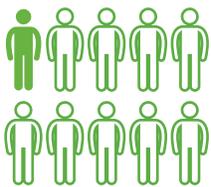




# Substance Use Treatment Education

*All clinicians and direct care staff need the skills and knowledge to effectively screen and treat substance use disorders.*



*Only about **1 in 10 people** with a substance use disorder receive any type of **specialty treatment**.*



*Evidence supports medications being an **effective treatment modality for SUDs**; however, they are **under-used**.*

## The Challenge

Substance use and misuse is a prevalent problem in America that costs more than money; it costs lives. Unfortunately, many people with alcohol and/or substance use issues do not seek or receive needed treatment, even if they are being seen by a health or mental health professional.

According to the recent Surgeon General's Report<sup>1</sup> and the National Survey on Drug Use and Health (NSDUH)<sup>2</sup>, the following represents a glimpse of the current state of substance use and treatment in America:

- **8.1% or 21.7 million people** aged 12 or older needed substance use treatment in the past year.
- In 2017, **over 22.7 million people** in the U.S. reported current use of illicit, or misuse of, prescription drugs.
- In 2016, **over 65 million people** (nearly a quarter of the adult and adolescent population) reported binge drinking in the past month.
- An estimated **8.2 million adults** have both a mental illness and substance use disorder, however, **less than half** received mental health or SUD treatment.

1. Center for Behavioral health Statistics and Quality. *Results from the 2017 National Survey on Drug Use and Health: Detailed Tables*. Rockville (MD): SAMHSA; 2018. <https://www.samhsa.gov/data/report/2017-nsduh-detailed-tables>. Accessed September 9, 2019.

2. <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

As a healthcare provider, you know that interventions are less effective when your client experiences an untreated substance use disorder. Medical and mental health care have poorer outcomes and treatment adherence when substance abuse isn't detected and addressed. The opioid epidemic and increase in prescription and illicit opioid abuse has exacerbated an existing issue.

In the past, addiction providers were separate from mental health providers. Addiction treatment was often the first stop before addressing mental health concerns. The Integrated Care movement began with the integration of substance abuse and mental health providers sharing knowledge and interventions, treating multiple behavioral health conditions concurrently.

However, many providers are still siloed and adhere to their clinical specialty, often using treatment interventions and theories from years ago.

### The Solution

Arm your clinical and direct care staff with education and the latest research on substance use disorders and tools and techniques for treatment. Staff across all departments—not only substance abuse counselors—should have a basic knowledge of substance use disorders, screening for them and how to appropriately follow up. Care coordination between staff improves when common foundational knowledge is shared and results in the delivery of complete, whole health care to clients.

Those who benefit from substance use training include:

- Experienced staff who need to brush up on new techniques or theories
- New staff with lived experience but no formal training
- Staff with formal education/licensure but no lived experience
- Peer specialists
- General behavioral health counselors, social workers and psychologists without specialized substance abuse training or experience

***Medical and mental health care have poorer outcomes and treatment adherence when substance abuse isn't detected and addressed.***

Relias offers over 50 courses on a broad range of substance use topics, written with clinical experts in behavioral health, like Dr. Carlo DiClemente, the co-creator of the Transtheoretical Stages of

Change model that has been the foundation of substance use treatment for years. Relias employs licensed clinical professionals who work with behavioral health subject matter experts to produce currently researched content that is meaningful and evidence-based. Relias courses are developed by experienced instructional designers employing adult learning principles to create interactive, engaging courses to enhance retention and usage of what was learned.

This package is available in the Relias learning management system (LMS), our easy-to-use user interface that staff can access online anytime, anywhere, or delivered through your own LMS.

***(See courses, next page)***

## SUBSTANCE USE SCREENING AND TREATMENT COURSES

Topics	Courses
<b>Foundational Knowledge/Diagnoses</b>	<ul style="list-style-type: none"> <li>• Overview of Substance Use Disorders</li> <li>• Co-occurring Disorders</li> <li>• Working With People With Alcohol Use Disorder</li> <li>• Core Competencies for Opioid Use Disorder</li> <li>• Biopsychosocial Model of Addiction</li> </ul>
<b>Treatment Theories and Techniques</b>	<ul style="list-style-type: none"> <li>• Motivational Interviewing</li> <li>• The Twelve Steps</li> <li>• Substance Use Treatment and the Stages of Change Model</li> <li>• Harm Reduction</li> <li>• Integrated Treatment for Co-Occurring Disorders</li> <li>• SBIRT: Intervention and Treatment Services for Individuals with Substance Use Issues</li> <li>• Medication-Assisted Treatment for Opioid Addiction</li> </ul>
<b>Recovery/Relapse Prevention</b>	<ul style="list-style-type: none"> <li>• Best Practices in Substance Use Treatment Engagement</li> <li>• Relapse Prevention Treatment Strategies</li> <li>• Relapse Prevention: Cultural Issues</li> <li>• Working With Individuals in Early Recovery</li> </ul>
<b>Client Populations/Special Considerations</b>	<ul style="list-style-type: none"> <li>• Substance Use in Women Across the Lifespan</li> <li>• Homelessness and Substance Use</li> <li>• Prevention of Substance Use for Transitional Aged Youth</li> <li>• Treating Substance Use Disorders in Older Adults</li> <li>• Addressing Substance Use in Military and Veteran Populations</li> <li>• Substance Use Disorder Treatment and the LGBTQ Community</li> </ul>
<b>Professional Skills</b>	<ul style="list-style-type: none"> <li>• Professional Ethics for Substance Use Disorder Counselors</li> <li>• Confidentiality of Substance Use Treatment Information</li> <li>• Ethical Decision-Making</li> <li>• Guidelines for Documentation</li> <li>• Boundaries and Dual Relationships</li> </ul>

*\*NOTE: the above is not a comprehensive list of all courses available on topics of substance abuse screening and treatment; the Relias libraries contain additional courses. We continuously update and add to our libraries based on current information and the needs of the industry.*

**Want to learn how Relias can help you improve service delivery?**

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