



<https://www.chronicle.com/article/overuse-and-abuse-of-adjunct-faculty-members-threaten-core-academic-values/>



ALTERNATIVES & ADJUNCTS TO MAT

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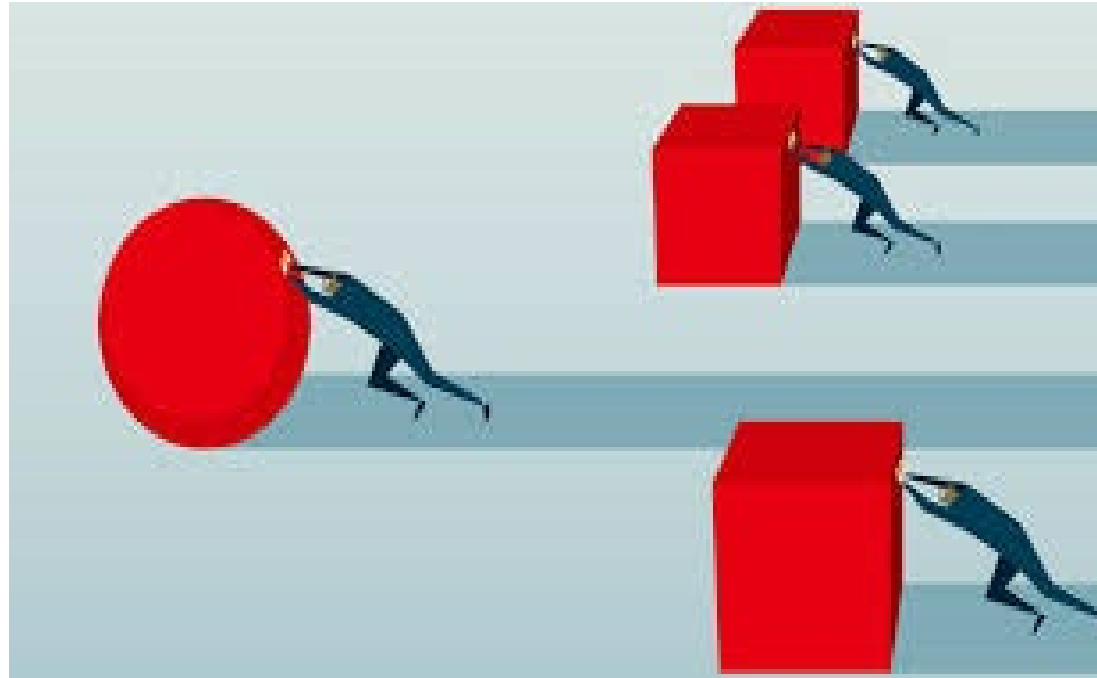
CONFLICT OF INTEREST DISCLOSURE

None.

OBJECTIVES

- Name three alternatives/adjuncts to MAT.
- Describe empirical evidence for at least one alternative/adjunct to MAT

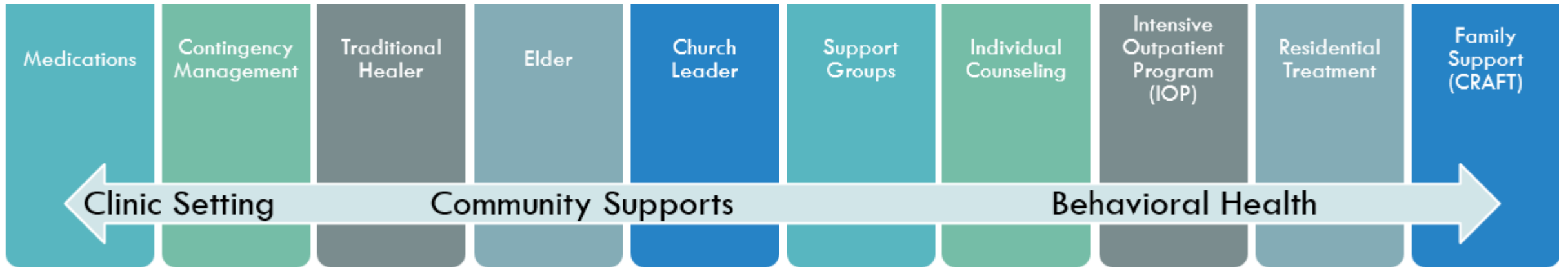
ALTERNATIVES AND ADJUNCTS TO MAT



Retrieved: <https://arvrjourney.com/getting-ahead-of-the-game-54b771530612?gi=9cd29064685c>

Supports and treatment that can be used instead of MAT (alternatives) or in addition to MAT (adjuncts).

ALTERNATIVES & ADJUNCTS TO MAT IN AK



CLINIC SETTING

Medications

- Make MAT experience more comfortable

Contingency Management

- Effective regardless of patient's characteristics
- Effective for methamphetamine use disorder



Retrieved: <https://www.issup.net/training/universal-treatment-curriculum/course-13-contingency-management>

(Petry et al., 2017)

COMMUNITY & TRADITIONAL SUPPORTS

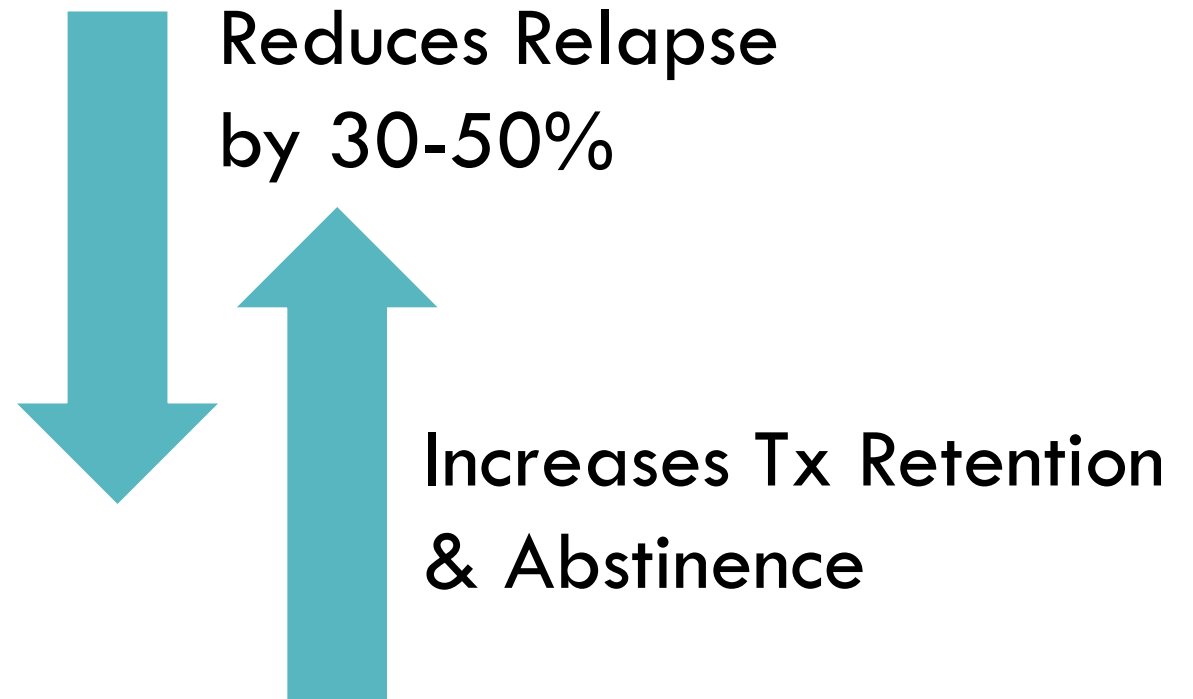
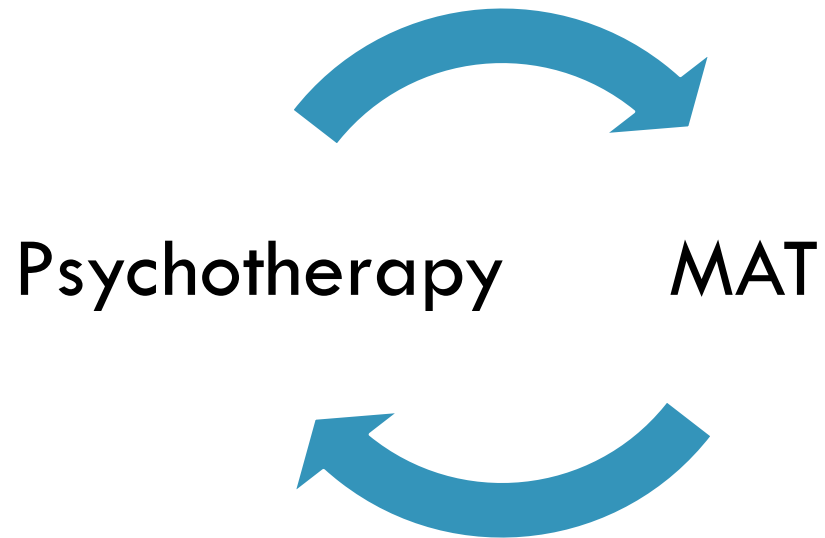
- Traditional Healer/Tribal Doctor
- Elder
- Church Leader
- Support Groups



Retrieved: <https://www.calistacorp.com/news/preserving-our-culture/>

(Davidson et al., 2012; Menzies et al., 2010)

PSYCHOTHERAPY



(Dugosh, 2016; Ronquest et al., 2018)

EVIDENCE-BASED PSYCHOTHERAPY

- Cognitive Behavioral Therapy (CBT)
- Mindfulness
- Motivational Enhancement Therapy (MET)
- Community Reinforcement Approach (CRA)
- 12-Step

(Garland et al., 2019; SAMHSA, 2018)

LEVELS OF BEHAVIORAL HEALTH CARE

- Outpatient Therapy
 - Meet with therapist on regular basis
- Intensive Outpatient Program (IOP)
 - 9+ hours/week
- Residential Treatment
 - Live-in facility for 1-6 months

UTILIZING AND SUPPORTING THE FAMILY

- **Community Reinforcement & Family Training**
 - Skills to improve family relationships and support recovery
 - Motivate loved one to enter treatment



(Brigham et al., 2014; Meyers, 1999)

Final Considerations

- Options
- Warm Handoffs
- Meet people where they are at



(Davidson et al., 2012)

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