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Using Recovery Science to Dismantle Racial Health Inequities in Opioid Use Disorder

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American Academy of Addiction Psychiatry

Opioid Response Network

January 26, 2022

OVERVIEW



Racial Literacy



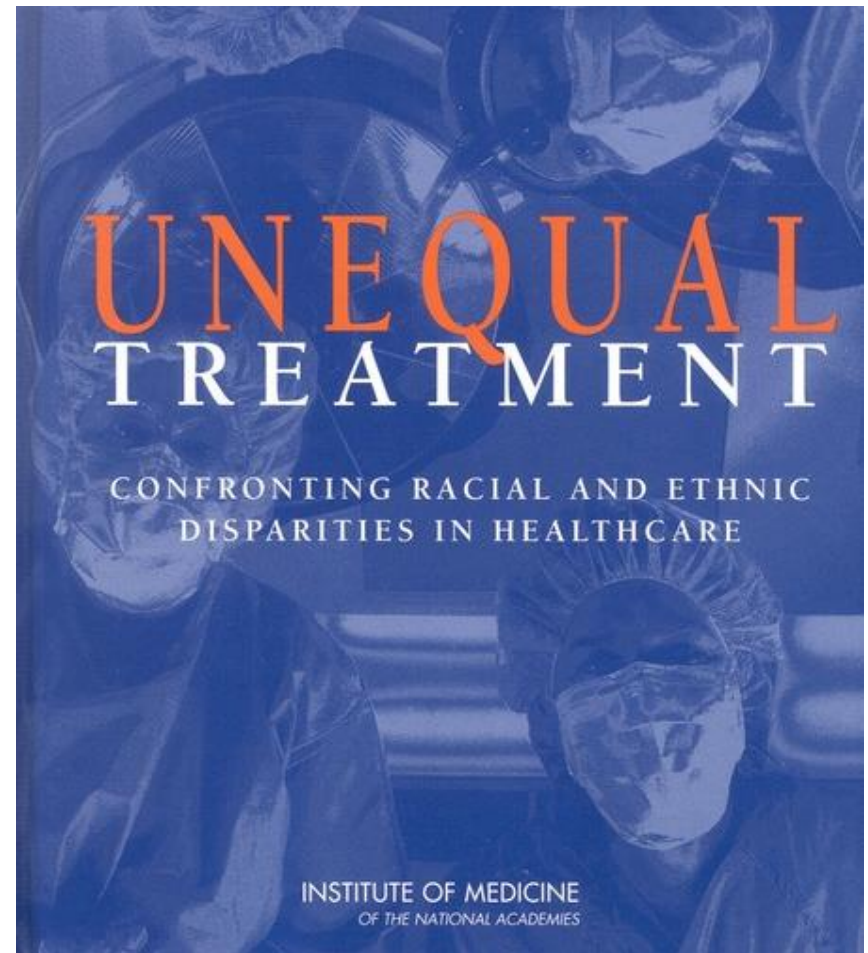
Epidemiology and Course of
Illness & Recovery



Actionable Strategies for a
Recovery Transformation in
Black Communities

Racial Health Equity on the National Stage

- Landmark report from Institute of Medicine prepared at the request of Congress.
- Conclusion:
Striking disparities in burden of illness experienced by Black Americans, despite health insurance, income, etc.



Racial Health Equity in Substance Use Disorder

Black Americans suffer a disproportionate burden of health and social consequences despite often having a lower or equivalent prevalence of substance use and substance use disorders.

What Does Race-Ethnicity Mean in the Context of Science?

Race was derived as a social construct and should not be interpreted as a proxy for ancestry, biology, genetics¹, or class, but a distinct construct akin to a caste system².

¹Pearce, et al, 2004. Genetics, race, ethnicity, and health. 2004. *BMJ* 328(7447)1070matter-1072.

²Kawachi, Daniels, Robinson. 2005. Health disparities by race and class: Why both. *Health Affairs*, 24 (2).

Why Racial Health Inequities Exist?

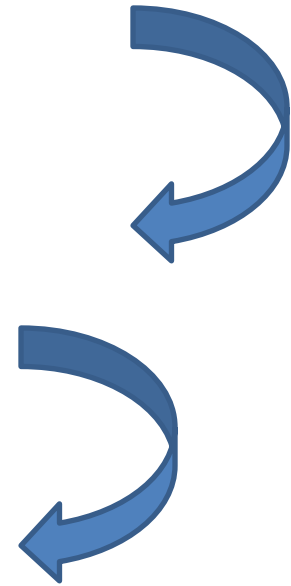
Disproportionate exposure to risk and protective factors (e.g., homelessness, wealth, air pollution, discrimination, access to care or healthy food).

Analytical Implications of Using Race-Ethnicity in Science

There are NO CAUSES of race-ethnicity.

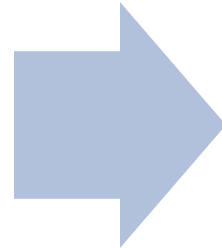
No CONFOUNDERS of Race

GROSS ASSOCIATIONS are real.



Race Can Cause Health

Race



Health

Health Can NOT Cause Race

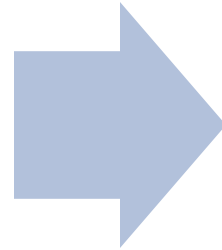
Health



Race

Race Can Cause Class

Race



Class

Class Can NOT Cause Race

Class



Race

OVERVIEW



Racial Literacy

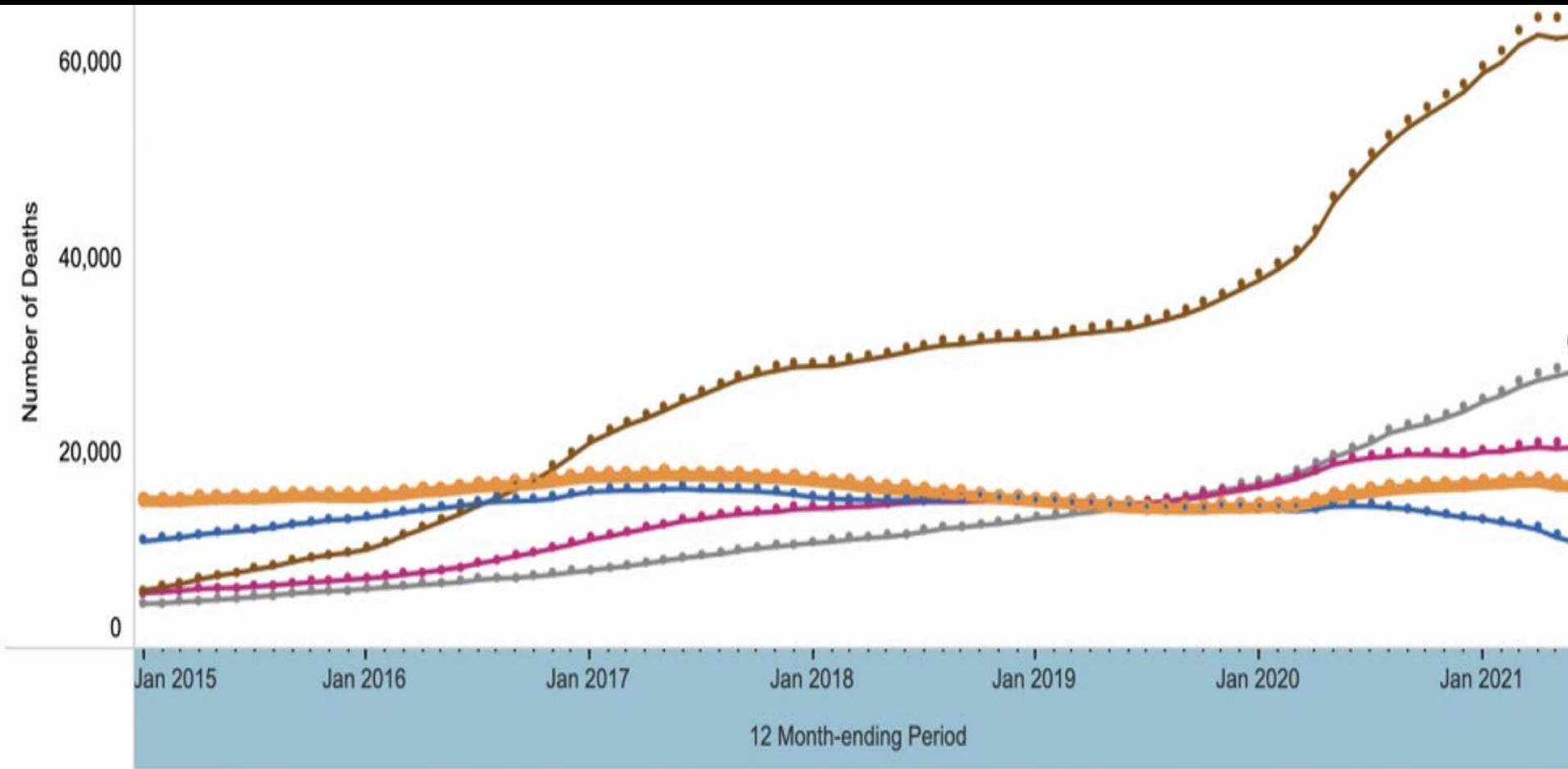


Epidemiology and Course of
Illness & Recovery



Actionable Strategies for a
Recovery Transformation in
Black Communities

Unpredictable Drug Supply Drive Fatal Overdose



Legend for Drug or Drug Class

Natural & semi-synthetic opioids, incl. methadone (T40.2, T40.3)

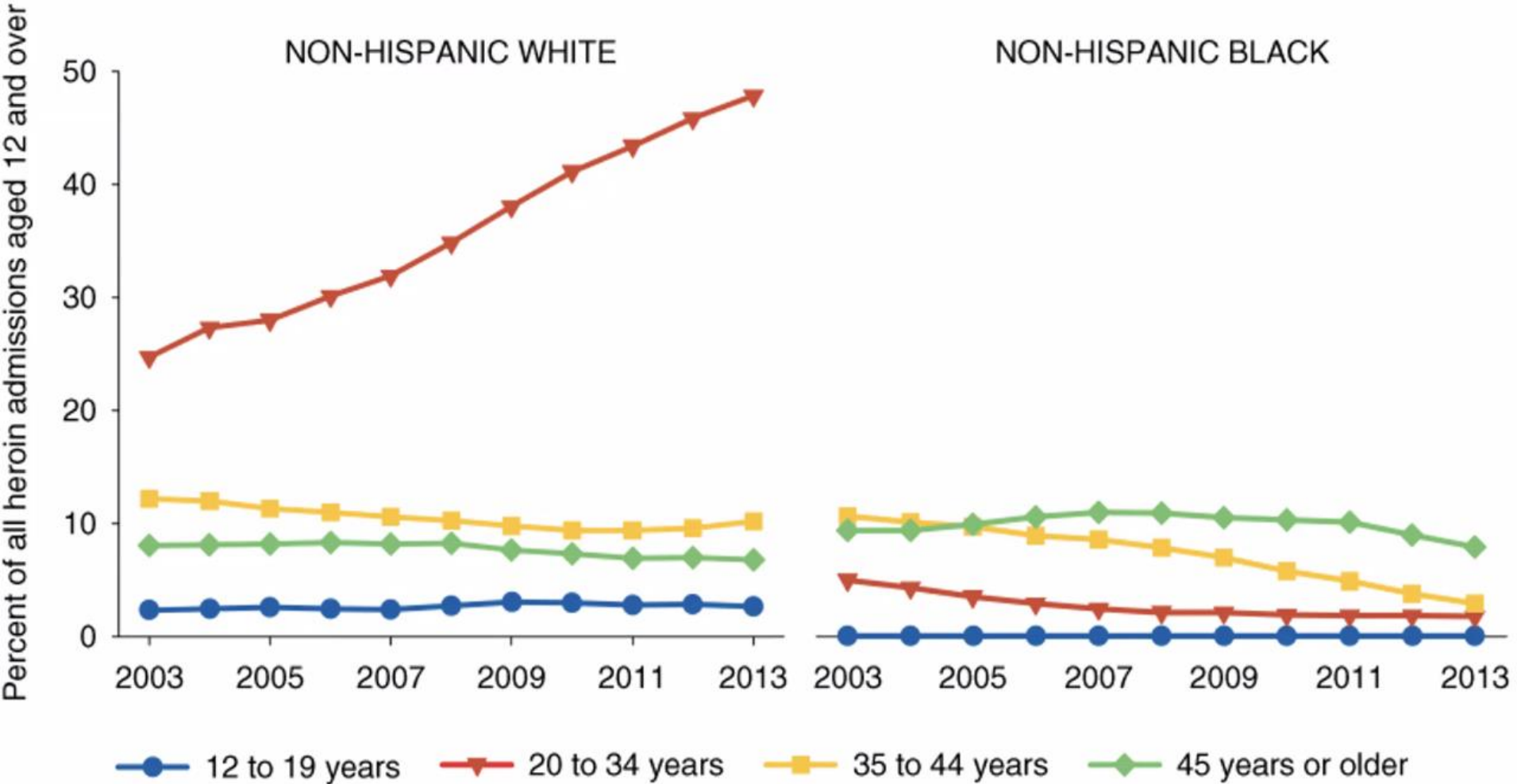
Heroin (T40.1)

Synthetic opioids, excl. methadone (T40.4)

Cocaine (T40.5)

Psychostimulants with abuse potential (T43.6)

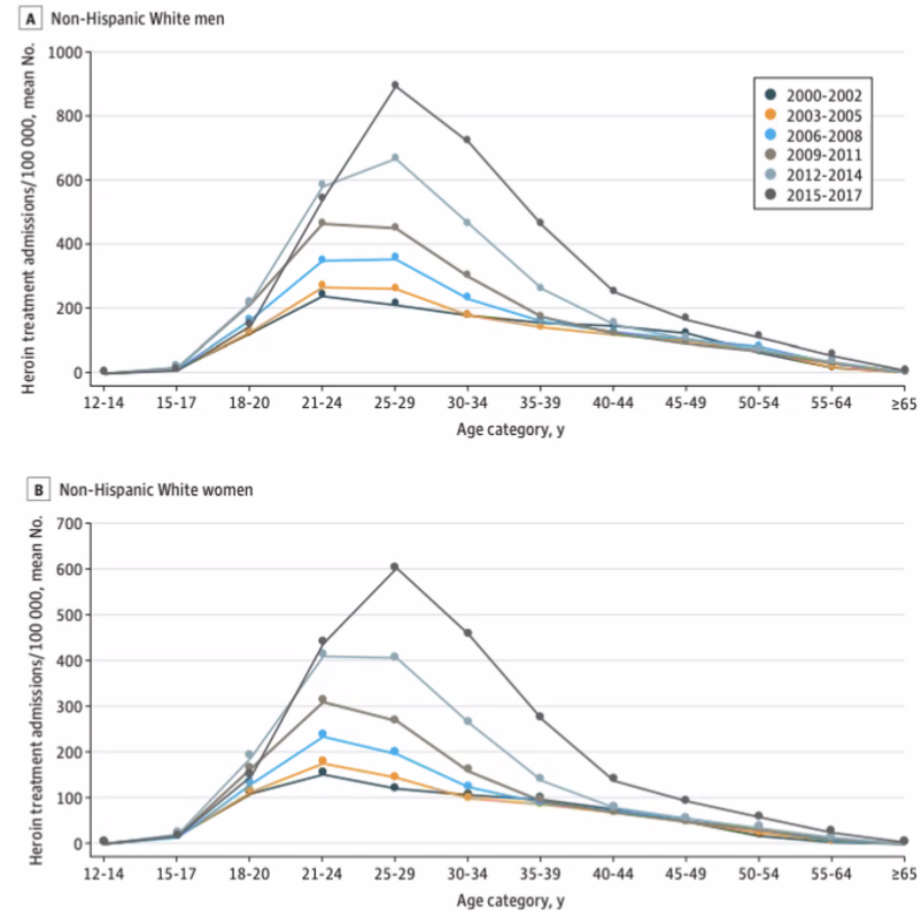
Heroin treatment admissions : 2003-2013



SOURCE: Center for Behavioral Health Statistics and Quality, Substance Abuse and Mental Health Services Administration, Treatment Episode Data Set (TEDS). Data received through 01.23.15.

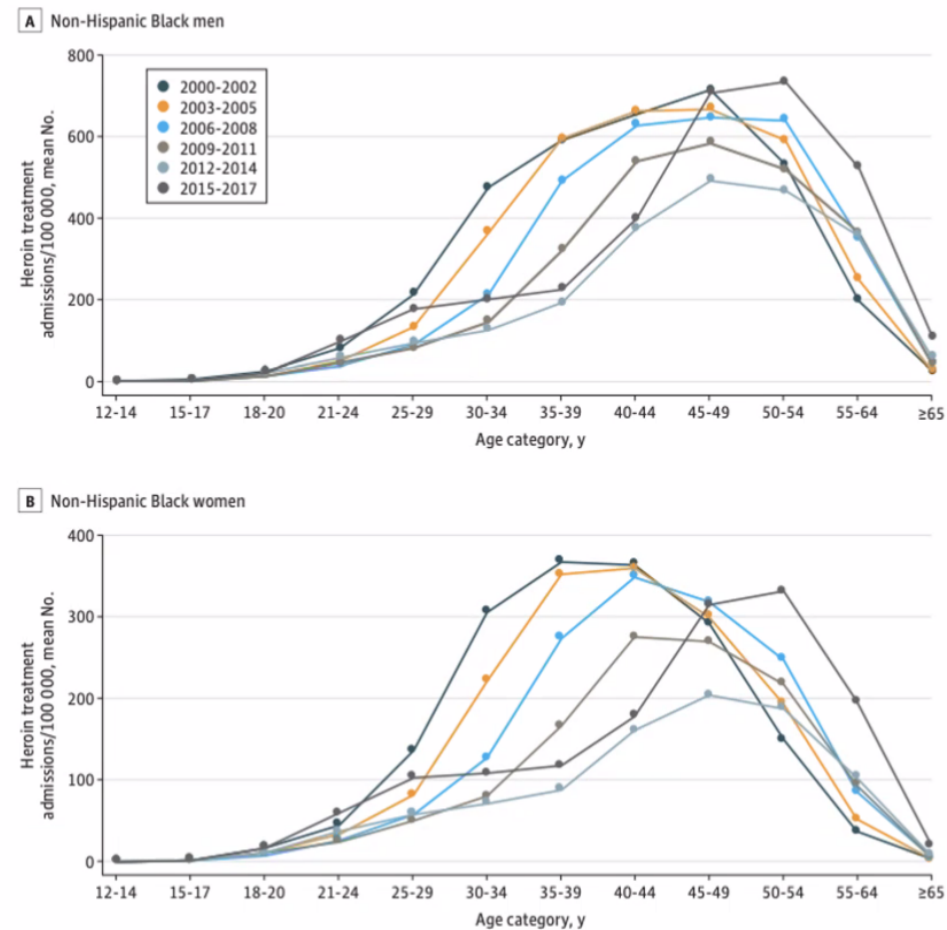
Non-Hispanic Whites

Figure 2. Heroin Treatment Admission Rates by Age Category Among Non-Hispanic White Individuals, US, 2000-2017



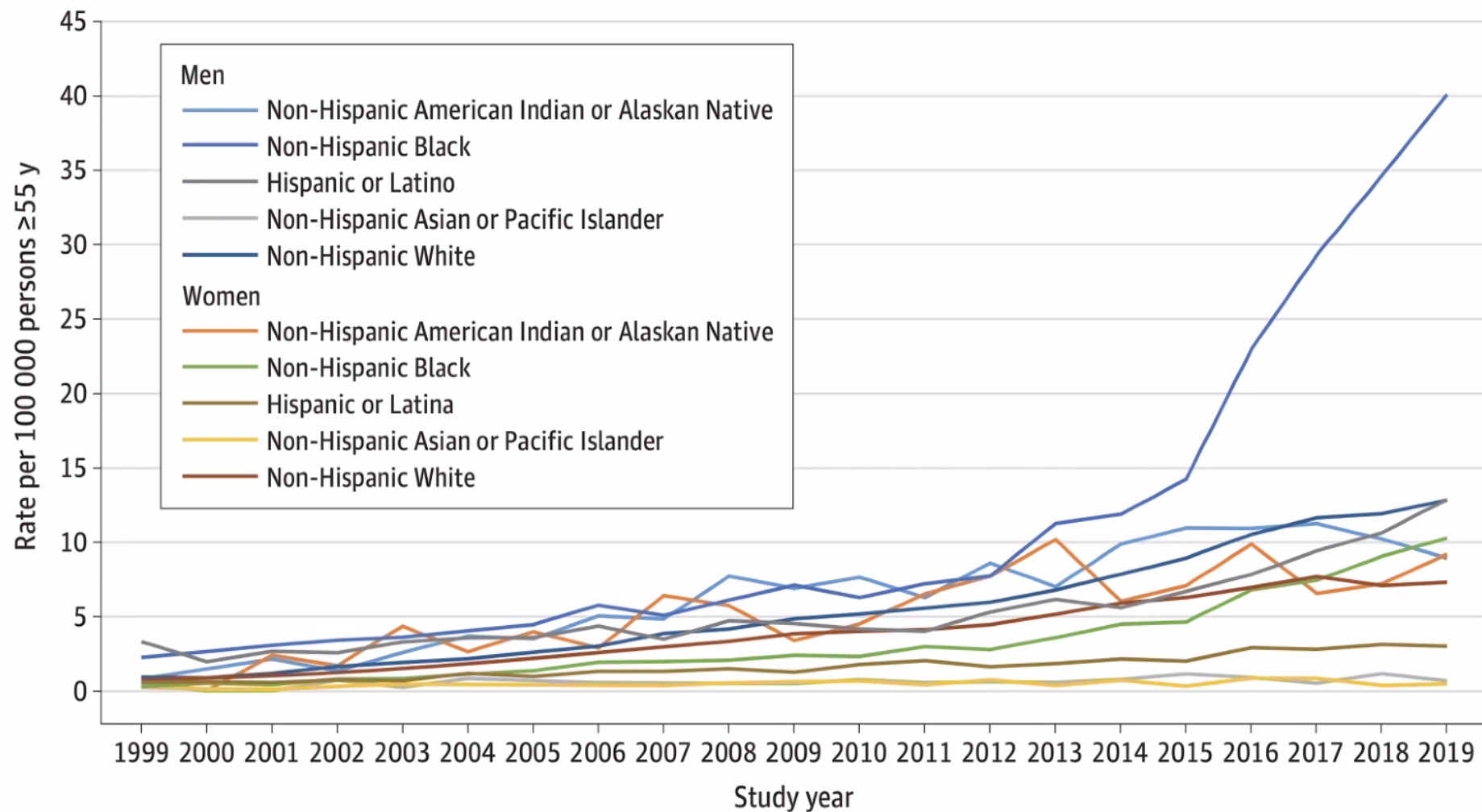
Non-Hispanic Blacks

Figure 1. Heroin Treatment Admission Rates by Age Category Among Non-Hispanic Black Individuals, US, 2000-2017



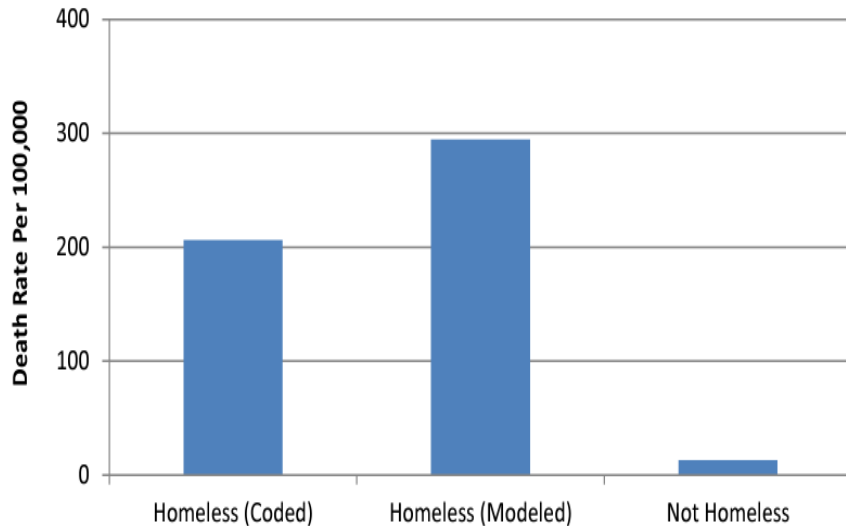
Source: Warren EC, Kolodny A. Trends in Heroin Treatment Admissions in the United States by Race, Sex, and Age. JAMA Netw Open. 2021 Feb 1;4(2):e2036640. doi: 10.1001/jamanetworkopen.2020.36640.

Rates of Opioid Overdose Deaths per 100 000 Persons 55 Years and Older by Sex and by Race and Ethnicity, 1999 to 2019

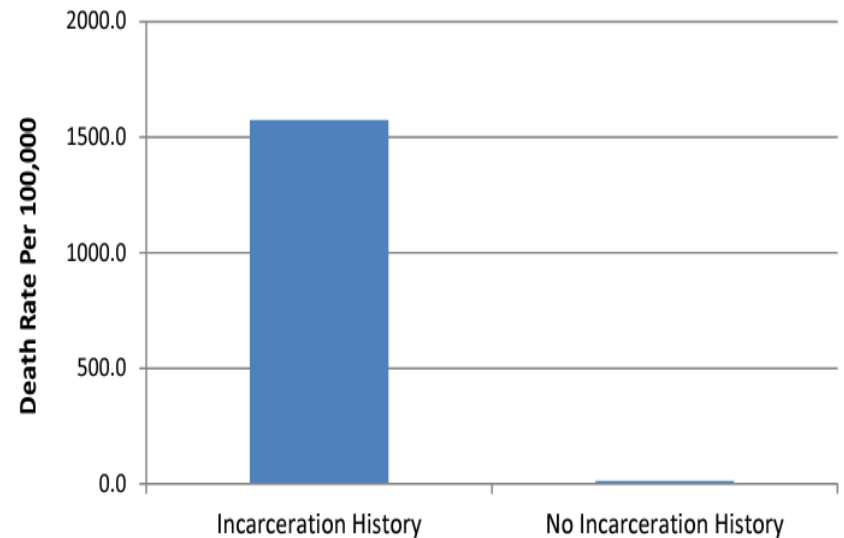


Key Finding: Homeless & Incarceration

Opioid Death Rate 16 to 30 Times Higher
for Individuals Experiencing Homelessness



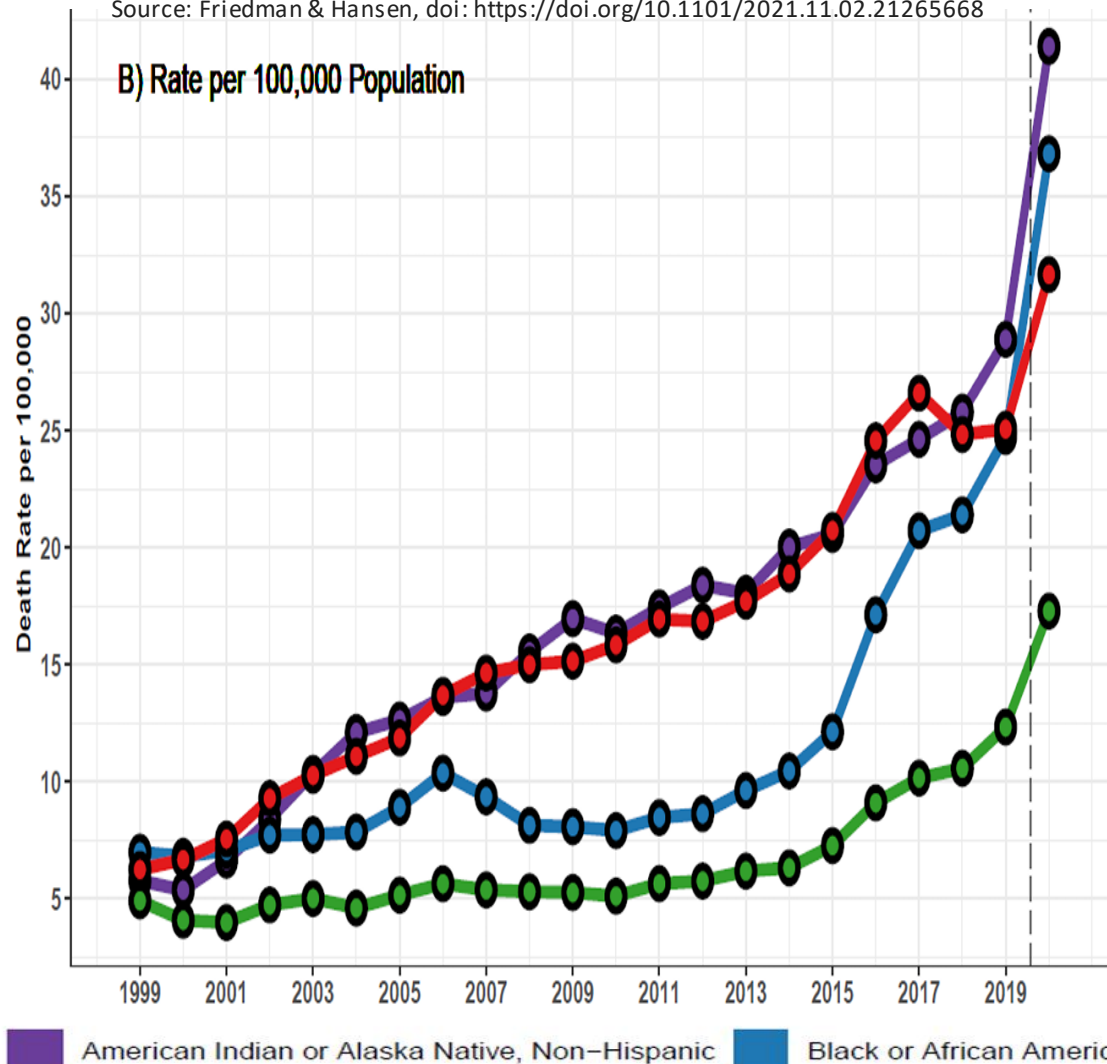
Opioid Death Rate 120 Times Higher
for Individuals with Histories of Incarceration



The marginalized are at greatest risk of death.
Treatment models not designed with them in mind.

Pandemic Overdose Mortality by Race

Source: Friedman & Hansen, doi: <https://doi.org/10.1101/2021.11.02.21265668>



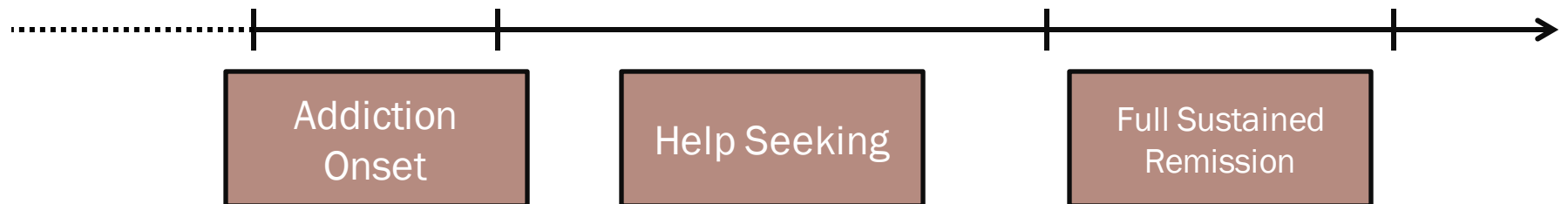
Black overdose mortality overtook that of White individuals in 2020 for the first time since 1999.

American Indian and Alaska Native (AI/AN) individuals experienced the highest rate in 2020 (41.4 per 100,000), 30.8% higher than the rate among White individuals.



Course of Illness and Recovery

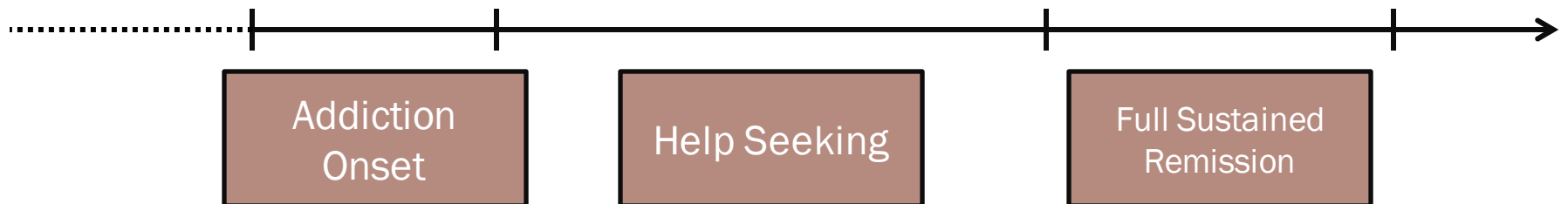
Course of Illness and Stable Recovery: Racial Health



Course of Illness and Stable Recovery: Racial Health



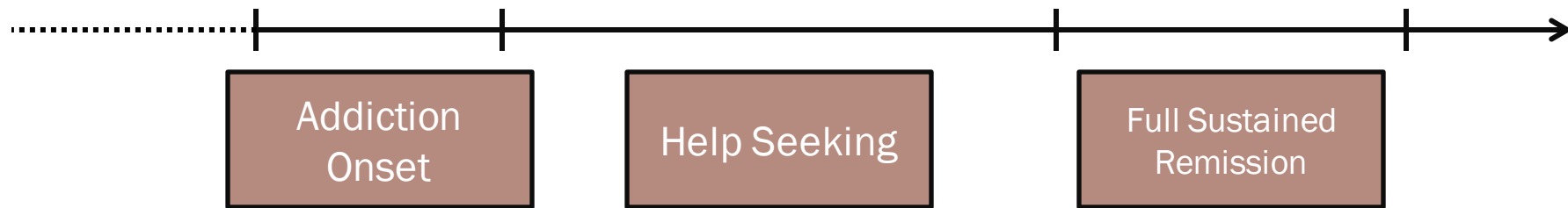
Black individuals progress from initiation of use to disorder onset faster



Course of Illness and Stable Recovery: Racial Health



Black individuals have a later age of onset of SUD in their mid-20s, compared to others who onset in late teens

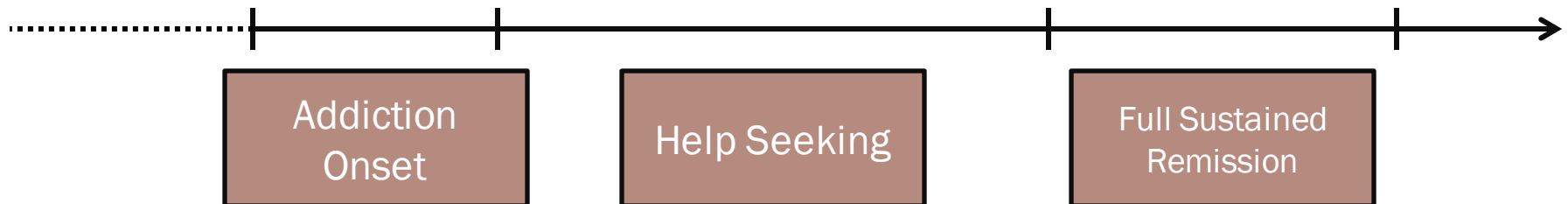


Course of Illness and Stable Recovery: Racial Health

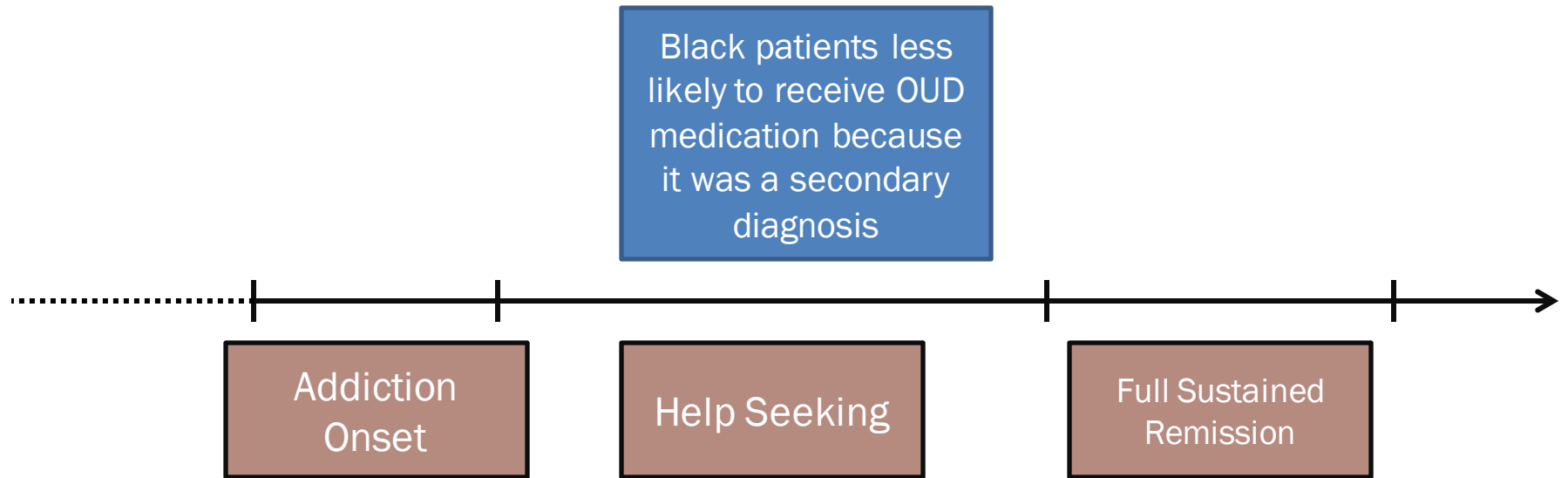


Black individuals with less than HS degree are >2X as likely to have persistent SUD than comparable White counterparts

Black individuals have a later age of onset of SUD in their mid-20s, compared to others who onset in late teens



Course of Illness and Stable Recovery: Racial Health

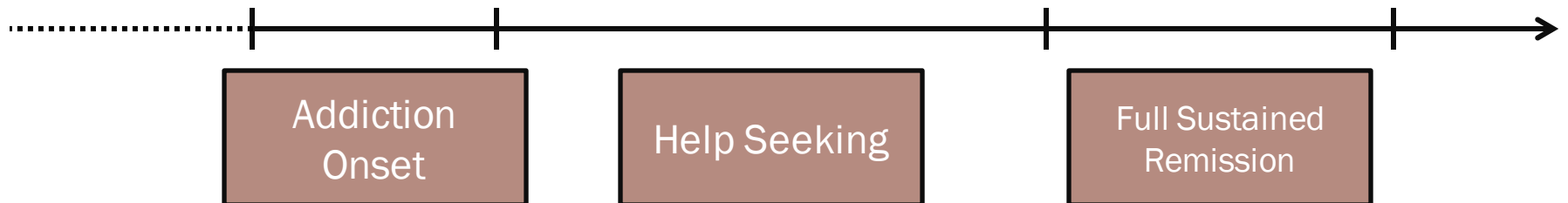


Course of Illness and Stable Recovery: Racial Health



The dominant use of bup. for White patients occurred at the same time overdoses were rising fastest for Black than Whites.

Black patients less likely to receive OUD medication because it was a secondary diagnosis



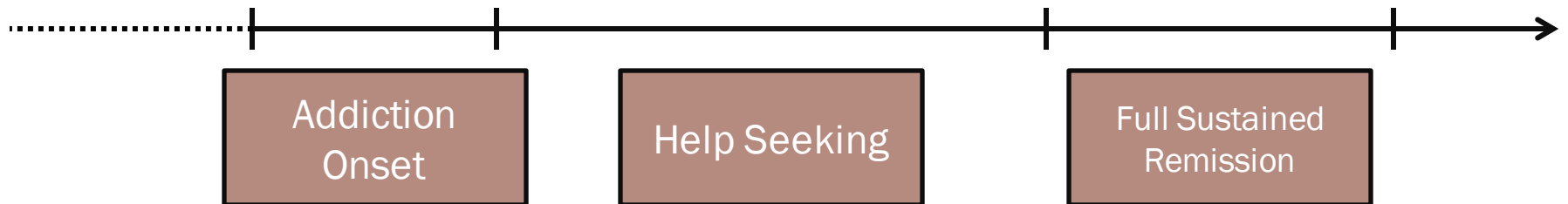
Course of Illness and Stable Recovery: Racial Health



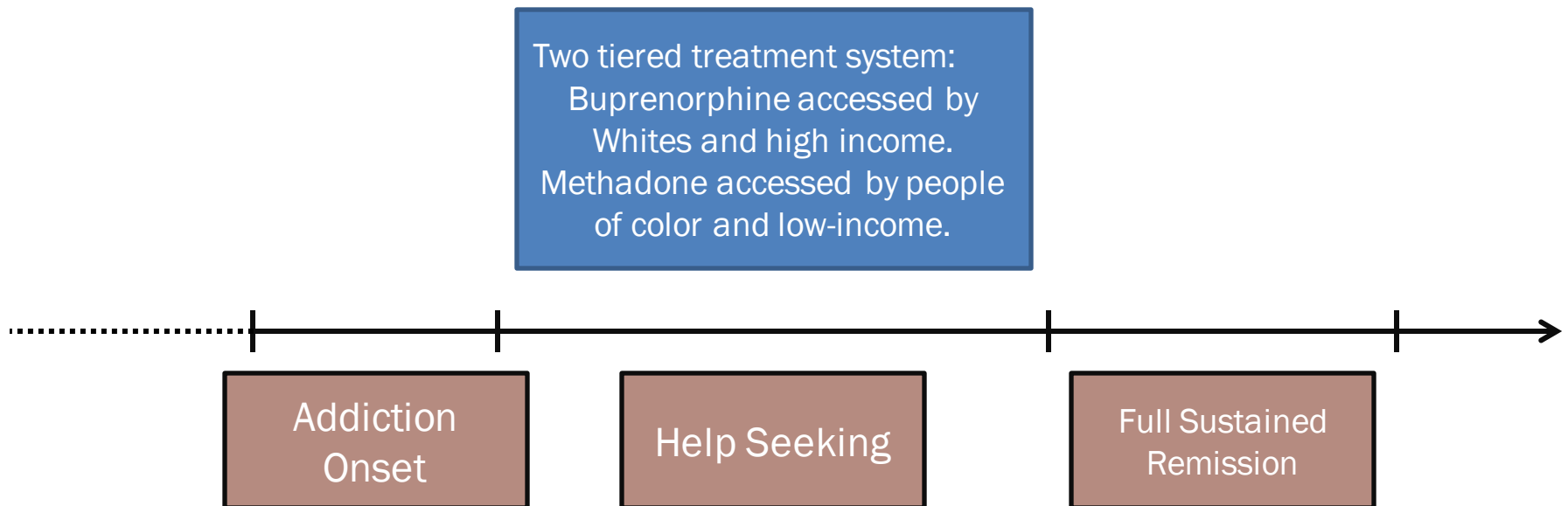
Black patients were 75% less likely to receive buprenorphine prescription at their visit compared to White patients.

The dominant use of bup. for White patients occurred at the same time overdoses were rising fastest for Black than Whites.

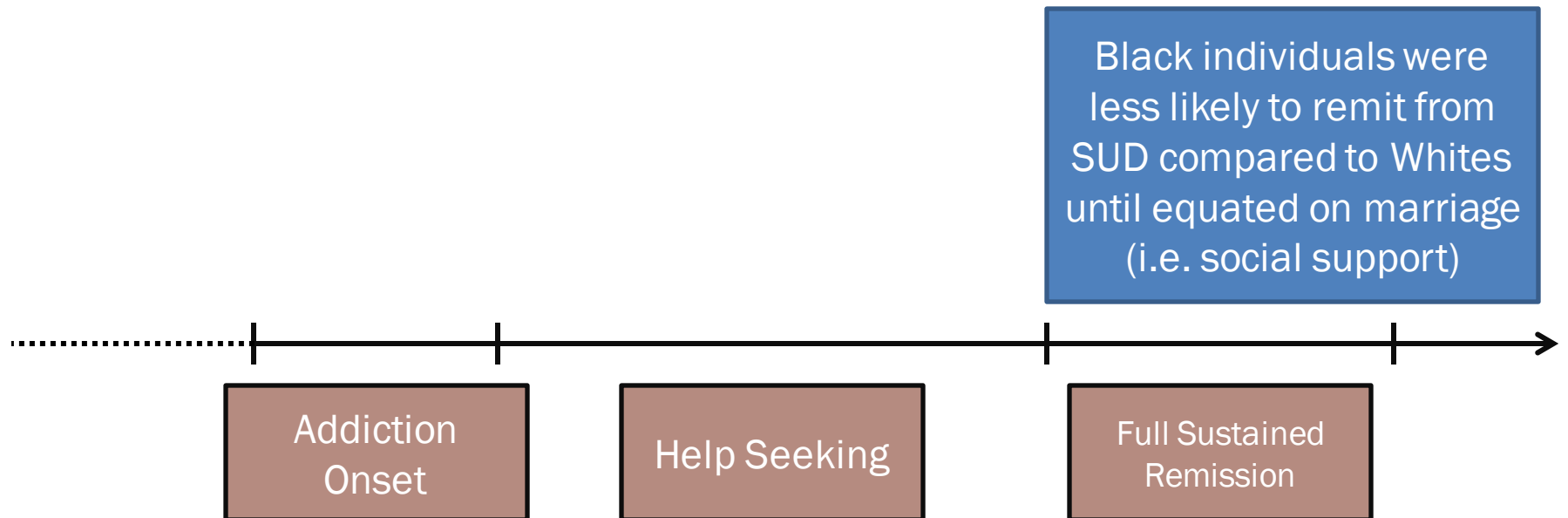
Black patients less likely to receive OUD medication because it was a secondary diagnosis



Course of Illness and Stable Recovery: Racial Health



Course of Illness and Stable Recovery: Racial Health



Course of Illness and Stable Recovery: Racial Health



Black individuals made 3 serious recovery attempts, compared to other groups that made 2 attempts

Black individuals were less likely to remit from SUD compared to Whites until equated on marriage (i.e. social support)

Addiction Onset

Help Seeking

Full Sustained Remission

OVERVIEW



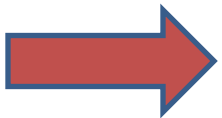
Racial Literacy



Epidemiology and Course of
Illness & Recovery



Actionable Strategies for a
Recovery Transformation in
Black Communities



1- GO INTO BLACK COMMUNITIES

- Leverage peer driven services (as opposed to only professional) to navigate communities with high levels of medical mistrust¹
- Example of Community Based Recovery Support Service....
 - Recovery Housing for Opioid Use Disorder among African American patients leaving detoxification, randomized control trial and quasi-experimental.

¹Bergman, Ashford, Kelly. 2020. Attitudes toward opioid use disorder medications. *Exp Clin Psychopharmacol*, 28 (4), 449-461.

Recovery Housing for OUD

	COMPARISON GROUP	Abstinence Rates at 6 Months	Employment
Tuten 2012 RCT	<ol style="list-style-type: none"> 1) Usual care 2) Recovery housing, abstinent contingent 3) Recovery housing abstinent contingent w/reinforcement based treatment for 12 weeks 	<p>13% usual care referrals 37% housing alone 50% housing + Tx.</p>	
Tuten 2017 Quasi	<ol style="list-style-type: none"> 1) Reinforcement-based treatment 2) Tx. plus recovery housing (no recovery housing alone condition) 	<p>Abstinence 4 times as likely, post-hoc among everybody who actually accessed recovery housing</p>	<p>Improved post-hoc among everybody who <i>actually</i> accessed recovery housing (self-pay or study paid)</p>

68% African Americans

How Does Recovery Housing Confer Benefit?



Full length article

Recovery capital pathways: Modelling the components of recovery wellbeing

Ivan Cano^{a,*}, David Best^a, Michael Edwards^a, John Lehman^b

^a Helena Kennedy Centre for International Justice, Department of Law and Criminology, Development and Society, Sheffield Hallam University, Collegiate Crescent, Sheffield, S10 2BQ, United Kingdom

^b CEO/Board Chair, Florida Association of Recovery Residences, United States



Greater time retention, linked to increase in meaningful activities and a reduction in barriers to recovery and unmet needs that, in turn, promote recovery capital/resources and positive wellbeing

Is Recovery Housing Available Where its Most Needed?

- Among counties that have at least 1 recovery house, SUD mortality rates are NOT correlated with the density (i.e, availability) of recovery housing.
- Service planning implications: areas of higher overdose should have appropriately resourced recovery housing.



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Drug and Alcohol Dependence

journal homepage: www.elsevier.com/locate/drugalcddep



Identifying the availability of recovery housing in the U.S.: The NSTARR project

2- USE TRAUMA INFORMED APPROACHES FOR BLACK COMMUNITIES

Comparative Study > Psychol Med. 2019 Oct;49(13):2215-2226.

doi: 10.1017/S0033291718003082. Epub 2018 Oct 31.

Racial/ethnic variation in trauma-related psychopathology in the United States: a population-based study

Katie A McLaughlin¹, Kiara Alvarez², Mirko Fillbrunn², Jennifer Greif Green³, James S Jackson⁴, Ronald C Kessler⁵, Ekaterina Sadikova⁵, Nancy A Sampson⁵, Corrie L Vilsaint⁶, David R Williams⁷, Margarita Alegría²

What traumatic experiences predict Drug Use Disorder?

Physical Violence

- Beaten up by someone else (non-caregiver)
- Witness physical fight

Sexual Violence Victimization

- Rape

Accidents/Injuries

- Automobile



3- ELIMINATE RECOVERY-RELATED DISCRIMINATION

Structural Recovery-Related Discrimination

Himmelfarb Health Sciences Library, The George Washington University
Health Sciences Research Commons

Health Policy and Management Issue Briefs

Health Policy and Management

2-2004

Analysis of State Laws Permitting Intoxication Exclusions in Insurance Contracts and Their Judicial Enforcement

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Many plans deny payment for patients injured by drugs, alcohol

Researchers: Practice prevents providers
from discouraging future misuse

Recovery-Related Discrimination

Drug Convictions Can Send Financial Aid Up In Smoke

(r) SUSPENSION OF ELIGIBILITY FOR DRUG-RELATED OFFENSES

(1) IN GENERAL

A student who is convicted of any offense under any Federal or State law involving the possession or sale of a controlled substance for conduct that occurred during a period of enrollment for which the student was receiving any grant, loan, or work assistance under this subchapter shall not be eligible to receive any grant, loan, or work assistance under this subchapter from the date of that conviction for the period of time specified in the following table:

Recovery-Related Discrimination

Stateline

More States Lift Welfare Restrictions for Drug Felons



No More Double Punishments

Updated March 2017

Lifting the Lifetime Ban on Basic Human Needs Help for People with a Prior Drug Felony Conviction
Lavanya Mohan, Victoria Palacio, and Elizabeth Lower-Basch

THE NATIONAL RECOVERY STUDY



Full length article

Perceived discrimination in addiction recovery: Assessing the prevalence, nature, and correlates using a novel measure in a U.S. National sample

Corrie L. Vilsaint*, Lauren A. Hoffman, John F. Kelly

Recovery Research Institute, Massachusetts General Hospital Center for Addiction Medicine and Harvard Medical School, 151 Merrimac Street #6, Boston, MA, 02114-4714, USA

Design: web-based cross-sectional

Population: nationally representative of people who resolved a problem with alcohol or other drugs.

Sample: 2,002 people

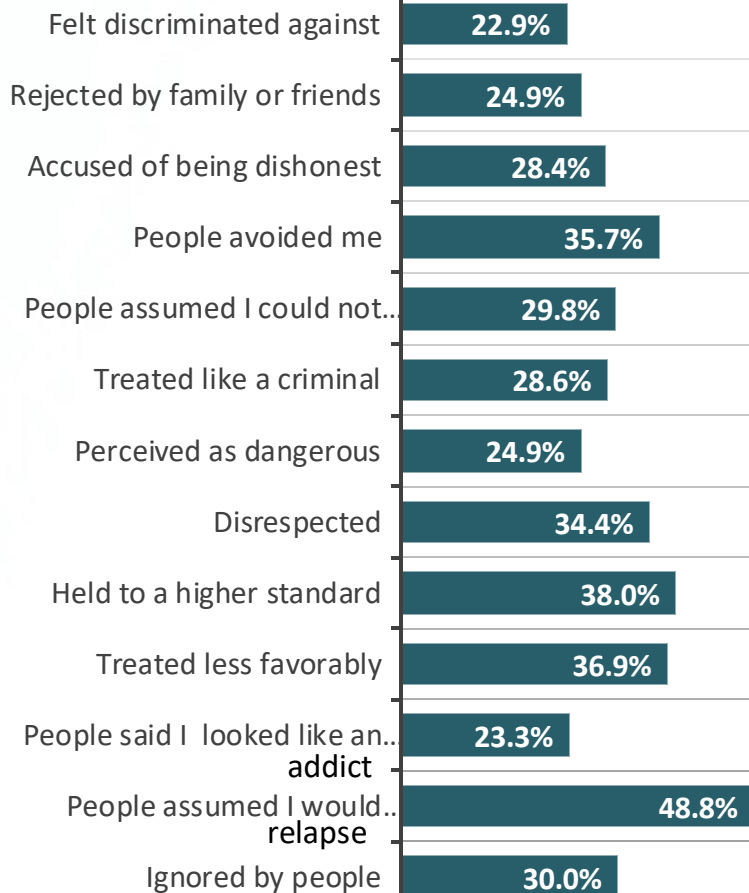
“Since resolving your problem with alcohol or drugs, how frequently have the following occurred because someone knew about your alcohol or drug history?”

- Microdiscriminations: experiences that occurred in social-interpersonal exchanges such as personal slights and insults.
- Macrodiscriminations: violations of personal rights that occurred at the structural, organizational, or policy level.

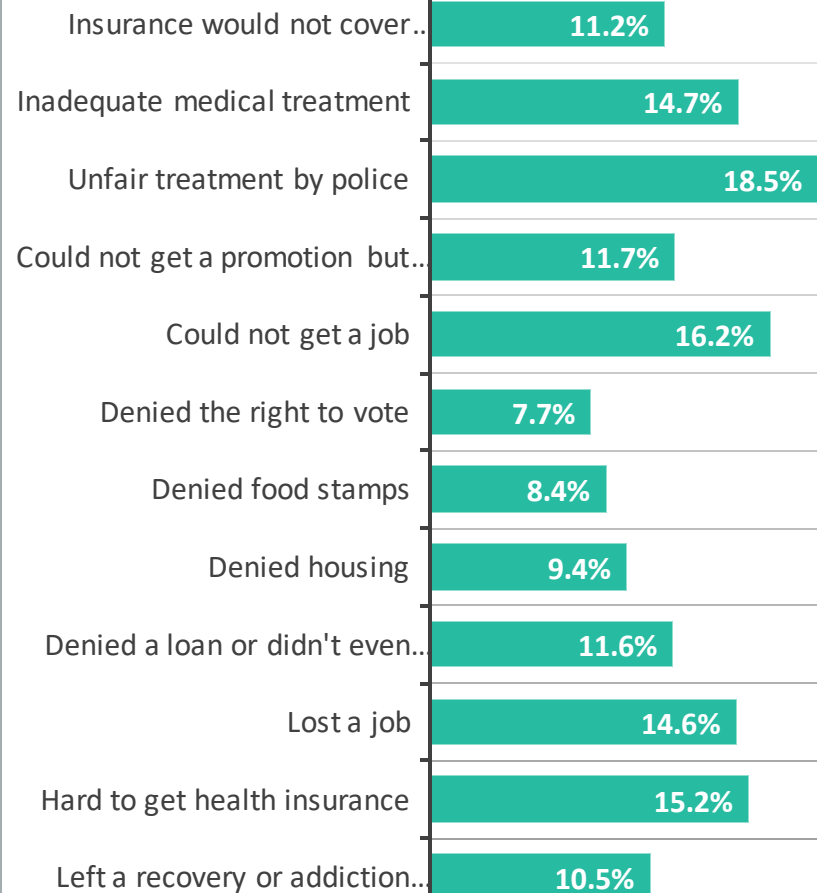
RECOVERY-RELATED DISCRIMINATION

REPORTED BY PEOPLE WHO HAVE ALREADY RESOLVED THEIR SUBSTANCE USE PROBLEM

Personal *Slights* (Microdiscriminations)



Violations of Personal *Rights* (Macrodiscriminations)



Recovery-Related Discrimination was associated with more Psychological Distress, lower Quality of Life and lower Recovery Capital after controlling for severity like indicators.

SUMMARY



Racial Literacy

The effects of race are best interpreted as a caste system.



Epidemiology and Course of Illness & Recovery

Black individuals have delayed onset, but more chronic course of illness, more access to methadone compared to office-based, higher rates of overdose compared to White individuals driven by age 55+.



Actionable Strategies for a Recovery Transformation in Black Communities

Go into communities with peer services like recovery housing to combat medical mistrust, trauma approaches, and reduce recovery-related discrimination.