

ASAM Review Course in Addiction Medicine

Lessons from the PHP Experience for Drug Treatment

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History

- Modern drug treatment traces its roots to Synanon, Methadone Maintenance and the Minnesota Model from Hazelden
- Treatment joined law enforcement in the "balanced" drug strategy of the nation in 1971
- More recently, a new approach to the management of substance abusers has evolved in two unrelated and somewhat improbable locations
 - The treatment of addicted physicians
 - The criminal justice system

A New Paradigm

- This new approach features intensive, long-term monitoring linked to swift and certain, but not necessarily severe, consequences for any use of alcohol or other drugs of abuse together with a mix of substance abuse treatment and the 12-steps

Paradigms in the Care Management of Substance Use Disorders

OLD PARADIGM	NEW PARADIGM
<ul style="list-style-type: none"> Short duration Expectation of relapse to alcohol and other drug use No testing or infrequent, scheduled drug testing Response to the use of alcohol or drug use is inconsistent, long delayed and usually meaningless – or unpredictably draconian 	<ul style="list-style-type: none"> Insistence on abstinence from any alcohol or other drug use Long duration of monitoring with frequent, random drug testing Violations, including any use of alcohol or other drugs, is met with swift, certain and meaningful, but not severe, consequences Formally or informally linked to both 12-steps and treatment

PHPs

- Set the standard for long-term good outcomes
- 2005 study of 904 addicted physicians in treatment and monitoring for 5 years or longer
 - Tom McLellan: Co-Principal Investigator

PHPs

- Careful initial evaluation
- Intensive, high quality treatment (mostly residential and mostly for 1 to 3 months)
- Random drug and alcohol testing for 5 years or longer
- Zero tolerance for any use of alcohol or drugs

PHPs

- The consequences of leaving the PHP or relapse to substance use include risk of being removed from practice and of losing the license to practice medicine
- Close linkage to community support
 - Mostly, but not only, the 12-Step fellowships of Alcoholics Anonymous and Narcotics Anonymous

PHPs

- 904 physicians admitted to 16 state PHP programs found that:

88%	Met Diagnosis for Substance Dependence
10%	Met Diagnosis for Alcohol or Substance Abuse
2%	Were Physicians who had Previously Completed on PHP Contract and Volunteered to Sign Another to Extend Monitoring

PHPs

- Of the 802 physicians seen for 5 years or longer at the end of this episode of care:

64%	Completed Contract
16%	Extended Contract/Voluntarily Signed New Contract
28%	Failed to Complete Contract/No Longer Monitored

PHPs

- Of physicians who completed or extended their contracts
 - 81% had no relapse and abstained from drugs and alcohol for the full length of monitoring
 - 19% had at least one positive drug test result
 - Among those detected only 26% had a repeat positive test over the 5 year duration

PHPs

- Over the period of monitoring only 0.5% of all tests were positive for either alcohol or other drugs of abuse
- In other words: 99.5% of tests were negative

PHPs

- At last contact

78%	Of All Physicians Were Licensed and Working as Physicians
11%	Had Their Licenses Revoked
4%	Retired or Left the Practice of Medicine
3%	Unknown

PHP Conclusions

- PHPs offer drug- and alcohol-using physicians the opportunity, motivation, and support to achieve long-term recovery
 - Tight monitoring linked to swift, certain and meaningful consequences leads to few relapses over long periods of time
 - Long-term involvement in the 12-Step programs contributes to these outstanding outcomes
 - Physicians had excellent treatment not only for substance use disorders but also comorbid disorders

Criticism

- Critics of generalizing from the PHP experience often argue that physicians are an unrepresentative patient population
- "Doctors are not representative of anything in the 'real world' of addiction!"

Response

- Shift to the Criminal Justice System
 - The heaviest drug users
 - The drug users who create the highest societal costs
 - The drug users with the poorest prognoses
- Two CJS programs reduce recidivism and reduce incarceration while reducing drug and alcohol use
 - Hawaii's Opportunity Probation with Enforcement (HOPE)
 - South Dakota's 24/7 Sobriety Project

HOPE Probation

- Manages convicted felons who are usually identified as highly likely to violate their conditions of community supervision
- Smoked crystal methamphetamine is the most commonly used drug

HOPE Probation

- Probationers are initially informed by a judge about the rules including that they are subject to intensive random drug testing
- Detected violations of probation (drug use, missed drug tests, missed appointments, etc.) are met with certain, swift, short-term incarceration
- A hearing with a Judge is usually held within 48 to 72 hours after incarceration

HOPE Probation

- About 85% of HOPE probationers complete the program (which can last up to 6 years) without substance abuse treatment

HOPE Probation

- In a 12-month period

61%	Of HOPE Probationers had ZERO Positive Drug Tests
20%	Had ONE Positive Drug Test
9%	Had TWO Positive Drug Tests
5%	Had THREE Positive Drug Tests
< 5%	Had FOUR OR MORE Positive Drug Tests

HOPE Probation

- A randomized controlled study compared probationers assigned to HOPE to individuals assigned to standard probation
- After one year, HOPE probationers were
 - 55% less likely to be arrested for a new crime
 - 72% less likely to use drugs
 - 61% less likely to miss appointments with their supervisory officers
 - 53% less likely to have their probation revoked
 - Sentenced on average to 48% fewer days of incarceration

HOPE Conclusions

- Drug testing with clear, known and immediate sanctions drive HOPE probationers to comply with rules of probation including remaining drug-free

24/7 Sobriety

- Serves Driving While Intoxicated (DWI) offenders
 - 48% of whom have 3 or more DWI convictions
- Uses intensive alcohol and drug testing
 - Participants must either undergo twice-daily alcohol breath tests conducted at a local police station or wear continuous transdermal monitoring bracelets
 - Participants also subject to regular drug urinalyses or must wear a drug patch to detect drug use

24/7 Sobriety

- Any positive drug test results in an immediate short-term stay in jail
- All missed appointments result in immediate issuance of arrest warrants

24/7 Sobriety

- Of participants subject to twice-daily alcohol breath tests

66.6%	Fully Compliant with the Program Requirements, Never Missing a Test or Providing a Single Positive Sample or Missing an Appointment
17.1%	Failed Only Once
9.7%	Failed Only Twice

24/7 Sobriety

- Of participants subject to transdermal alcohol bracelet monitoring, 78% fully abstained from alcohol use
- The majority of all tests given on any particular day were negative

99.6%	Twice-Daily Alcohol Breath Tests
98%	Urinalysis Tests
92%	Drug Patches

24/7 Conclusions

- This low-cost innovative program deals with an entirely different population
- Intensive testing linked to swift, certain consequences that are serious but not severe
- The program functions without formal link to substance abuse treatment

The Criminal Justice System Connection

- The experiences of HOPE and 24/7 Sobriety demonstrate the central role of the intensive monitoring of alcohol and other drug use with swift and certain consequences for any substances use
- They demonstrate how these strategies can be applied successfully to populations quite different from physicians

Intense Leverage Used to Enforce the No-Use Standard

- For PHPs the leverage is removal from practice and ultimately the threat of loss of the physician's medical license
- For HOPE and 24/7 Sobriety, leverage is immediate brief incarceration

Conclusion

- The best medical care for addicted people include interventions that
 - Endure for extended periods of time
 - Carefully monitor substance use
 - Stop alcohol and drug use by actively managing using swift, certain and meaningful consequences for any alcohol or drug use

Conclusion

- These three programs are the basis of a new paradigm for managing substance use disorders by actively managing the ENVIRONMENT in which decisions to use and not to use alcohol and other drugs are made

"It's the Environment, Stupid!"

The solution to the problem of addiction starts with the nonusers in the environment in which decisions to use and not to use are made

The PHP experience shows the substance dependent user must embrace and incorporate the changes in behaviors and thoughts but those inner changes are promoted – or retarded – by the users' environments

THANK YOU!