

A Compass and a Map: *Guiding Principles and Anchoring Framework for ATSH*

Parinda Khatri, PhD
Chief Clinical Officer
Cherokee Health Systems
July 9, 2019



How Do We View Addiction?

Use Your
<https://www>
by S Bernel
Jul 19, 2016
Statistics. C
Overview · |

Addiction as a Chronic Disease

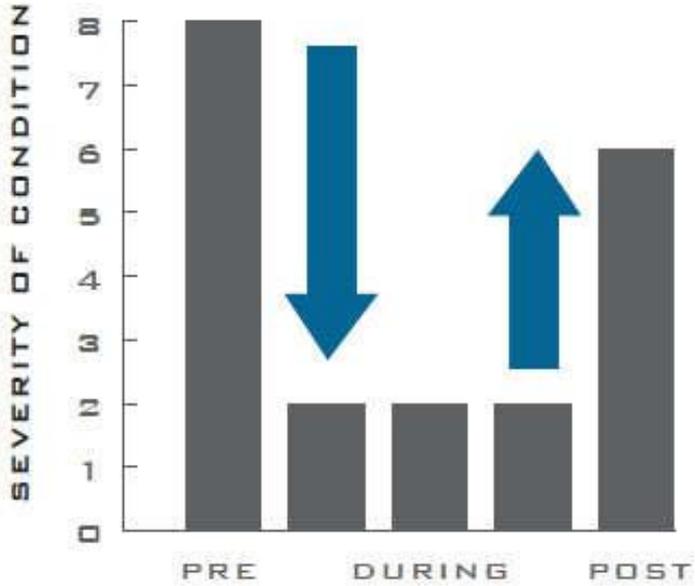
Addiction	Hypertension
30-60% Genetic	25-50% Genetic
40-60% Relapse	50-70% Relapse
Initial choices: alcohol/drug	Initial choices: food, activity
Potential permanent physiological changes	Potential permanent physiological changes
Abstinence and medications do not reverse disease	Lifestyle changes and medications do not reverse disease
< 50% adhere to drug abstinence 1 year post-treatment	< 40% adhere to medication, 30% adhere to lifestyle changes

for Health

WHY IS ADDICTION TREATMENT EVALUATED DIFFERENTLY?
 BOTH REQUIRE ONGOING CARE

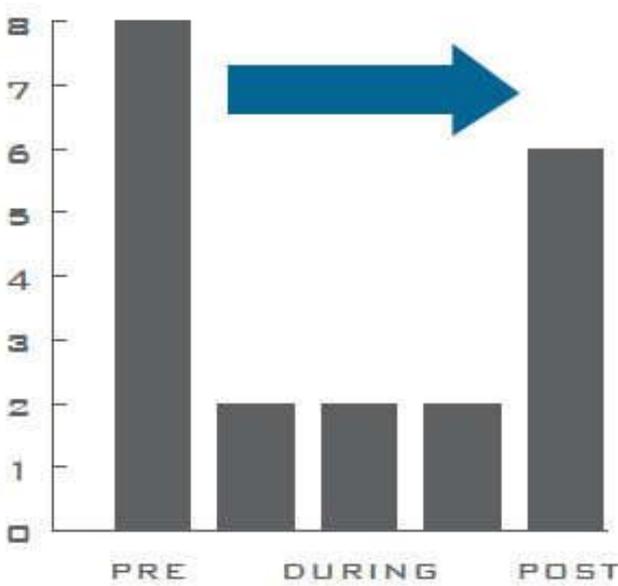
YES!!!

Hypertension Treatment



NO???

Addiction Treatment



STAGE OF TREATMENT

www.PrimaryCareBehavioralHealth.com
INTEGRATED CARE
 Training Academy



Percentage of Patients Who Relapse

TYPE 1 DIABETES



DRUG ADDICTION



HYPERTENSION



ASTHMA



www.drugabuse.gov



Guiding Principles

- Addiction is a *chronic health problem*
- Addiction is *treatable*
- Treatment of addiction is a *marathon*, not a sprint

Approach to Care..



© Can Stock Photo - csp27710924

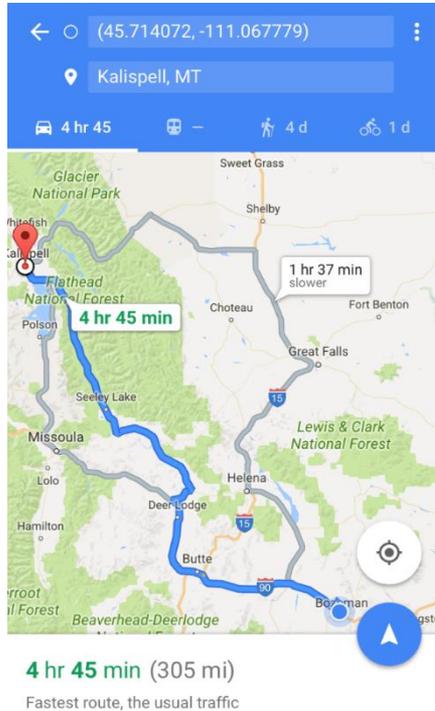
Primary Behavioral Health
INTEGRATED CARE
Training Academy



Guiding Principles

- The goal of treatment is *a healthy sober lifestyle*, not just the absence of addiction
- The treatment of addiction *enhances quality of care* for all mental and physical health problems
- Treatment of addiction, including MAT, is a team sport

Anchoring Framework



➤ **Access**

➤ **Person Centered**

➤ **Collaborative**

ACCESS

- ✓ Universal Screening
- ✓ Multiple Modalities of Treatment
- ✓ FDA approved medications
- ✓ Psychosocial supports



Primary Behavioral Health
INTEGRATED CARE
Training Academy

PERSON CENTERED

- ✓ Tailored Assessment and Treatment
- ✓ Trauma Informed
- ✓ Physical and Mental Health
- ✓ SDOH

SOCIAL DETERMINANTS OF HEALTH

The social determinants of health are the conditions in which we are born, we grow and age, and in which we live and work. The factors below impact on our health and wellbeing.



Childhood experiences



Housing



Education



Social support



Family income



Employment



Our communities



Access to health services

Source: NHS Health Scotland

COLLABORATIVE

- ✓ Multidisciplinary Team
- ✓ Partnerships (CBOs)



**KEEP
CALM
WE'RE THE
DREAM
TEAM**

Thank You!



Questions?

Comments?

Suggestions?