

Addressing Polysubstance Use and Post-Traumatic Stress Disorder in Opioid Treatment Programs

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Patient and clinic staff input is critically important to the implementation of treatment programs in the methadone maintenance treatment (MMT) setting.

Overview: We aimed to obtain feedback on adapting a PTSD intervention for the MMT setting.

- Two focus groups with key stakeholders (i.e., administrators, counselors, and behavioral health staff) were conducted.
- Individual interviews with eight patients receiving treatment at OTPs.
- Community partner survey.
- Utilization of thematic analysis to develop themes related to adapting and integrating STAIR-NT in OTPs.

Figure 1. Use of ADAPT-ITT

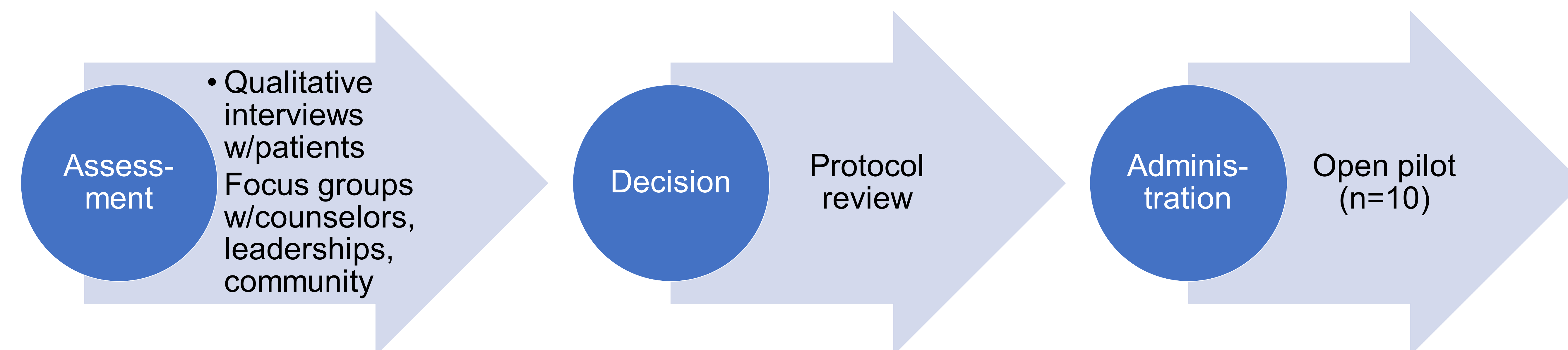
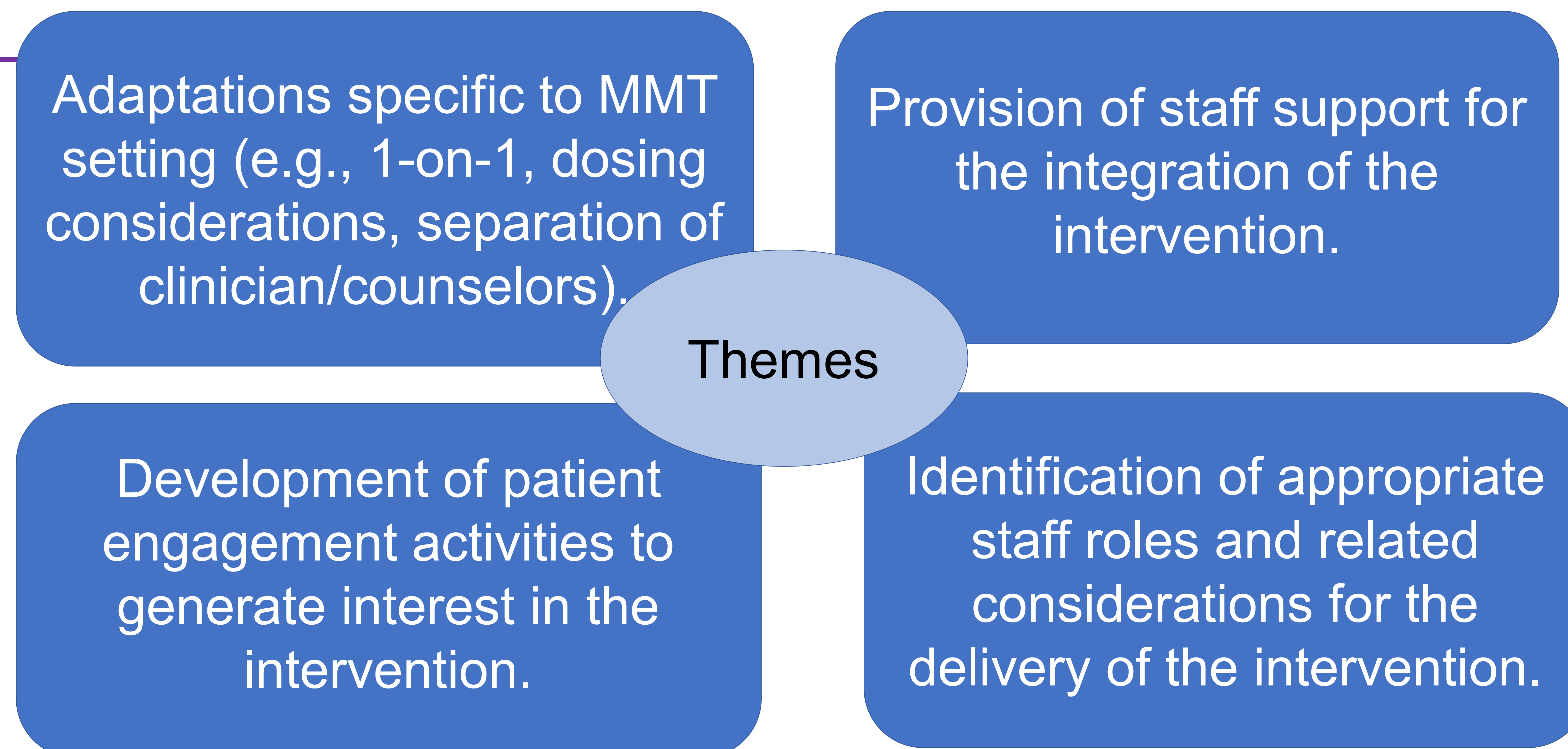


Figure 2. Findings



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Polysubstance Use and Comorbid Mental Health Treatment Needs Among Patients in Opioid Treatment Programs

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Findings: Polysubstance use involving cocaine and opioids is prevalent among patients in OTPs. The co-use of these substances may be exacerbated among individuals with histories of trauma, indicating that treatment of co-morbid mental health conditions could benefit polysubstance use populations.

Methods: Retrospective analysis involved electronic medical records from 3,430 patients receiving treatment for opioid use disorder (OUD) at START Treatment & Recovery Center, Inc.

Figure 1. Trauma and substance use data

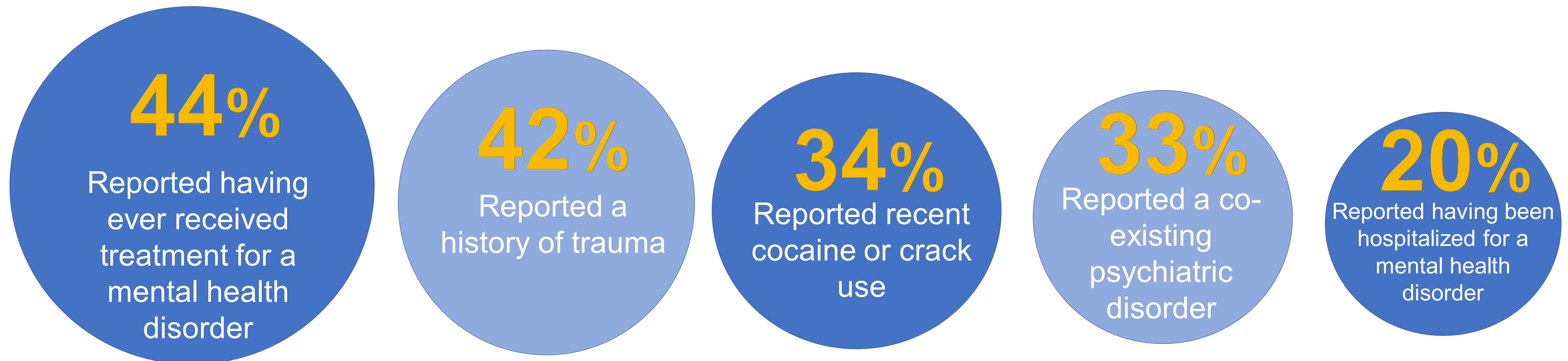
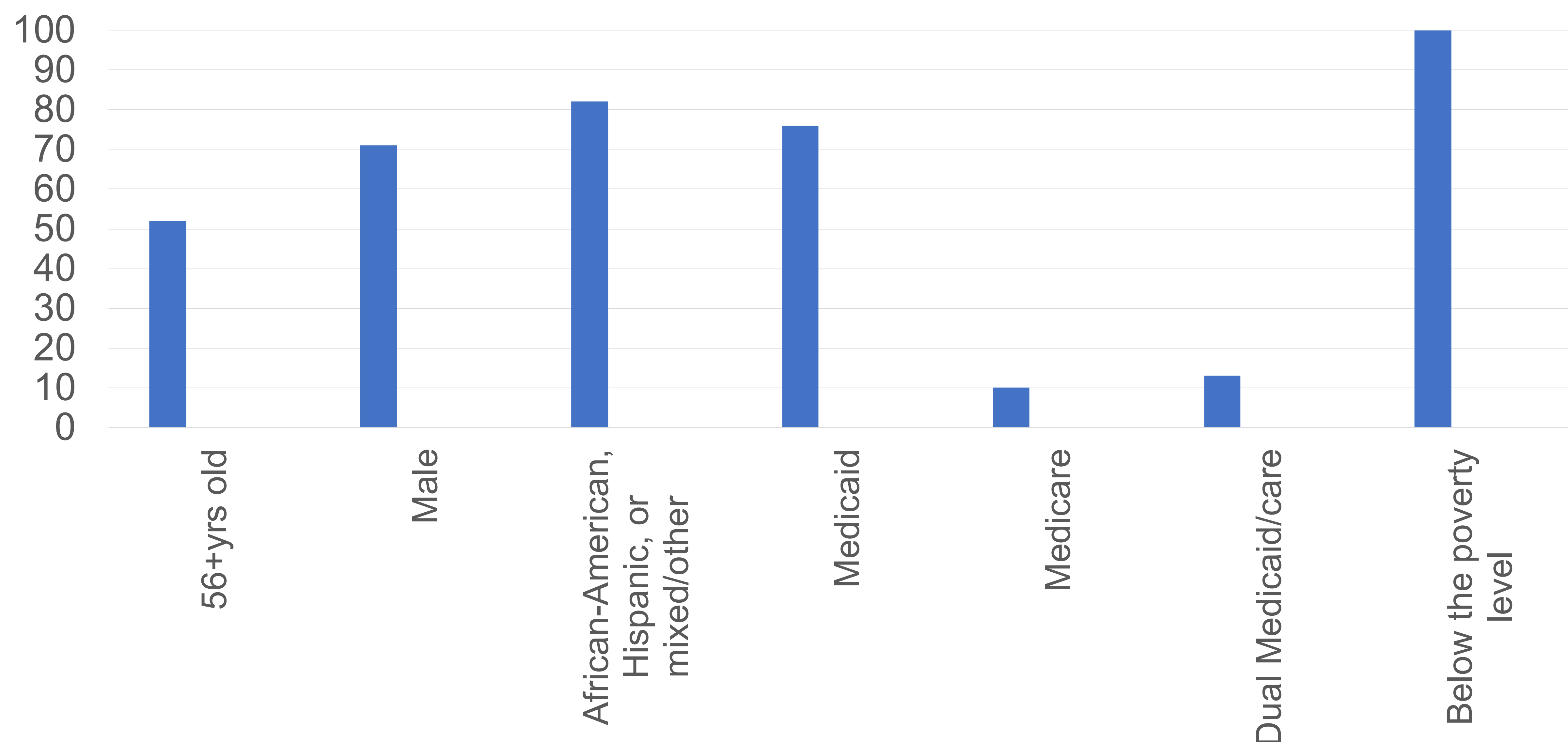


Figure 2. Additional demographics



Our solution: Adapt the evidence-based intervention STAIR-NT for polysubstance use populations informed by the ADAPT-ITT framework.

STAIR-NT: emotional competencies + social competencies → provide foundation for narrative therapy (confrontation of traumatic experiences)



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