

Title: Opioid Addiction Recovery: Individual Benefits of Each Facet of a Multifactorial Treatment Module

Lead Author: Miranda Savioli; Teresa Elmore (MS2, Virginia Commonwealth University School of Medicine)

Abstract: Perceived Benefits of Different Treatment Modalities in Opioid Addiction Recovery
Background According to the Virginia Department of health, opioid overdoses accounted for 7,321 Virginia emergency room visits in 2018. Patients seeking treatment for opioid addiction are often met with a multimodal recovery plan comprised of individual counseling, group therapy, and pharmacotherapy. Our objective is to view the patient's perceived benefit each form of treatment contributed to his or her recovery from opioid addiction. **Method** This was a qualitative survey study consisting of informally structured phone interviews with 71 patients enrolled in Virginia Medicaid who previously received or are currently receiving treatment for opioid use disorder; participants related their experiences receiving addiction treatment throughout the state of Virginia. Conversations were guided by previous surveys of the same topic completed by the selected participants in early 2020. Conversations were recorded, transcribed, and analyzed to evaluate recurrent themes within multiple patient experiences. Interviews were conducted between May through July 2020; average conversation length was approximately 30-40 minutes with some lasting up to an hour. **Results** We hypothesize that patients will have unique perceived benefits and perspectives for each treatment modality encountered in clinics treating opioid addiction. Our belief is that group therapy will provide accountability and support; individual therapy will provide personalized guidance; and, medications will limit opioid cravings, thus providing the ability to focus on further recovery. Understanding the impression of a holistic, multimodal approach to addiction on a patient's recovery could help guide physicians' treatment plans beyond the prescription pad.