



VOICES

True listening, better choices

**OPIOID ADDICTION:
THE CHALLENGES OF CURRENT TREATMENTS**

THE ISSUE

Judgement is the underlying psychological barrier to success

- * Addiction is a very tricky issue. One part of a person's psyche compels them towards the object of their addiction with the strength of cyclonic suction, yet another part of them judges themselves harshly for doing so.
- * Society then adds to the weight of these people's judgements against themselves. It judges addicts cruelly, yet without understanding them at all.
- * While there is good treatment for opioid addiction, the addicts themselves don't want to stay in treatment for long. Often they want to charge through treatment in an attempt to then say to their well-intentioned but often not well-informed family, friends and 'supporters' that they're 'clean' and out of rehab. Unfortunately it's not reality, because 90% of such addicts will relapse within a relatively short period of time.
- * **Core question: How to encourage people with opioid addiction to stay in treatment longer, thereby preventing relapse?**



THE CORE CHALLENGE

The biggest obstacle to successful treatment is often the patient, even more so than the system. Their judgement of themselves is the biggest barrier to their 'getting real' - to seeking **truthful, realistic treatment** or more specifically, **long-term treatment** that allows their bodies, behaviour, lifestyles and social set to change over a longer period. This would increase their chance of long-term success via genuine and holistic change.



THE INSIGHT

The current methods of seeking opioid addiction treatment (a daily dose dispensed by a pharmacy) behaviourally mimics the behaviour of the daily process of 'scoring' heroin or other opioids.

It keeps the addict locked in a daily or weekly habit of seeking treatment as well as seeing the same types of people - other addicts also seeking treatment. **It doesn't engender true disruption to their behaviour, lifestyle and social set, therefore it doesn't create space for genuine, holistic change.**

A true solution is one that creates holistic change in an addict's body, behaviour, lifestyle and social set - as well as of course, the patient's own determination.

THE SOLUTION - MAJOR BEHAVIOUR DISRUPTION



Treatment formats that free the patient from daily pharmacy dispensing have been developed and are currently in FDA and TGA approval processes.

In research, both addiction clinicians and patients were thrilled with the prospect of these formats because they knew they would greatly facilitate long-term treatment success and reduce relapse.