

## **Saving Lives: Caring for Individuals with Opioid Use Disorder and/or Co-Occurring Substance Use, Mental Health and Physical Health Disorders**

Thomas Freese, PhD

Closing Presentation

CE: CPA/BBS/BRN (1.5)

### Narrative

This presentation will provide current information of the current opioid crisis, including the impact of increasing availability of fentanyl. Information will be provided on how use and mortality rates in California compare to national data. Specific evidence-based treatments for opioid use disorder and for opioid overdose prevention and intervention will be discussed. The presentation will then turn to a review of current strategies for addressing co-occurring disorders in patients with a substance use disorder. Data on the how health, mental health and substance use disorders are interconnected and specific ways of adapting interventions to address them simultaneously will be discussed. Finally, the presentation will end with a question and answer session.

### Bio

#### **Thomas Freese, PhD**

Thomas Freese received his PhD in Clinical Psychology from the California School of Professional Psychology in 1995. He is currently Co-Director of the UCLA Integrated Substance Abuse Programs (ISAP). Prior to this, Thomas served as ISAP Director of Training for 20 years. Co-Director of the Pacific Southwest (HHS Region 9) Addictions Technology Transfer Center (PSATTC), funded by SAMHSA. He has conducted trainings on a wide variety of topics including addressing the opioid epidemic, medication assisted treatment, methamphetamine use, culturally responsive care for LGBTQ individuals, implementing integrated treatment, and screening and brief interventions for risky substance use. Thomas has been a featured presenter at conferences and meetings nationally and internationally, and has developed and conducted trainings across the US and internationally.

### Learning Objectives

1. Describe current opioid mortality rates in California.
2. Name three [3] evidence-based treatments for opioid use disorders.
3. Describe the interrelationship between at least one physical health problem and one substance use disorder.
4. Define one strategy for modifying services to meet the needs of individuals of co-occurring disorders.