Addiction Medicine Checklist

How to use this checklist

Use this checklist to create a personalized reference document for the treatment of patients with substance use disorders. You can use the information and resources in each section to create your own notes that are tailored to your specific needs. You could, for example, make a list of requirements unique to your practice. Type your information in the text field in each section. There are three sections to this checklist: Treatment, Patient Confidentiality, and Harm Reduction.

Treatment

Information on Medications for Opioid Use Disorder (MOUD)

The goal of treatment for opioid use disorder (OUD) is remission of the disorder leading to lasting recovery. Medications for opioid use disorder (MOUD) includes the use of one of three FDA-approved medications to treat OUD: methadone, naltrexone, and buprenorphine (may need waiver). These medications, in addition to individualized psychosocial supports such as medication management and supportive counseling, adjunctive addiction counseling, recovery coaching, and mental health services, may benefit patients receiving treatment at different levels of care. For support and more information on MOUD, visit the following resources:

- SAMHSA: Treatment Improvement Protocol (TIP) 63: Medications for Opioid Use Disorder
- SAMHSA: Become a Buprenorphine Waivered Practitioner
- SAMHSA: Practical Tools for Prescribing and Promoting Buprenorphine in Primary Care Settings
- SAMHSA: Buprenorphine Quick Start Guide
- SAMHSA: MAT Medications, Counseling, and Related Conditions
- Providers Clinical Support System (PCSS): Overview of Medications for Opioid Use Disorder (MOUD)
- PCSS Mentoring Program
- American Society of Addiction Medicine (ASAM): Clinical Resources
- Opioid Response Network

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Support groups for patients

Locate meetings and programs that provide support and resources for patients:

- Alcoholics Anonymous
- Narcotics Anonymous
- SMART Recovery
- Medication-Assisted Recovery Anonymous

State-licensed providers and treatment programs specializing in treatment of substance use disorders, addiction, and mental illness

- Locate providers and programs in your area that use evidence-based, individualized treatment methods and that coordinate with community-based self-help groups to build each patient's recovery support network.
- SAMHSA: Opioid Treatment Program Directory

Low-cost or free programs and providers

Identify providers with sliding-scale payment options, publicly funded treatment options, and community- or faith-based programs. Some treatment centers also provide scholarship support for qualifying individuals. State or county social-service agencies may also help you to locate providers.

- Every state has funding to provide treatment for people without insurance. To find information for states and at least some territories, visit SAMHSA's Behavioral Health Treatment Services Locator.
- Visit FindTreatment.gov to locate additional providers in your area who take Medicaid or offer free or reduced rates. From the landing page, choose "Search for treatment," then refine search results. Filter by "Payment options" and choose either "Medicaid" or "Free or no-cost care".

Peer-support resources

Social supports, such as community-based peer-to-peer services, have been found to help patients in recovery.

- The National Institute on Drug Abuse (NIDA) provides step-by-step guides to finding treatment for drug use disorders.
- The Association of Recovery Community Organizations (ARCO) provides ARCO Members on the Map, a resource to search for peer recovery support services in your state.

Support for family members

A patient's family and friends are also impacted by the patient's substance use disorder(s) and might need treatment, counseling, or other support. Family and friends can contribute positively to patient treatment outcomes. Refer to the following resources for family members or friends of people with one or more substance use disorders:

- Al-anon or Alateen
- The National Council on Alcoholism and Drug Dependence (NCADD)

Patient Confidentiality

Substance use confidentiality regulations and protecting patients' health information

- SAMHSA provides frequently asked questions (FAQs) and fact sheets regarding the Substance Abuse Confidentiality Regulations.
- Clinicians may only disclose pertinent health care information with family members or friends if the patient consents or does not object to the disclosure. To avoid breaching the Health Insurance Portability and Accountability Act (HIPAA), refer to HIPPA for Professionals and the Mental Health & Substance Use Disorders topic on this site for more information.

Harm Reduction

Information and resources of harm reduction issues

For fact sheets, webinars, manuals, training guides, and best practices about evidence-based harm reduction strategies, visit the National Harm Reduction Coalition.

Information and resources on naloxone dispensing, administration, and education

- Check local community programs and websites of your local or state public health department for information on naloxone including the possible availability of naloxone at no cost. You can insert the information into your personalized copy of this document.
- Refer patients with insurance to a local pharmacy that carries naloxone. Retain a list of local pharmacies in your area that keep naloxone supplies readily available.
- Many states have laws that allow pharmacists to dispense naloxone without a prescription. Find out if this applies in your geographic area.
- For more information and resources on naloxone and to access the "Opioid Overdose Prevention Toolkit", visit: Naloxone | SAMHSA.
- For more information on naloxone access, visit GetNaloxoneNow.

Local syringe services programs

Syringe services programs (SSPs), also called syringe exchange programs (SEPs) and needle exchange programs (NEPs), are community-based programs that provide access to and safe disposal of sterile needles and syringes, as well as provide links to treatment, education, and other resources. Syringe services programs play a key role in preventing overdose deaths and have been found to reduce infections and increase the likelihood that clients will enter treatment to recover from their substance use disorders.

For more information, visit Centers for Disease Control and Prevention (CDC): Syringe Services Programs (SSPs) FAQs.

Information on fentanyl

Fentanyl, including illicitly manufactured fentanyl, may be mixed with heroin, cocaine, or other illicit drugs, increasing their potential lethality. Fentanyl test strips can detect the presence of fentanyl and some analogs in urine or in a potentially contaminated drug sample after the sample is dissolved in water. For more information on fentanyl, visit:

- CDC: Fentanyl
- United States Drug Enforcement Administration (DEA): Fentanyl
- SAMHSA: Federal Grantees May Now Use Funds to Purchase Fentanyl Test Strips

Information on safe drug storage and disposal sites

Counsel patients on how to properly dispose of their prescription and nonprescription drugs. For information and tips on safe drug storage and disposal, visit CDC: Your Prescription Medicine -Tips for Safe Storage and Disposal.