

The Opioid Crisis

Mindfulness-Based Interventions for the Treatment of Opioid Use Disorders: Research and Clinical Considerations

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OVERVIEW

- **Substance Use Disorders**
- **The Opioid Crisis**
- **Mindfulness-Based Relapse Prevention**
- **Research in Development**

What is ADDICTION?

Substance Use Disorder (DSM-5):

- A. Continued use despite health problems
- B. Interference with important activities
- C. Increased drug-seeking behavior
- D. Trying to quit without success
- E. Using more than intended
- F. Withdrawal when trying to quit
- G. Build up of tolerance
- H. Craving for substance
- I. Using despite social or personal problems
- J. Using in hazardous situations
- K. Missing work or school because of use

Addiction Severity:

2-3: *"Mild"*

4-5: *"Moderate"*

6+: *"Severe"*

How big of a problem is addiction?

Annual Cost of Substance Abuse?

Abuse of tobacco, alcohol, and illicit drugs is costly to our Nation, exacting more than **\$740 billion annually** in costs related to crime, lost work productivity and health

Opioid Use in America

Opioid Overdoses within Past Year

- U.S. in 2016: 60,000+ drug overdoses
- 21% higher than 2015
- Adults under 50: Leading cause of death



Opioid Use in Pennsylvania

Opioid Drug Overdoses (OD)

- 2016: 4,642 drug-related overdoses in PA
- 37% increase from 2015



Hedegaard H, et al., Drug overdose deaths in the United States, 1999–2016. NCHS Data Brief, no 294. Hyattsville, MD: Nat. Center for Health Statistics. 2017. DEA Philadelphia Division and the Univ. of Pittsburgh. (2017). Joint Intelligence Report. Analysis of Overdose Deaths in PA, 2016. DEA-PHL-DIR-034-17

Opioid Use in Pennsylvania

Opioid Drug Overdoses (OD)

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- 37% increase from 2015
- **Chester County:**
 - 2016: 97 overdoses
 - 2015-16: 53% increase in ODs



Addiction: Chronically Relapsing Disorder

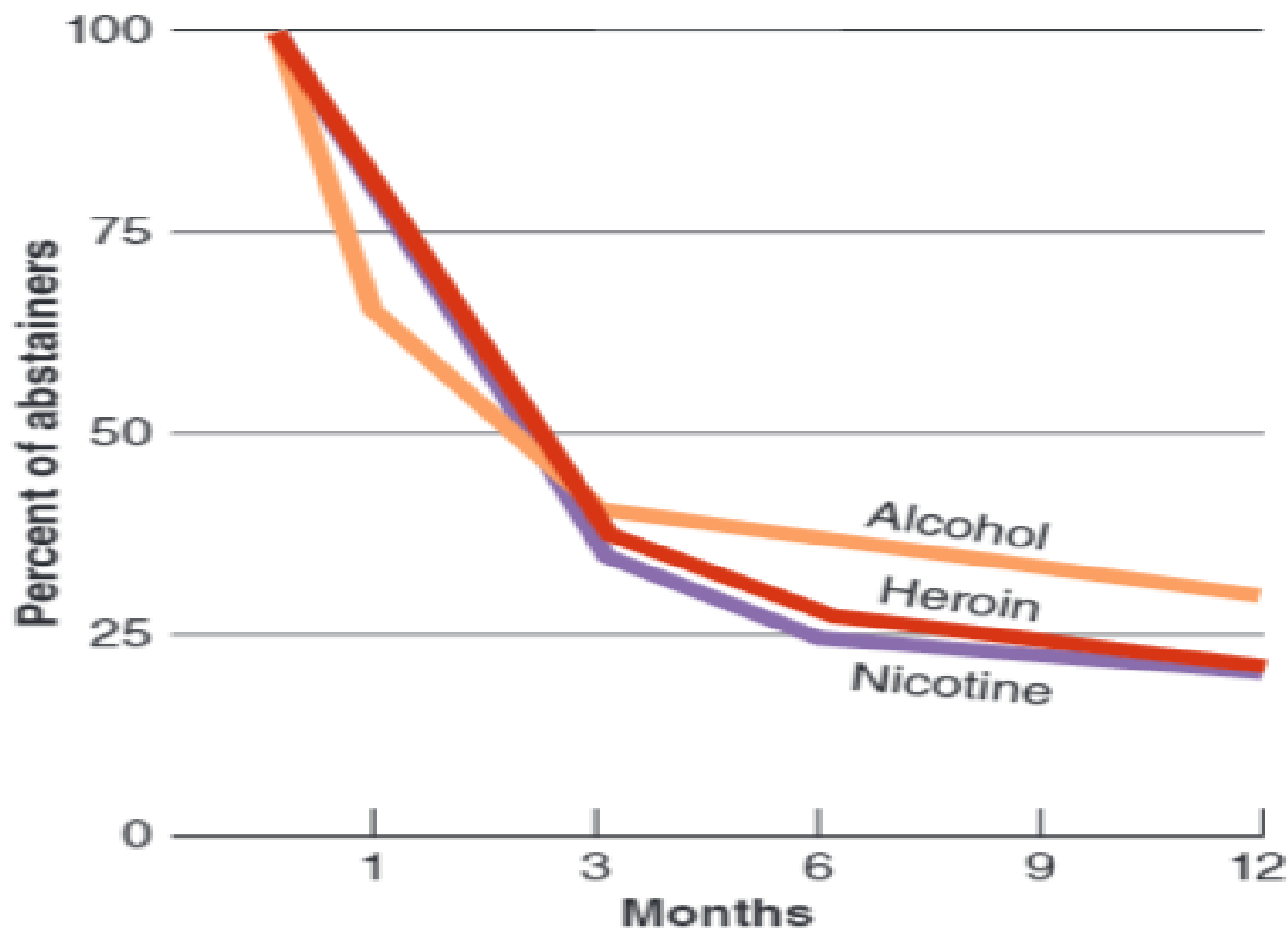
“Chronic, relapsing condition”

- 65% to 90% lapse first year following treatment
 - 50% in first 2 months

Opioid Relapse

- 91% following residential detoxification
- 59% within 1 week of treatment termination.
- ***Improved coping skills can result in less severe use at first lapse and lighter use thereafter***

Addiction: Chronically Relapsing Disorder



Behavioral Treatment

JAMA Psychiatry. doi:10.1001/jamapsychiatry.2013.4546
Published online March 19, 2014.

Research

Original Investigation

Relative Efficacy of Mindfulness-Based Relapse Prevention, Standard Relapse Prevention, and Treatment as Usual for Substance Use Disorders A Randomized Clinical Trial

Sarah Bowen, PhD; Katie Witkiewitz, PhD; Seema L. Clifasefi, PhD; Joel Grow, PhD; Neharika Chawla, PhD; Sharon H. Hsu, MS; Haley A. Carroll, BS; Erin Harrop, BS; Susan E. Collins, PhD; M. Kathleen Lustyk, PhD; Mary E. Larimer, PhD

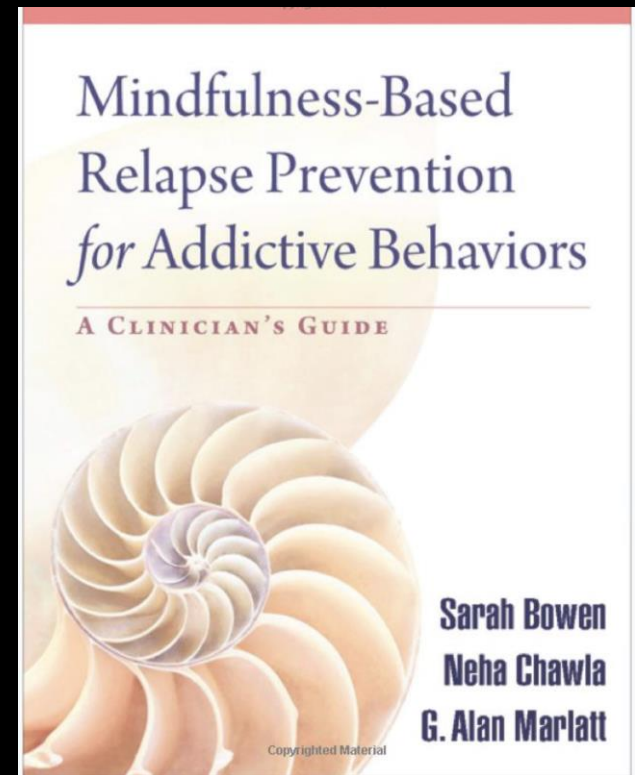
The logo for JAMA (The Journal of the American Medical Association) features the letters "JAMA" in a large, bold, red, sans-serif font. A registered trademark symbol (®) is located to the upper right of the letter "A".

The Journal of the American Medical Association

Relapse Prevention

Mindfulness-Based Relapse Prevention (MBRP)

- Integrates evidenced-based practices (i.e., CBT) to decrease the probability and severity of relapse.
- Training in meditation to increase mindfulness of emotional and cognitive experiences.



Bowen, Chawla, & Marlatt (2011). *Mindfulness-Based Relapse Prevention for Addictive Behaviors: A Clinician's Guide*. Guilford Press.

Relapse Prevention

Goals of MBRP:

1. Awareness of personal triggers and habitual reactions; learn to create a pause in seemingly automatic processes.
2. Change relationship to discomfort, learn to recognize challenging emotional and physical experiences; responding in skillful ways.
3. Foster nonjudgmental, compassionate approach toward self.
4. Build lifestyle supportive of mindfulness practice and recovery.

Research Focus

Improving Treatment for Opioid Addiction: A Pilot Mindfulness-Based Relapse Prevention (MBRP) Study

Gaudenzia: Large non-for-profit provider of SUD services in PA, DE, MD, DC; Serving 20,000 patients/year

Gaudenzia West Chester House (GWCH):

- Residential service (60 patients/month)
- Length of stay: 32-60 days
- Discharge and follow-up services
 - **Vivitrol (extended-release naltrexone)**



OUD Medication Assisted Treatment (MAT)

- **Vivitrol: Extended-Release Naltrexone; XR-NTX**
 - Monthly intramuscular injection
 - Opioid Antagonist (blocks opioid receptors)
 - Reduces craving and prevents relapse
 - Efficacious in reducing relapse and overdoses

Lee et al., 2017, The Lancet



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***FDA advocates for adjunctive psychosocial interventions
XR-NTX addresses biological aspect of addiction.***



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Improving Treatment for Opioid Addiction: A Pilot Mindfulness-Based Relapse Prevention (MBRP) Study

GWCH

open enrollment

OD: XR-NTX

**Enrollment &
Assessment**

Research Focus

Improving Treatment for Opioid Addiction: A Pilot Mindfulness-Based Relapse Prevention (MBRP) Study

GWCH
open enrollment
OUD: XR-NTX

Treatment As
Usual (TAU)

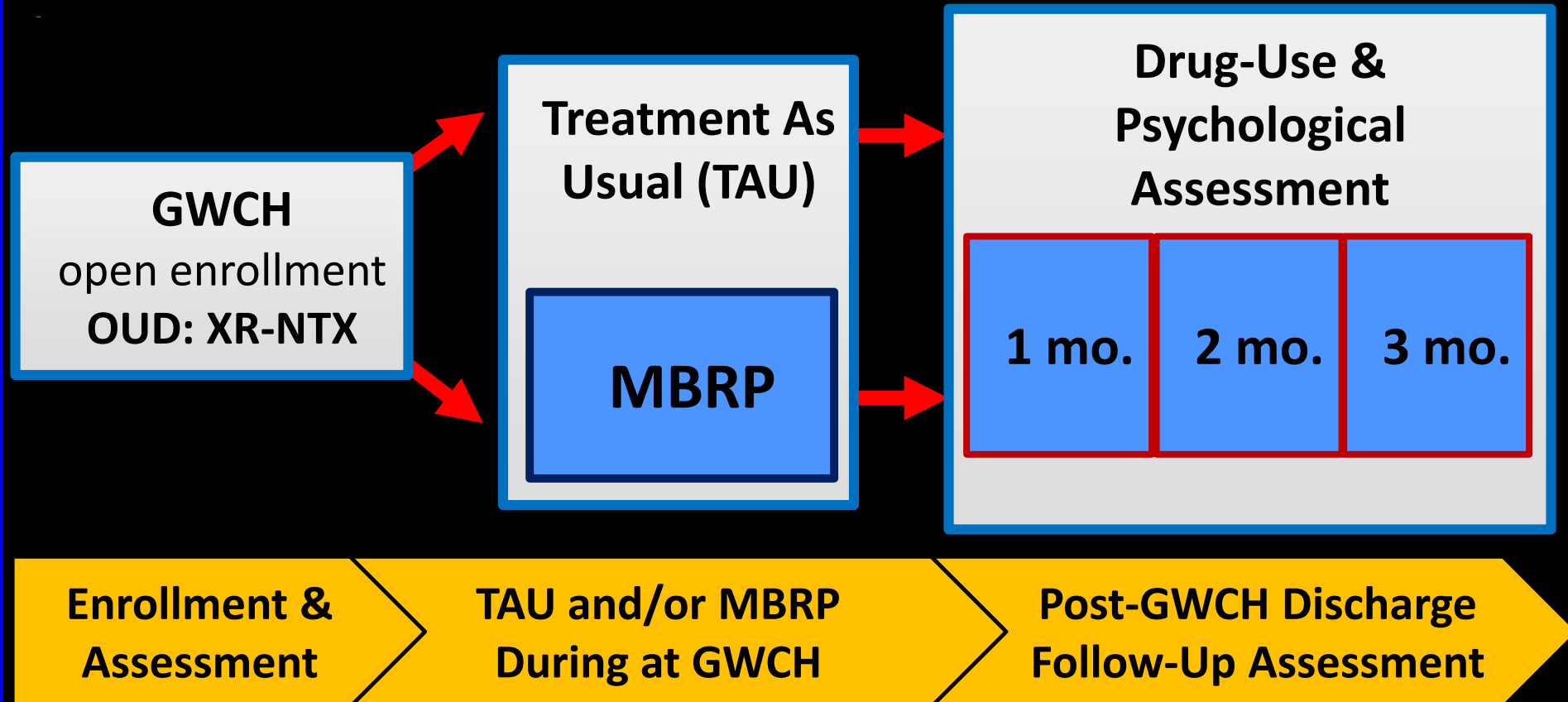
MBRP

Enrollment &
Assessment

TAU and/or MBRP
During at GWCH

Research Focus

Improving Treatment for Opioid Addiction: A Pilot Mindfulness-Based Relapse Prevention (MBRP) Study



Research Focus

Improving Treatment for Opioid Addiction: A Pilot Mindfulness-Based Relapse Prevention (MBRP) Study

Hypotheses: MBRP patients (relative to TAU)

- Fewer positive UDS during follow-up
- Greater adherence to XR-NTX medication
- Greater emotion-focused coping
- Greater improvements in overall psychological health



Treatment-Research Program Aims

- Optimize treatments that combine pharmacological (i.e., XR-NTX) and behavioral (i.e., MBRP) approaches
- Reduce frequency and severity of opioid relapse
- Increase quality of life for those suffering with OUD



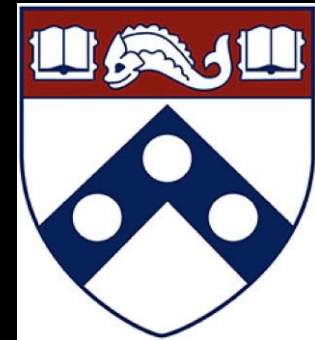
Thank You



West Chester University
Department of
Psychology



Gaudenzia, Inc.
Addiction Treatment
& Recovery



Center for Studies of Addiction
University of Pennsylvania
Perelman School of Medicine