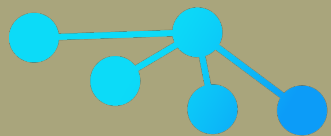


# Treatment of Opioids in Psychosocial and Recovery-Based Programs (TOPP Project)

David C. Hodgins, Amber Heyd and Capri Rasmussen



**CANADIAN RESEARCH  
INITIATIVE IN  
SUBSTANCE MISUSE**

**INITIATIVE CANADIENNE  
DE RECHERCHE  
EN ABUS DE SUBSTANCE**

**I would like to acknowledge and pay tribute to the traditional territories of the peoples of Treaty 7 located in the heart of Southern Alberta, which include the Blackfoot Confederacy (comprised of the Siksika, the Piikani, and the Kainai First Nations), the Tsuut'ina First Nation, and the Stoney Nakoda (including Chiniki, Bearspaw, and Goodstoney First Nations). The City of Calgary is also home to the Métis Nation of Alberta (Districts 5 and 6).**



# Outline



CRISM



TOPP Project Background



Scoping Review



Treatment Survey



Case Studies



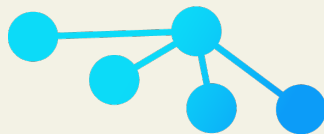
Practice Support Document

# CRISM

## Canadian Research Initiative in Substance Misuse (CRISM)

Started in 2014 by CIHR

5 Nodes across Canada led by Evan Wood (BC), David Hodgins (Prairies), Jurgen Rehm (ON), Julie Bruneau (QC), Sherry Stewart (AT)



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crism.ca



## CANADIAN RESEARCH INITIATIVE IN SUBSTANCE MISUSE

### FEATURE EVENT

- Join us for an upcoming webinar for the latest on treating Opioid Use Disorder (OUD) in psychosocial settings! Explore a new practice support document designed for addiction service providers, informed by a national survey and key stakeholder input. Discover insights from the CRISM Treatment of Opioids in Psychosocial and Recovery-Based Programs (TOPP) project, including a scoping review, survey results, and key stakeholder interviews. Learn key principles to integrate into your OUD treatment programs and connect with CRISM members for additional support. Thursday February 8, 2024 10 am Pacific, 11 am Mountain, 12 pm Central, 1 pm Eastern, 2 pm Atlantic Duration: 1.5 hours Resources:
  - Video Introduction – TOPP Practice Support Document
  - Présentation vidéo – Document de référence des pratiques TOPP
  - Supporting Individuals with Opioid Use Disorder in Psychosocial Programs: A Practice Support



### CRISM OBJECTIVES

- Identify and/or develop the most appropriate clinical and community-based interventions for substance use disorders

# TOPP Project: Background

**Goal:** To understand of the current status of the treatment of opioid use disorder within the psychosocial treatment system

**PI:** David Hodgins (University of Calgary, AB)

**Leadership Group:** Cam Wild (University of Alberta, AB); Lena Quilty (CAMH, ON); Lois Jackson (Dalhousie University, NS); Simon Debreucq (CHUM, QC)

Funded through **CRISM** Emerging Health Threat (EHT) Implementation Science Program on Opioid Interventions and Services

# Two worlds



<https://www.insum.ca/progressive-web-apps-two-worlds-colliding-everyone-benefits/>

# TOPP Project Activities



Scoping Review



Treatment  
Survey



Case Studies



Scoping  
Review  
Research  
Question

- What do we know about psychosocial approaches to treating OUD (with or without pharmacotherapy?)

# Scoping Review

Drug and Alcohol Dependence 218 (2021) 108434



ELSEVIER

Contents lists available at [ScienceDirect](#)

## Drug and Alcohol Dependence

journal homepage: [www.elsevier.com/locate/drugalcddep](http://www.elsevier.com/locate/drugalcddep)



### Forty-eight years of research on psychosocial interventions in the treatment of opioid use disorder: A scoping review

T. Cameron Wild<sup>a,\*</sup>, Fadi Hammal<sup>a</sup>, Myles Hancock<sup>a</sup>, Nathan T. Bartlett<sup>a</sup>,  
Kerri Kaiser Gladwin<sup>a</sup>, Denise Adams<sup>a</sup>, Alexandra Loverock<sup>a</sup>, David C. Hodgins<sup>b</sup>

<sup>a</sup> School of Public Health, University of Alberta, Canada

<sup>b</sup> Department of Psychology, University of Calgary, Canada



# Observations

- Very little Canadian research
- 183 RCTs.
- 80% focus on the effect of adding a psychosocial treatment to pharmacotherapies (methadone) – mixed results but generally supportive, especially for individuals with comorbid mental health.
- Psychosocial treatment investigated are diverse-
  - Contingency management
  - Cognitive-behavioural therapy
  - Generic counselling
  - Group therapy
- Little research on stand-alone psychosocial treatments (n = 29)

## RESEARCH ARTICLE

# Evaluating comparative effectiveness of psychosocial interventions adjunctive to opioid agonist therapy for opioid use disorder: A systematic review with network meta-analyses

Danielle Rice<sup>1,2</sup>, Kimberly Corace<sup>1,3,4,5</sup>, Dianna Wolfe<sup>1</sup>, Lella Esmaeilisaraji<sup>1</sup>, Alan Michaud<sup>1</sup>, Alicia Grima<sup>1</sup>, Bradley Austin<sup>1</sup>, Reuben Douma<sup>1</sup>, Pauline Barbeau<sup>1</sup>, Claire Butler<sup>1</sup>, Melanie Willows<sup>3,4,5,6</sup>, Patricia A. Poulin<sup>1,7,8</sup>, Beth A. Sproule<sup>9,10</sup>, Amy Porath<sup>11</sup>, Gary Garber<sup>1,12,13</sup>, Sheena Taha<sup>11</sup>, Gord Garner<sup>14</sup>, Becky Skidmore<sup>1</sup>, David Moher<sup>1,12</sup>, Kednapa Thavorn<sup>1,12</sup>, Brian Hutton<sup>1,12\*</sup>

**1** Ottawa Hospital Research Institute, Ottawa, Ontario, Canada, **2** Department of Psychology, McGill University, Montreal, Quebec, Canada, **3** Substance Use and Concurrent Disorders Program, The Royal Ottawa Mental Health Centre, Ottawa, Ontario Canada, **4** Department of Psychiatry, Faculty of Medicine, University of Ottawa, Ottawa, Ontario, Canada, **5** Institute of Mental Health Research, University of Ottawa, Ottawa, Ontario, Canada, **6** Faculty of Medicine, Department of Family Medicine, University of Ottawa, Ottawa, Ontario, Canada, **7** Department of Anesthesiology and Pain Medicine, Faculty of Medicine, University of Ottawa, Ottawa, Canada, **8** Pain Clinic, Ottawa Hospital, Ottawa, Ontario, Canada, **9** Department of Pharmacy, Centre for Addiction and Mental Health, Toronto, Ontario, Canada, **10** Leslie Dan Faculty of Pharmacy and Department of Psychiatry, University of Toronto, Toronto, Ontario, Canada, **11** Canadian Center on Substance Use and Addiction, Ottawa, Ontario, Canada, **12** School of Epidemiology and Public Health, University of Ottawa, Ottawa, Ontario, Canada, **13** Public Health Ontario, Toronto, Ontario, Canada, **14** The Community Addictions Peer Support Association (CAPSA), Ottawa, Ontario, Canada

© These authors contributed equally to this work.

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## OPEN ACCESS

**Citation:** Rice D, Corace K, Wolfe D, Esmaeilisaraji L, Michaud A, Grima A, et al. (2020) Evaluating comparative effectiveness of psychosocial interventions adjunctive to opioid agonist therapy for opioid use disorder: A systematic review with network meta-analyses. PLoS ONE 15(12): e0244401. <https://doi.org/10.1371/journal.pone.0244401>

# TOPP Project Activities



Scoping Review




Treatment  
Survey



Case Studies

# Treatment of Opioid Use Disorder in Canadian Psychosocial Addiction Programs: A National Survey of Policy, Attitudes, and Practice

Traitement du trouble lié à l'utilisation d'opioïdes dans des  
programmes canadiens de dépendance psychosociale : un sondage  
national des politiques, des attitudes et de la pratique

David C. Hodgins, PhD<sup>1</sup> , Mathew Budd, MSc<sup>1</sup>, Gail Czukar, MA, LLB<sup>2</sup>,  
Simon Dubreucq, MD, MSc<sup>3</sup>, Lois A. Jackson, PhD<sup>4</sup>, Brian Rush, PhD<sup>5</sup>,  
Lena C. Quilty, PhD<sup>6</sup>, Denise Adams, PhD<sup>7</sup>, and T. Cameron Wild, PhD<sup>7</sup>

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La Revue Canadienne de Psychiatrie  
2022, Vol. 67(8) 638-647  
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DOI: 10.1177/07067437221082858  
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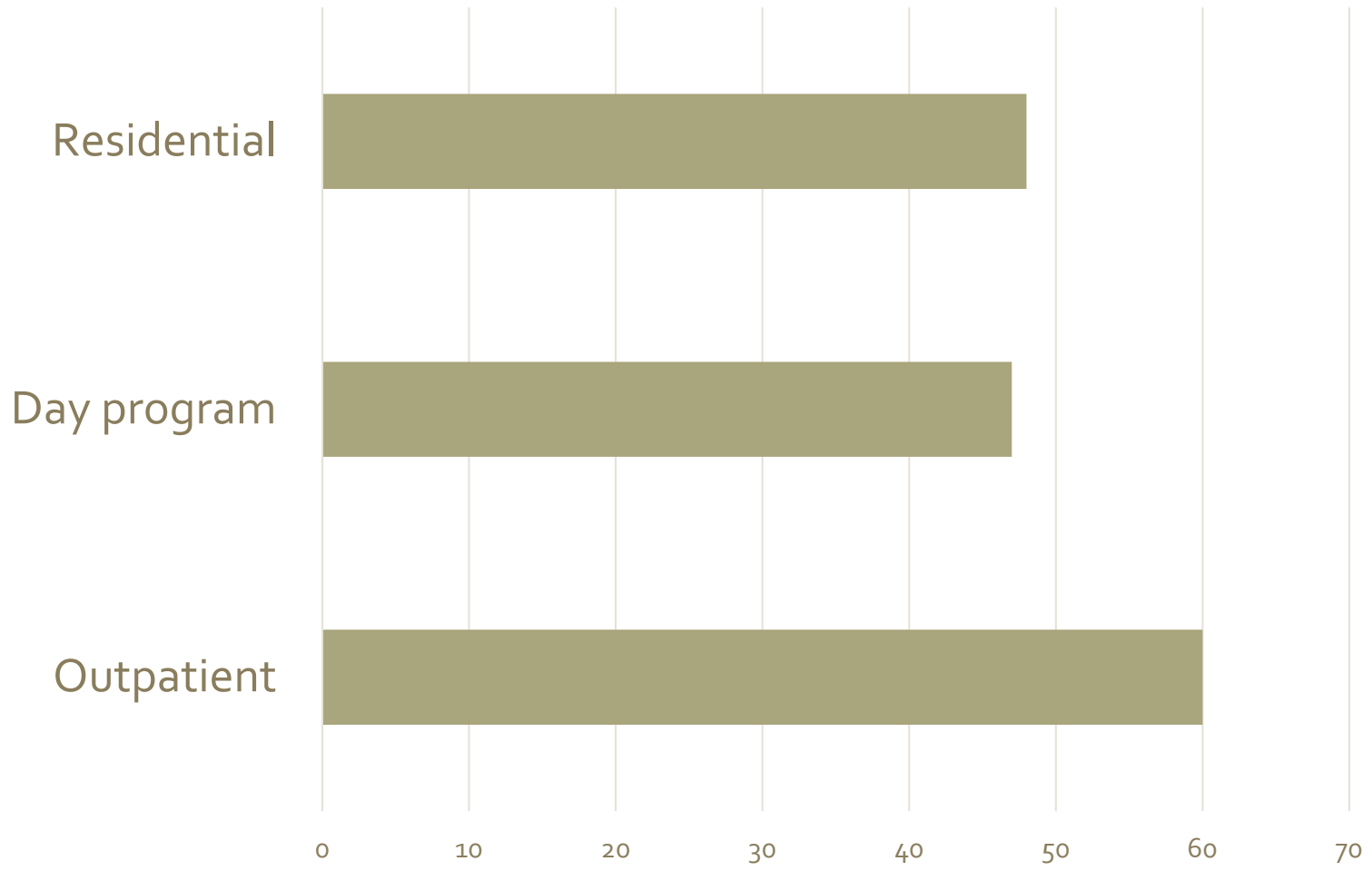


# Adult Treatment Survey

- Cross-sectional survey, 214 surveys completed (676 eligible)
- Excluded OAT (e.g., Methadone/ODP Clinics) and Detox Facilities
- English and French.

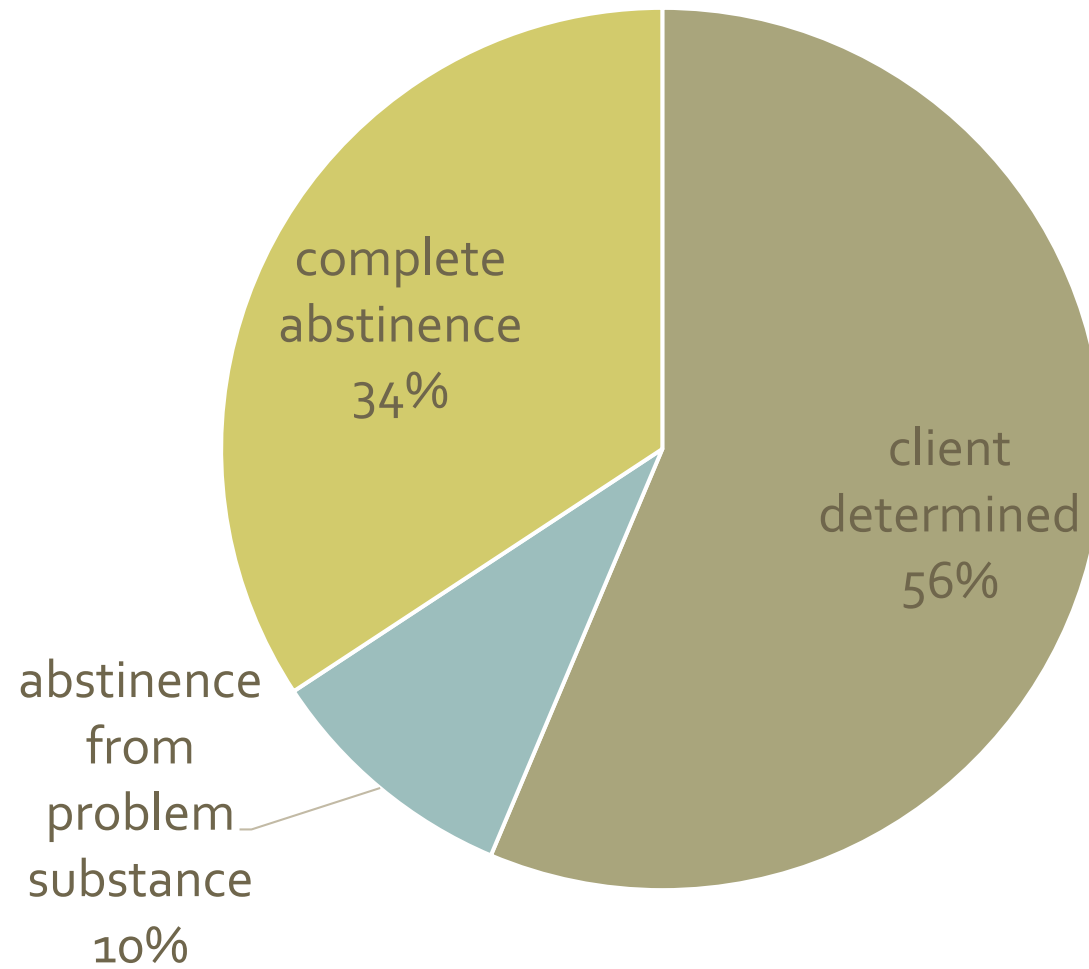
# Program Profile

Programs offered (%)





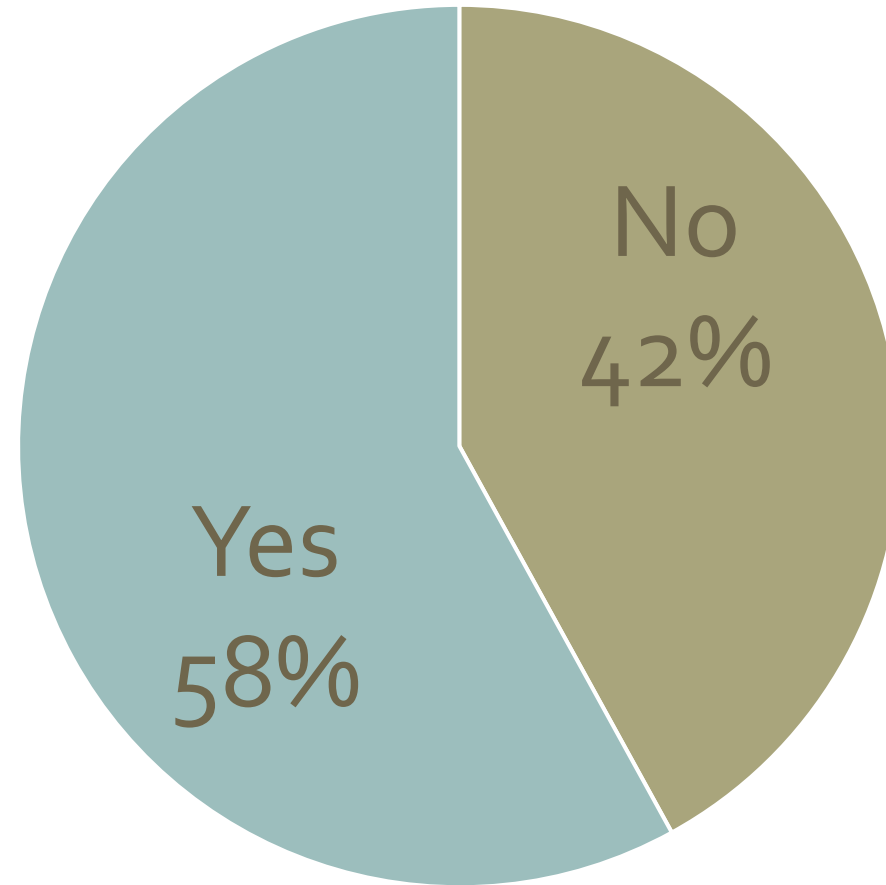
# Treatment Goals



## Client Problems

- Opioids identified as a major reason for treatment – 25% of clients
- Alcohol (50%)
- Stimulants ( 30%)
- Cannabis (20%)

Specialized  
services for  
OUD clients



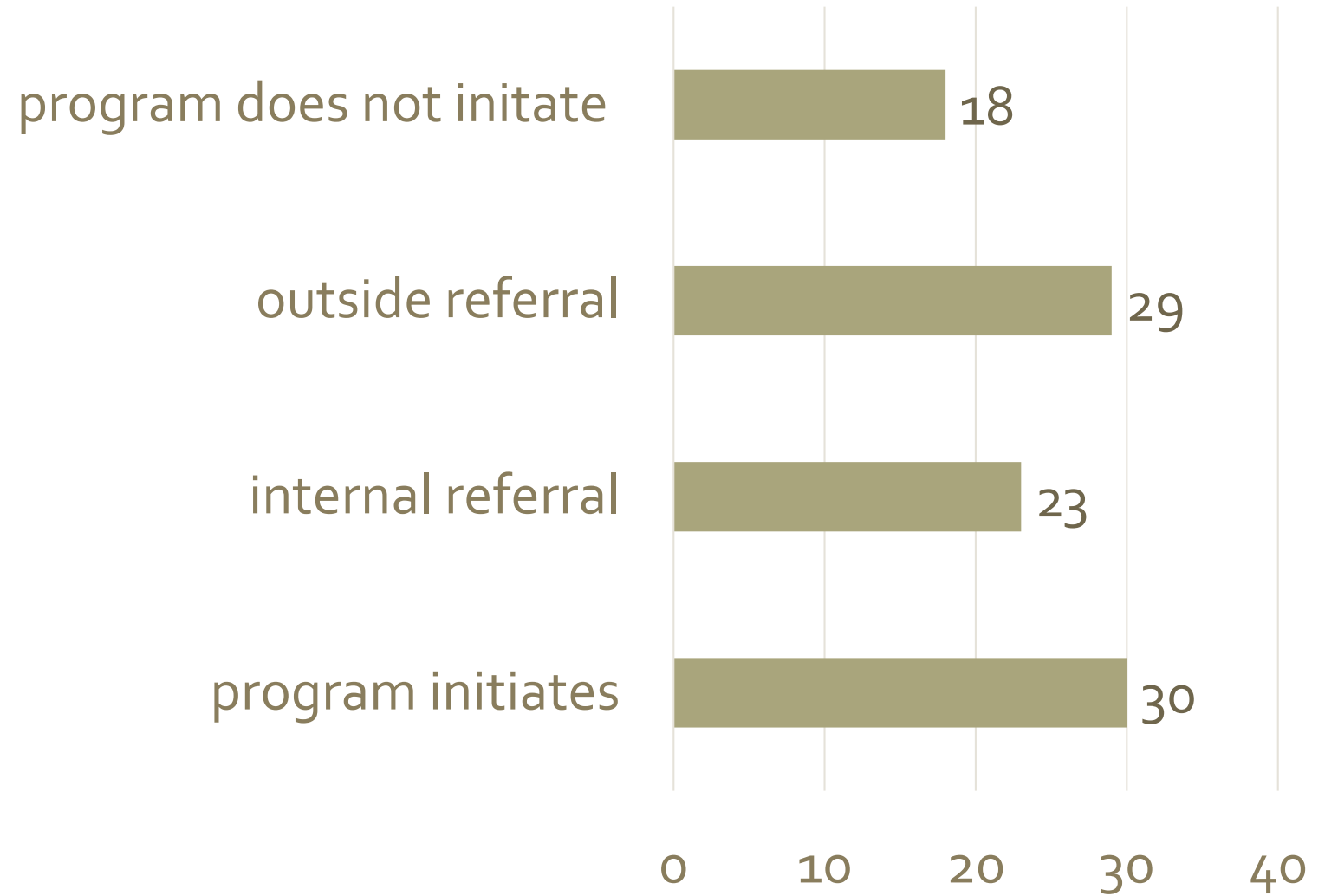
## Specialized services for OUD

- OAT- 77%
- Counselling specific to OUD – 35%
- OAT/RAAM referral – 15%
- Harm reduction- 15%

## Admitting clients on OAT

- Most programs admitted clients on OAT- 88%
- Few programs encouraged tapering – before (6%) or during treatment (14%) – mostly abstinence-focused programs

# OAT facilitation



Proportions of  
clients with  
OUD receiving  
OAT (n = 150)

- Median proportion- 28%
- Mode- 0
- <10% - 38%
- >90% - 19%

## Perceived outcomes for OUD

- Clients experience worse outcomes-  
32%
- Clients experience better outcomes-  
18%
  - Mostly programs who initiate directly  
or internally
- Clients are more likely to not  
complete treatment – 42%



## Perceived barriers

- Barriers are practical, not philosophical
  - Lack of staff or facilities – 74%
  - Lack of safe storage – 28%
  - Lack of medical staff- 23%

## Naloxone kits on site

- Most programs offer overdose response kits on site – 86%
- Those not providing kits are willing if resources provided – 67%

## Good and Bad News

- Strong willingness to provide OAT (over 80%)
- Proportion of Clients receiving OAT is low – median 28%
- Barriers are logistical – staff training, prescribers, dispensers, funding
- Lack of outcome data – but internal programs perceived to have better outcomes

# TOPP Project Activities



Scoping Review



Treatment  
Survey



Case Studies

## Case Studies

- Qualitative interviews with self-identified model programs
  - 14 semi-structured interviews completed
  - Model program summary report completed
  - Development of KT resource
  - Dissemination and evaluation of resource

# Supporting Clients with OUD in Psychosocial Programs

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**Objective:** To identify knowledge and practice principles for clients with OUD in psychosocial and recovery-based treatment programs, with a specific focus on understanding their unique needs and identifying key principles for effective treatment delivery.

---

What is important to know for clients with OUD in psychosocial and recovery-based treatment programs?

What are key practice principles for providing treatment for clients with OUD within a variety of psychosocial settings, including outpatient, day programs and residential treatment?

## Findings

- Lack of targeted psychosocial interventions for OUD
- Outside of OAT and naloxone distribution, there is a lack of clear differentiation for the treatment of OUD compared to other SUDs
- Identified need for improved evaluation methods for treatment of OUD within treatment settings – including short-, mid- and long-term outcomes across a variety of domains
- Key practice principles identified

# Key practice principles

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Integration of Opioid Agonist Treatment

---

Individually-centred & Recovery-oriented

---

Anti-racism & Cultural Safety

---

Indigenous Cultural Safety

---

Gender-affirming Care & Approach

---

Trauma-informed Care

---

Peer Support

---

Continuity of Care

---

Network of Services

---

Telehealth & Virtual Services

---

Case Management

---

Naloxone & Harm Reduction

---

Quality Improvement & Evaluation

---



KT resource

Supporting Individuals with  
Opioid Use Disorder in  
Psychosocial Programs:  
A Practice Support Document



**CRISM-ICRAS**

Canadian Research Initiative  
in Substance Misuse Initiative Canadienne de  
Recherche en Abus de Substance



**CIHR IRSC**

Canadian Institutes of Health Research  
Instituts de recherche en santé du Canada

# Resources

- [Treatment of Opioids in Psychosocial and Recovery-based Programs \(TOPP\) – CRISM](#)
  - Treatment Survey Report, Infographic and Publication
  - Scoping Review Publication and interactive dashboard of results
  - Practice Support Document (English and French)

# Case Study Aventa



AVENTA



CENTRE OF EXCELLENCE FOR WOMEN WITH ADDICTIONS

54

CELEBRATING 54 YEARS  
1970 – 2024

Incorporating curriculum materials by Dr. Stephanie Covington, Aventa provides concurrent capable, trauma informed, gender responsive addiction treatment programs to meet the unique needs of women.

The live-in programs include Phase II (7 weeks), Young Adult Treatment (90 days) and Phase III (14 weeks). Aventa also provides on-site medical services, FASD prevention and intervention, and aftercare and alumnae programs.

26% of the Clients admitted into Aventa's programs were involved with Opioid Agonist Therapy (OAT). (2022-2023)

[www.avena.org](http://www.avena.org) Phone: 403.245.9050

# Case Study Aventa

- Tips for Success for OAT in Live-in Addiction Treatment Environments
- Congruence with agency philosophies
- Identify Champions
- Staff buy in and readiness
- Staff education and training
- Pharmacy partnership
- Continuity of care and collaboration
- Onsite medical services
- Medication Management procedures
- Integrate overdose prevention strategies



Case Study  
Aventa

## Possible Challenges of OAT in Live-in Addiction Treatment Environments

Change management

Client funding for OAT

Dosing changes during treatment

Other Clients' beliefs

Managing carries

Witnessing doses

Accessing community services

## Case Study Aventa

### Alberta Resources

AHS Opioid Dependency Program

<https://www.albertahealthservices.ca/info/Page3086.aspx>

Alberta ODT Virtual Training Program (free)

<https://www.albertahealthservices.ca/info/Page17400.aspx>

Alberta's Virtual Opioid Dependency Program (VODP) <https://vodp.ca/>

Opioid Agonist Therapy Gap Coverage Program

<https://www.alberta.ca/opioid-agonist-therapy-gap-coverage-program>

The image is a composite of two parts. The left part shows a dense, tangled mass of ropes in red, yellow, and green, with a semi-transparent dark grey box overlaid on it. The right part shows a single ball of yellow rope on a white background, with a hand-drawn sun in black ink to its right. The sun has several straight lines radiating from it and a face with three horizontal lines for a mouth and a single line for a chin.

# Feedback and Discussion

# Accessing the Materials

Please complete our evaluation at

- <https://www.surveymonkey.com/r/3KM5GCV>
  - CRISM national website: [crism.ca](http://crism.ca)
    - <https://crism.ca/treatment-of-opioids-in-psychosocial-and-recovery-based-programs-topp/>
  - CRISM Prairies website: [crismprairies.ca](http://crismprairies.ca)
    - <https://crismprairies.ca/projects-2/implementation-program/>
  - Webinar recording and slides will be posted on these CRISM websites
- 
- Further questions or comments can be directed to Denise Adams  
[denise.adams@ualberta.ca](mailto:denise.adams@ualberta.ca)