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Disclosures

- Dr. Berry has no disclosures to report.
Comprehensive Opioid Addiction Treatment (COAT) Program

- West Virginia University started using buprenorphine in 2004 (treated ~2500 patients)
  - Group Based: Medical Management directly followed by Group Therapy
  - Step Based: Advance through 4 treatment phases
  - Varied Groups: Male only, female only, mixed gender, pregnant
- Currently treat ~500 patients in 53 groups at Morgantown, WV site
- Training environment: medical students, medical residents, social workers, nurses, pharmacists, peer recovery coaches
- Expanding in West Virginia via ECHO and Hub-Spoke
# COAT Clinic Phases

<table>
<thead>
<tr>
<th>Beginner</th>
<th>Intermediate</th>
<th>Advanced</th>
<th>Maintenance</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-90 days abstinence</td>
<td>91-365 days abstinence</td>
<td>&gt; 365 days abstinence</td>
<td>&gt; 3 years abstinence</td>
</tr>
<tr>
<td>Weekly group therapy (8-12 patients)</td>
<td>Bi-weekly group therapy (8-12 patients)</td>
<td>Monthly group therapy (8-12 patients)</td>
<td>Every other month medication management session</td>
</tr>
<tr>
<td>Written report/no signatures required for peer meetings</td>
<td>Mandatory peer meetings no longer required</td>
<td>Monthly individual therapy no longer required</td>
<td></td>
</tr>
<tr>
<td>Monthly individual therapy</td>
<td>Monthly individual therapy</td>
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</tbody>
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- Infectious disease screening
- Referral for psychiatric services if necessary
- Referral for other medical conditions if necessary
### Current Outcomes of COAT

#### Retention
- Weekly groups: 49%-50%
- Beyond weekly groups: 65% - 84%

#### Abstinence* (n = 499)
- 71% have attained 90 days continuous
- 207 pts > 1 yr continuous
- 123 pts > 3 yrs continuous
- 16 pts > 10 yrs continuous

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*Abstinence defined as using MAT as prescribed and no use of any intoxicating substance (including THC or ETOH)*
West Virginia COAT Model

Guiding Principles
- Medication alone is not sufficient
- Group therapy and psycho-education is efficient and effective
- Med management and therapy should be linked together
- Require regular participation in 12-step/peer recovery groups
- Encourage abstinence from all intoxicating substances
- Goal is to increase quality of life and decrease mortality

Benefits
- Address bio-psycho-social domains
- Build cohesion and create healthy culture
- Shared learning environment
- Maximize structure while being financially sustainable
- Reward and sense of accomplishment
- Increase access
- Minimize provider burnout
- Multidisciplinary training opportunities
- Replicable (e.g. Private office, FQHC, tele-health)