



Stanford
M E D I C I N E

Department of Psychiatry
and Behavioral Sciences

Changing Behavioral Health Counselors' Attitudes toward Medications for Addiction Treatment

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Background

- Few patients with opioid use disorders (OUD) and/or alcohol use disorders (AUD) receive medications for addiction treatment (MAT).
- Few addiction treatment programs provide MAT.
 - › 33% of facilities provide MAT for OUD (N-SSATS; SAMHSA 2019)
- Behavioral health and health professionals' attitudes toward treatments for addiction can impact the accessibility and uptake of these effective treatments.
- There is some evidence that online training and other types of education can affect attitudes toward MAT (Matejkowski et al., 2015; Ober et al., 2017).



Supporting Recovery with Medications for Addiction Treatment - www.HealtheKnowledge.org

- 3.0 hour, self-paced course for non-prescribers
- Developed through SAMHSA-NIDA ATTC Blending Initiative
- Enhance professional knowledge of MAT, and build skills related to reaching and educating clients about MAT
- Learning Objectives:
 - › Describe medications approved for OUD and AUD
 - › Identify workforce, organizational, and environmental/regulatory issues that facilitate or impede the implementation of MAT
 - › Model ways to overcome barriers to clients' use of MAT and build awareness of MAT among clients, their friends and family, and the community



Study Aims

- Examine attitude changes following completion of a free, 3-hour, publically available, self-paced online training course
- Examine differences between groups of professionals in attitudes and change in attitudes post-course.

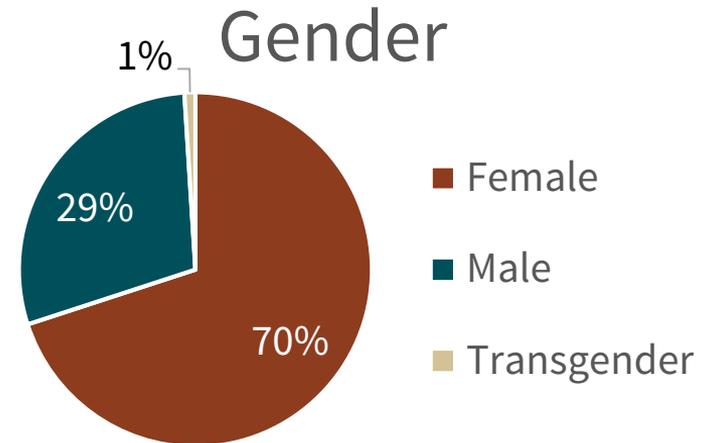
Methods

- 5,797 learners completed pre/post-course surveys (Aug 2017 – Dec 2018)

- Pre-post survey
 - › Demographics
 - › Attitudes toward medications
 - Perceived effectiveness of individual medications
 - Based on work by Knudsen, Abraham, Aletraris, Roman, et al.
 - Abstinence Orientation scale (Gjersing et al., 2007)
 - Modified for MAT instead of methadone
 - Higher scores equal more positive attitudes toward MAT
 - Coefficient alpha for sample = .836
 - › Role in educating patients about MAT

Results - Participants

- Current sample, n = 4,159
 - › 2,976 Counselors (substance use and mental health)
 - › 930 Social workers
 - › 253 Nurses
- Age
 - › Mean = 44.2 (SD = 13.8; 18-86)

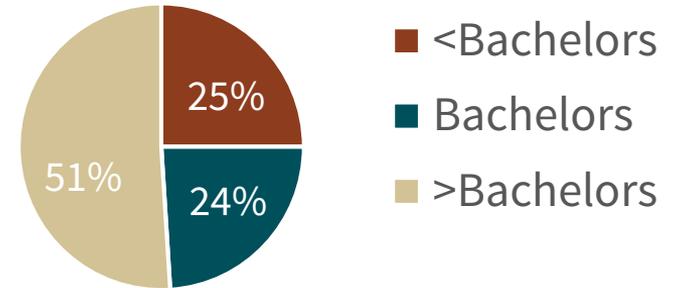


Results - Participants

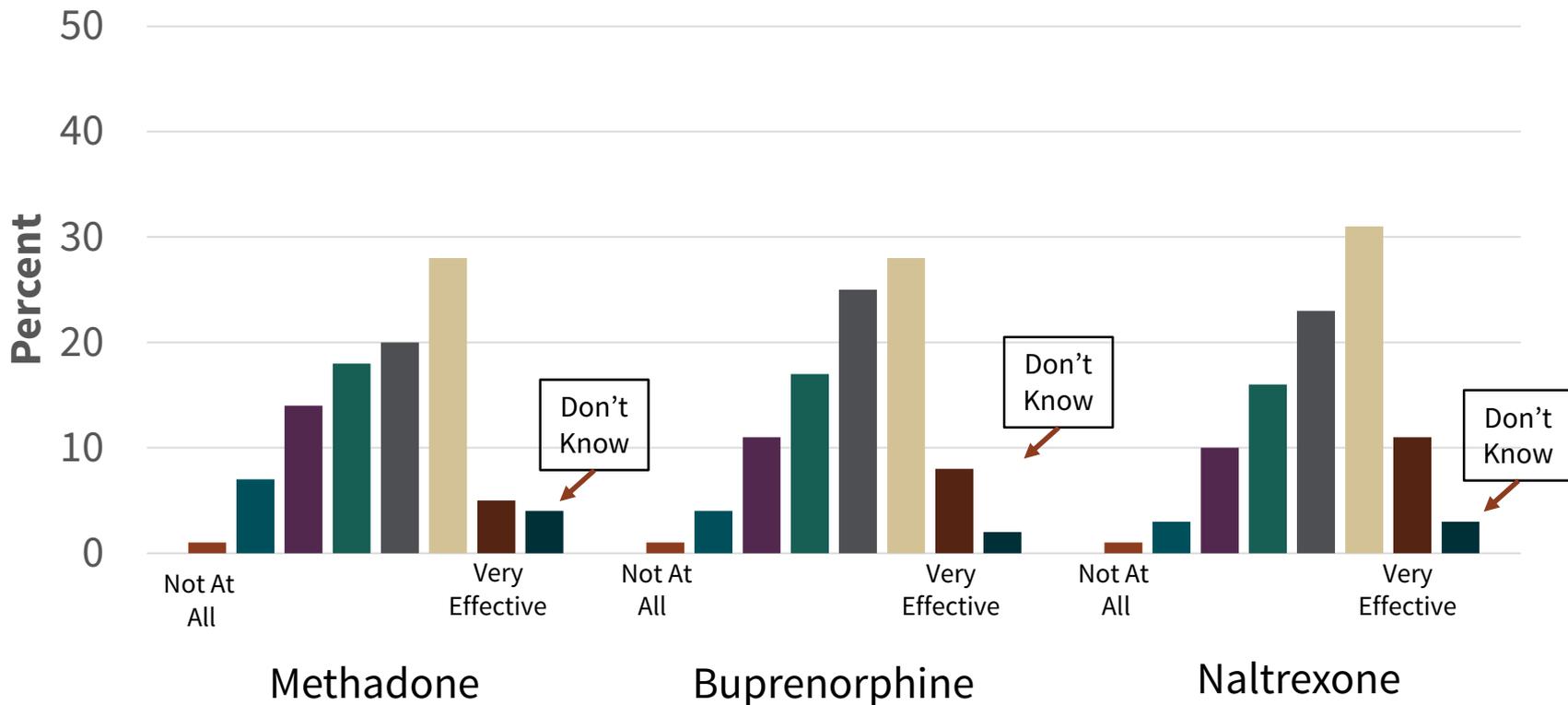
- Race/Ethnicity (Mark all that apply)
 - › 21% Black or African-American
 - › 12% Hispanic/Latino
 - › 2% Asian
 - › 1% American Indian/Alaska Native
 - › 65% White
 - › 9% Prefer not to respond
 - › (32% non-White)

- Why Taking the Course?
 - › 59% Required for work

Education

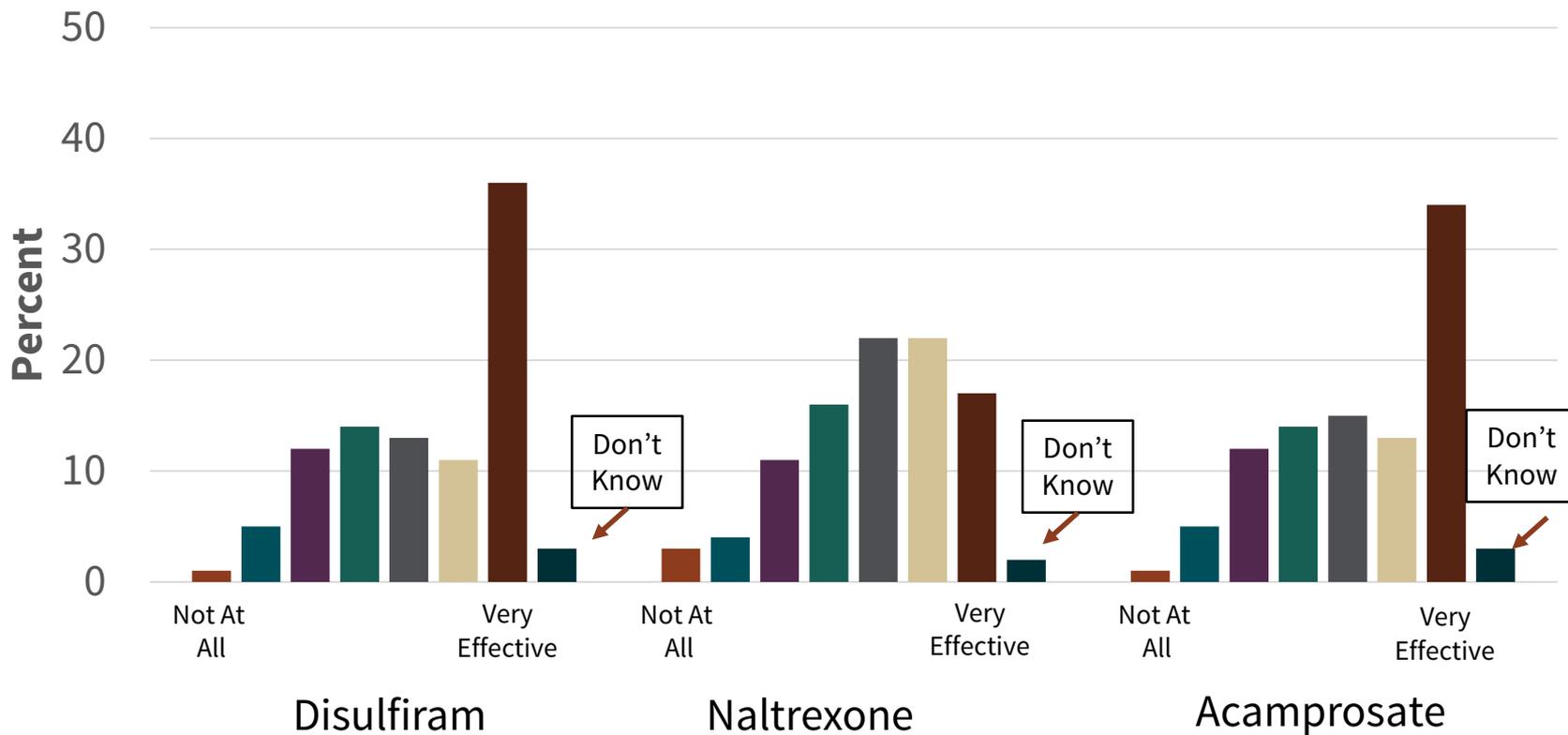


Pre-Course Perceived Effectiveness of Medications for OUD



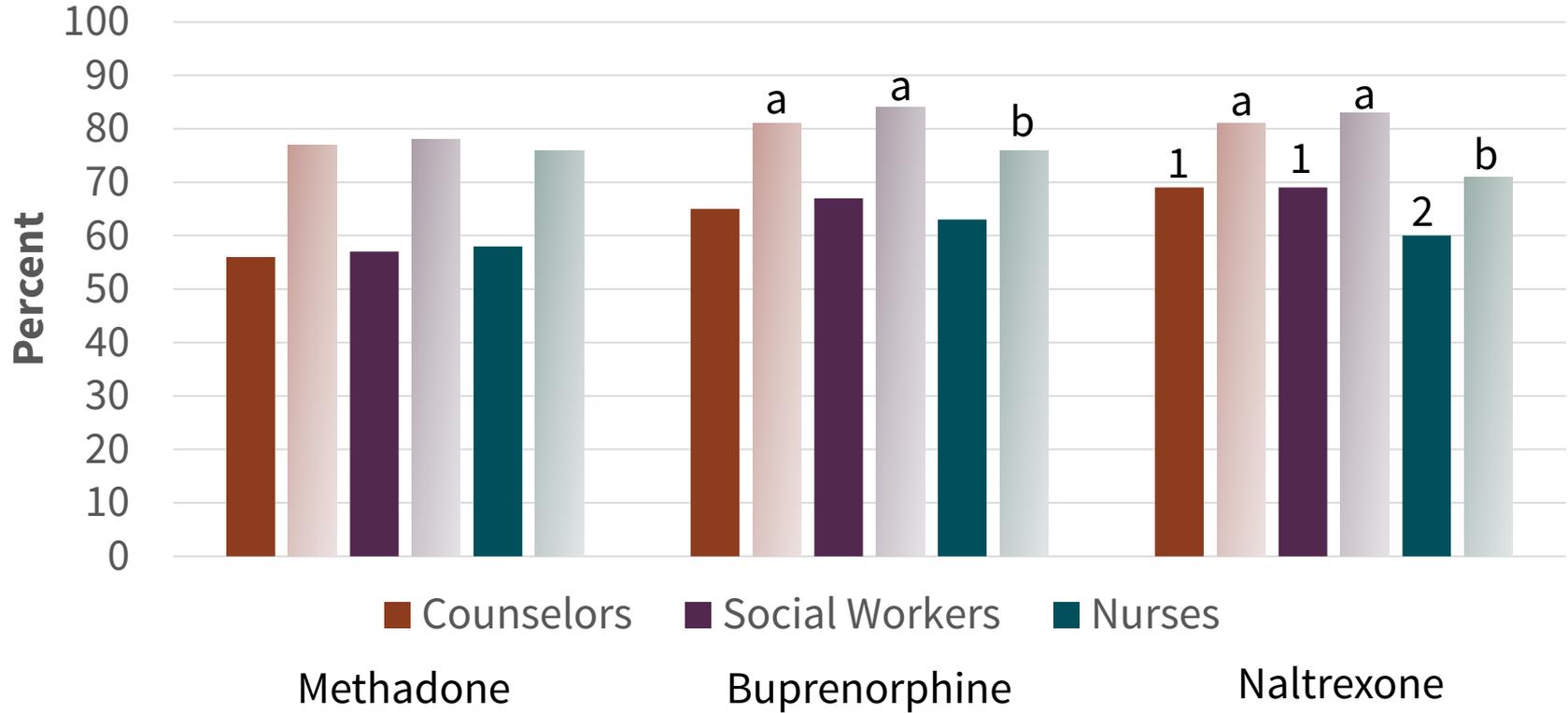
N=4159

Pre-Course Perceived Effectiveness of Medications for AUD



N=4159

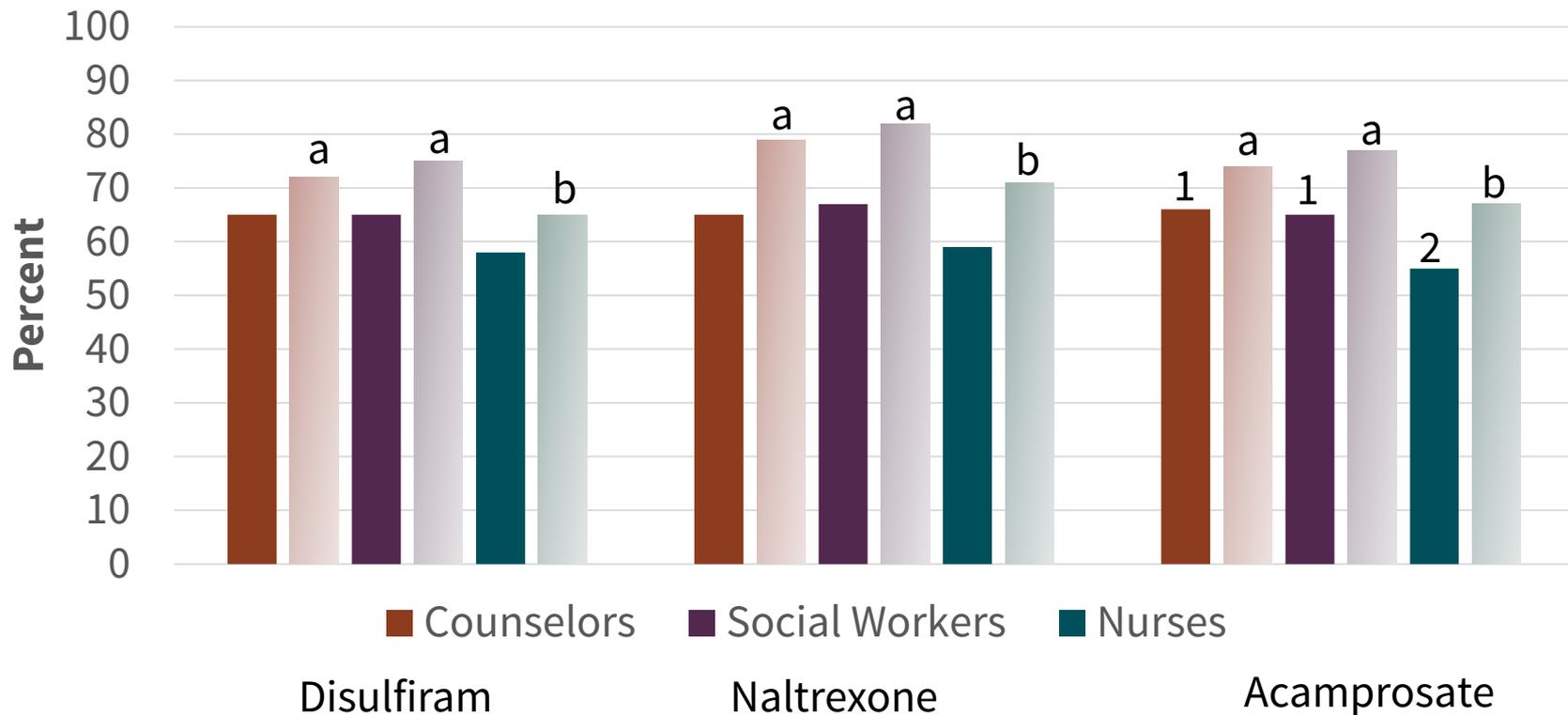
Pre- to Post-Course Increase in Perceived Effectiveness of Medications for OUD



Pre = Solid, Post = Pale

Counselors, n = 2976; Social Workers, n = 930; Nurses, n = 253

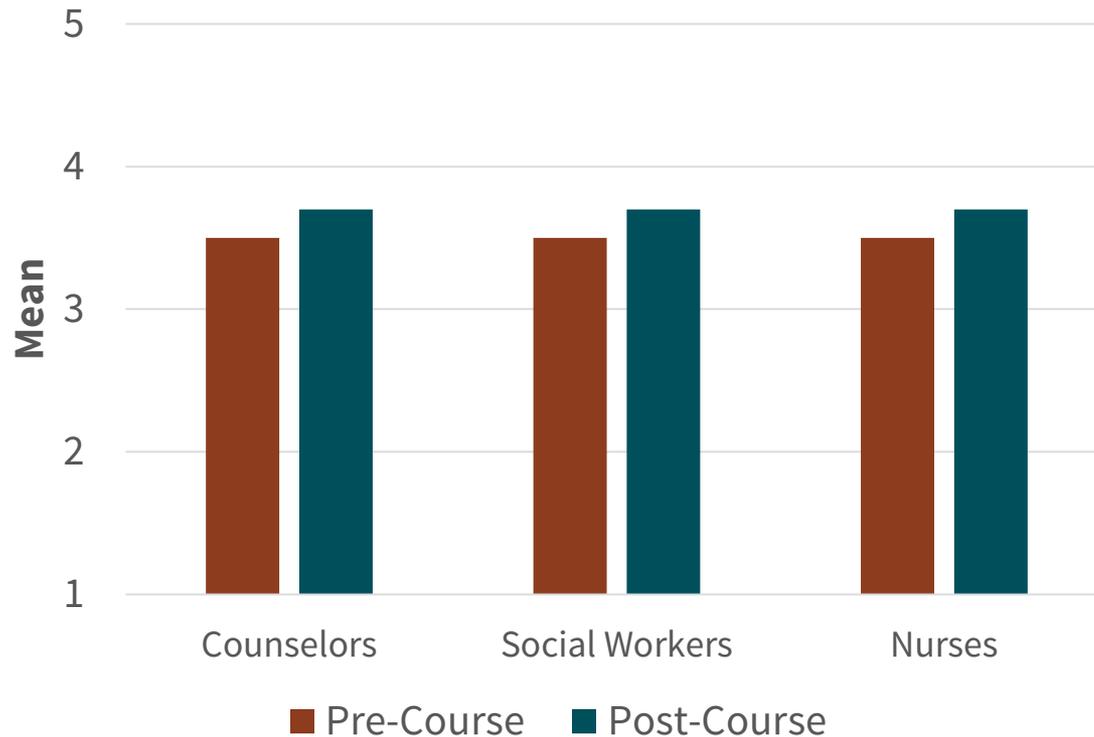
Pre- to Post-Course Increase in Perceived Effectiveness in Medications for AUD



Pre = Solid, Post = Pale

Counselors, n = 2976; Social Workers, n = 930; Nurses, n = 253

Results – Significant Increase in Openness towards MAT

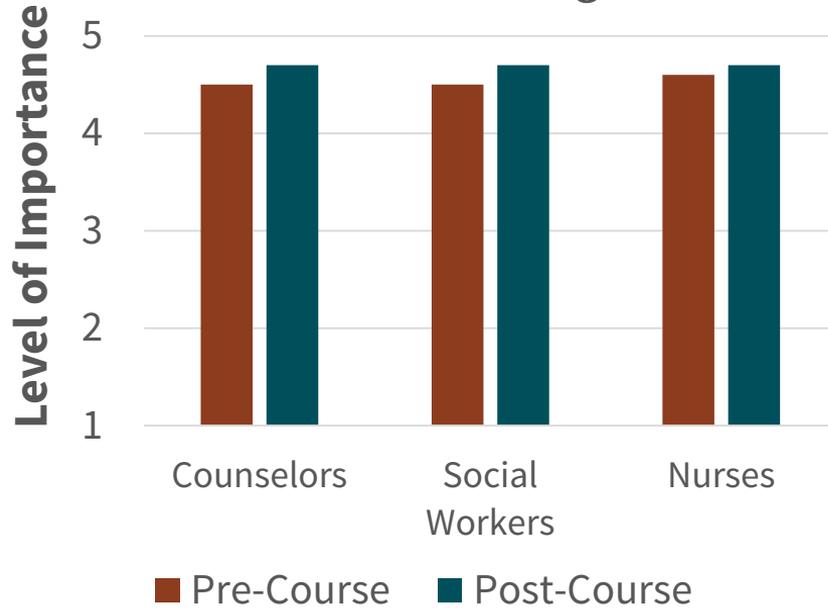


Significant increase over time for all groups.
No group x time interaction.

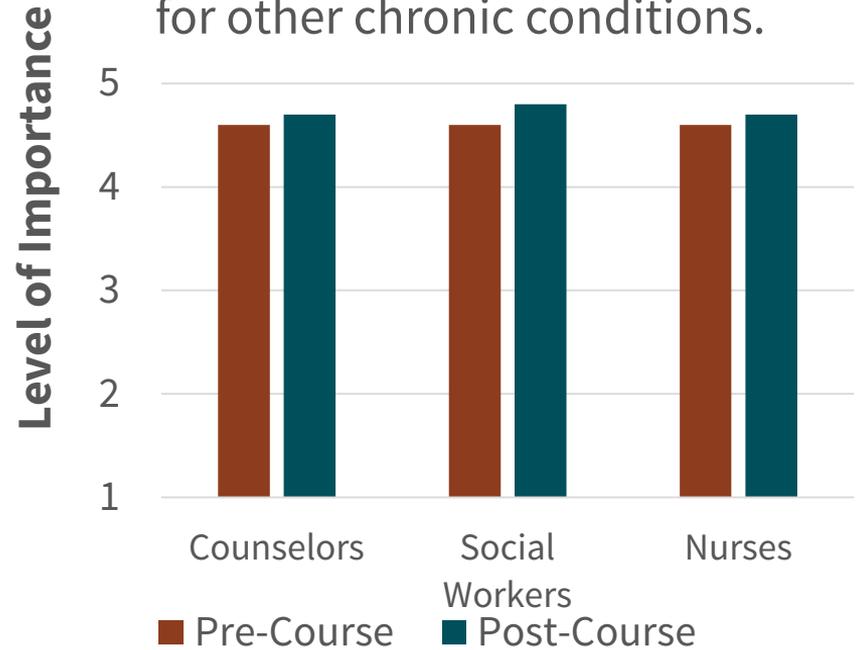
Repeated Measures GLM, Time effect $p < .001$

Results – Significant Change in Perceived Role Related to MAT Education

Helping clients differentiate b/w MAT & other drug use.



Helping clients see similarities between MAT and medications for other chronic conditions.



Repeated Measures GLM, Time effect $p < .001$

Conclusions

- Behavioral health counselors, social workers, and nurses are on the front-lines of addiction treatment and may have a significant effect on patients' engagement in MAT.
- Compared to previous studies 10-15 years ago, few learners appeared to lack information to make a judgment on the effectiveness of treatment.
- This brief online course was effective in shifting attitudes to be more positive about MAT.
 - › However, 20-30% of learners still reported that the medications were not effective.
- Online training can provide basic foundational education to staff, increasing positive attitudes toward MAT, which an agency/clinic can then improve upon through other interventions.
 - › Pair education with organizational linkage (Friedmann et al., 2015) or MAT implementation strategies.



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