

Medication Assisted Treatment (MAT) in Virginia

- **Opioid Treatment Program (OTP) - or- Medication Assisted Treatment (MAT):** the treatment for Opioid addiction. Opiate addiction is a treatable medical disorder. Compared with MAT in other settings such as physician's offices or detoxification centers treatment in OTPs provide a more comprehensive, individually tailored program that includes:
 1. medication therapy
 2. psychosocial and medical treatment
 3. Support services that address most factors affecting each patient.

OTPs can provide treatment options such as comprehensive maintenance treatment, medical maintenance treatment, detoxification and medically supervised withdrawal. (TIP 43)

- **Virginia** currently has **30** licensed Opioid Treatment Programs (OTPs):
 - Veterans Affairs OTP (1);
 - In-patient (INOVA & Life Center of Galax) (2);
 - Public OTPs – Alexandria CSB, Norfolk CSB, Portsmouth BHA & Hampton/ Newport News CSB (4);
 - Privately owned OTPs (22);
 - Not for profit (1)
- All of the OTPs in Virginia are licensed to dispense Methadone & Buprenorphine. However, methadone is the treatment of choice.

- In December 2014 there were 16 OTPs who prescribed Buprenorphine to 454 patients out of the total 6408 patients served in all 30 programs.

Data 2000 Waivered Physicians – As of February 2, 2014 there were 323 waivered physicians in the state of Virginia.

- Waivered physicians are limited to prescribe Buprenorphine to 30 patients in the first year.
- Their second year then can request their patient limit be raised to 100 patients.
- The Department of Behavioral Health & Developmental Services (DBHDS) does not monitor these physicians.

Pregnant Patients

- **Federal Regulations (42 CFR Part 8, 8.12.f.3)** requires OTPS to maintain current policies and procedures that reflect the special needs of patients who are pregnant. Prenatal care and gender specific services of pregnant patients must be provided by the OTP or by referral to appropriate healthcare providers. OPTs are required to assist pregnant women in accessing regular prenatal care.
- **Virginia DBHDS Regulations (12VAC35-105-580H)** requires that the service description for substance abuse treatment services shall address the timely and appropriate treatment of pregnant women with substance abuse (substance use disorders).
- **The Federal Substance Abuse and Prevention Treatment (SAPT) Block Grant** requires that pregnant substance abusing women be given priority when seeking treatment. They should be admitted within 48 hours.
- **On May 18, 2001 the Substance Abuse and Mental Health Services Administration (SAMHSA)** promulgated a new accreditation oversight system. The goal was to reduce the variability in the quality of Opioid treatment services, and reform the treatment system to provide expanded treatment capacity (Federal Register 64:39814). The goal was once OTPs

met these national standards, treatment improvement was expected to continue, along with increased attention to program evaluation and quality improvement mechanisms.

- OTPs will not deny a pregnant women medication assisted treatment except when a women presents at the end of her pregnancy. At that time it is considered too risky to induct her. She is referred back to her OB/GYN.