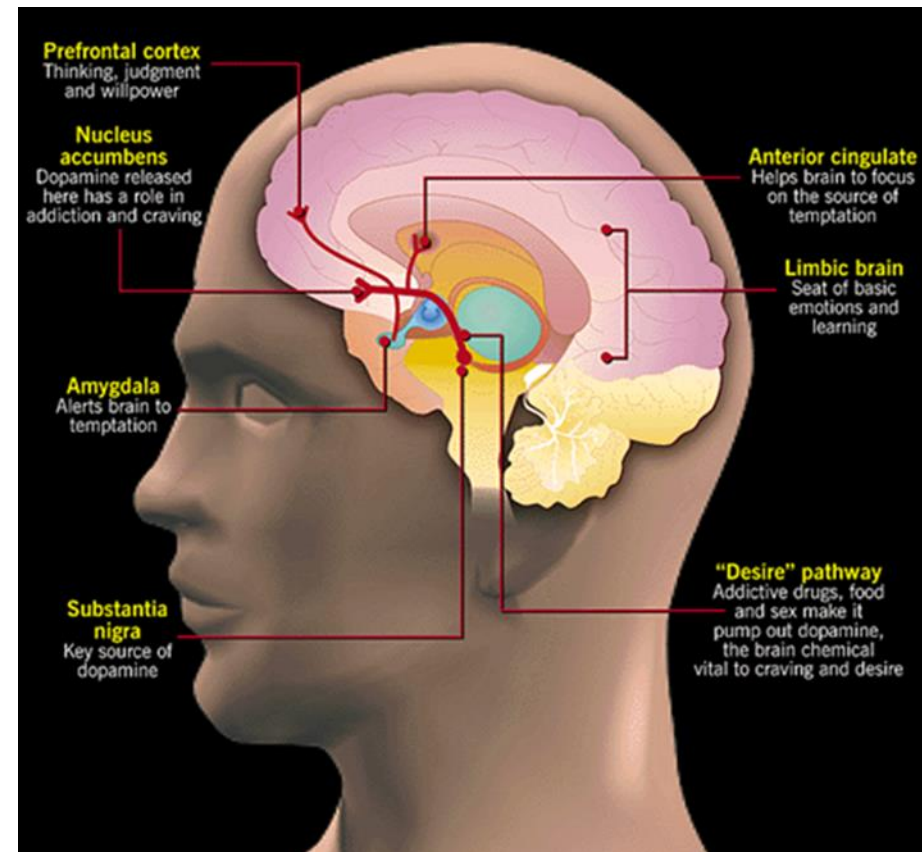


SOURCE: CDC/NCHS, National Vital Statistics System, Mortality. CDC WONDER, Atlanta, GA: US Department of Health and Human Services, CDC; 2016. <https://wonder.cdc.gov/>.

**www.cdc.gov**  
Your Source for Credible Health Information

# THE DISEASE

- **Definition of disease:** Any deviation from or interruption of the normal structure or function of any body part, organ, or system that is manifested by a characteristic set of symptoms
- **ASAM definition of the disease of addiction:** 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.



*It fits the definition; and it can be fatal without treatment.*

# ASAM Disease Definition... again

- Chronic Relapsing Biopsychosocial Disease
- Treatment for this Disease must address all three components
  - Biological - Medical
  - Psychological
  - Social

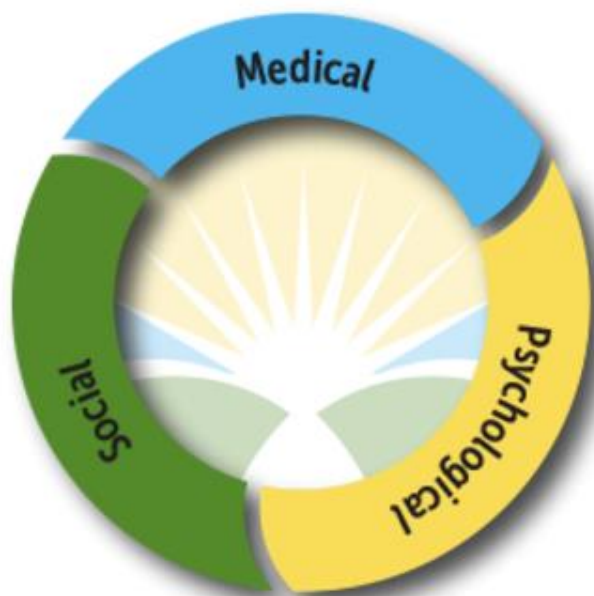


# TREATMENT – a critical part of the solution

- Treatment for addiction begins with a comprehensive biopsychosocial assessment
  - Should be consistent w/ASAM Criteria
- Comprehensive guidelines for patient placement, continued stay and transfer/discharge
  - Required in 30+ states
  - Represents the whole continuum of care

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

# Treatment



- **Medical**
  - Comprehensive assessment & intake – SAME DAY or NEXT DAY
  - Outpatient withdrawal management (and ongoing pharmacological management)
  - Care coordination and monitoring (ex: referrals to other physicians and monitoring of pdmps)
- **Psychological**
  - Clinical assessment (ASAM PLACEMENT CRITERIA)
  - Therapy (individual, group, family, etc.)
- **Social**
  - Case management
    - Can include all of the following: crisis support, family services, legal services, vocational services, transportation, housing, etc.
  - Involving social support networks – AA, NA, Peer Support, etc.

# Reimbursement must align with TREATMENT

- General categories of reimbursement do not often line up with treatment model
  - Medical Services
    - Including medications and appropriate testing (without significant barriers)
  - Psychological Interventions
  - Social Supports

**\*\*Consider APM's  
(Alternative Payment  
Models)**



# References

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- **Surgeon Generals Report on Alcohol, Drugs, and Health**
- **ASAM - American Society Of Addiction Medicine**
- **NIDA – National Institute On Drug Abuse**
- **SAMHSA – Substance Abuse And Mental Health Services Administration**
- **VA Clinical practice guideline on Substance Use Disorder treatment**
- **CDC.gov**