Supporting Older Adults with Substance Use Disorders: Resource Guide

This is a supplemental resource guide to the 2018 Geriatric-Competent Care webinar, Supporting Older Adults with Substance Use Disorders held on May 16, 2018. This guide is intended for providers and health plans who are interested in enhancing their capacity to support older adults with substance use disorders. The webinar recording, slides, and transcript can be found on the Resources for Integrated Care website:

https://resourcesforintegratedcare.com/GeriatricCompetentCare/2018_GCC_Webinar_Series/SUD

Support Groups

Alcoholics Anonymous is a support group for men and women whose stated purpose is to "stay sober and help other alcoholics achieve sobriety." Based on the Twelve Steps of recovery, members of this group support one another to practice the principles and overcome alcoholism, leading to a happier, healthier life. Through experienced sponsors and meetings, members are empowered and guided toward a life without drinking.


Narcotics Anonymous is a support group that provides peer-to-peer help and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle. The website provides information on meeting and event locations as well as resources for professionals.

🔗 https://www.na.org/

Al-Anon & Nar-Anon Family Support Groups are recovery programs for families and friends of those who are affected by alcohol and narcotic addictions. Meetings allow family members to share experiences and desires to solve problems that they all have in common. The group provides a safe place for members to talk about their recovery and to support one another. The website has information about meetings and resources for groups.

🔗 https://al-anon.org/
🔗 http://www.nar-anon.org/

Additional Resources

The Opioid Public Health Emergency and Older Adults issue brief, published by The Administration for Community Living, addresses the nation-wide misuse and addiction to opioids. Older adults are a uniquely affected group due to opioid use for the treatment of painful chronic conditions. This issue brief provides information on older adults and opioid use as well as resources and treatment options.

The Medicare-Medicaid Data Integration (MMDI) Use Case: Profiling Potential Opioid Misuse among Dual Eligibles and the MMDI Use Case: Profiling the Provider Role in Opioid Prescribing among Dual Eligibles, developed by CMS, identify ways in which states can identify misuse of opioids by leveraging integrated Medicare-Medicaid data to generate a profile of prescription use among dual eligible beneficiaries. The use case for profiling the provider role demonstrates how states can use Medicare data to investigate opioid prescribing patterns. The analytical approach outlined in this use case can enhance the ability of states to identify potentially inappropriate prescribing behaviors that may play a role in the misuse of opioids.

Potential Opioid Misuse
http://www.statedataresourcecenter.com/ASSETS/FILES/MMDI_FULL_USE_CASE_OPIOID_MISUSE_DUAL_ELIGIBLES.PDF

Provider Role in Opioid Prescribing
http://www.statedataresourcecenter.com/ASSETS/FILES/MMDI_FULL_USE_CASE_PROFILING_PROVIDER_ROLE_OPIOIDS.PDF

Get Connected: Linking Older Adults with Resources on Medication, Alcohol, and Mental Health is a toolkit developed by SAMHSA that educates health and aging service providers about substance use disorders and mental health conditions in older adults and treatment options. The toolkit addresses health promotion, prevention messaging and education, screening and referral for mental health conditions and the misuse of alcohol and medications. The toolkit helps coordinate these efforts and link organizations to valuable community-based and national resources.

https://store.samhsa.gov/product/Linking-Older-Adults-With-Medication-Alcohol-and-Mental-Health-Resources/sma03-3824

A Day in the Life of Older Adults: Substance Use Facts, produced by the Substance Abuse and Mental Health Services Administration (SAMHSA), presents information about substance use in older adults from several data sources, including information on substance use, admission to treatment, and emergency department (ED) visits for substance use on a typical day. The report includes links to websites for further additional information and tools to recognize and prevent substance use among older adults.


The SAMHSA-HRSA Center for Integrated Health Solutions’ Motivational Interviewing Resources share information about how this clinical approach can help people with substance use disorders and other chronic conditions make positive behavioral changes to improve their health. The four principles to this approach are expressing empathy and avoiding arguing, developing discrepancy, rolling with resistance, and supporting self-efficacy.

https://www.integration.samhsa.gov/clinical-practice/motivational-interviewing
The Medicare-Medicaid Coordination Office (MMCO) in the Centers for Medicare & Medicaid Services (CMS) seeks to help beneficiaries enrolled in both Medicare and Medicaid have access to seamless, high-quality health care that includes the full range of covered services in both programs. This guide is intended to support health plans and providers in integrating and coordinating care for Medicare-Medicaid beneficiaries. It does not convey current or anticipated health plan or provider requirements. For additional information, please go to https://www.resourcesforintegratedcare.com. Please submit any feedback on this guide or topic suggestions for other resources to RIC@Lewin.com.