

Pain and Opioids: Integrated Treatment In Veterans

**Kevin Vowles and Katie Witkiewitz
(MPIs)**

1UG3DA051241-01

Wednesday 12 Feb 2021



HEAL

NIH • Helping to End Addiction Long-term

POSITIVE 

Integrated Treatment for Veterans with
Co-Occurring Chronic Pain and Opioid Use Disorder

Pragmatic Rationale and Aims

- Chronic pain remains common, costly, and debilitating.
- Hazardous opioid use is on the rise (*or more on our radar*).
- These issues are common in the general population and even more so in Veterans.
- There are few treatment options that offer an *integrated* intervention for chronic pain's interference *and* opioid use disorder¹⁻³.
- Present trial is a two arm multisite randomized controlled study of an integrated behavioral treatment in relation to education control through 12 month follow-up.

¹ Ilgen MA, Bohnert AS, Chermack S, et al. A randomized trial of a pain management intervention for adults receiving substance use disorder treatment. *Addiction*. 2016;111(8):1385-1393.

² Garland EL, Hanley AW, Riquino MR, et al. Mindfulness-oriented recovery enhancement reduces opioid misuse risk via analgesic and positive psychological mechanisms: A randomized controlled trial. *J Consult Clin Psychol*. 2019;87(10):927-940.

³ Vowles KE, Witkiewitz K, Cusack KJ, et al. Integrated Behavioral Treatment for Veterans With Co-Morbid Chronic Pain and Hazardous Opioid Use: A Randomized Controlled Pilot Trial *J Pain*. 2019;S1526-5900(19)30866-1.

**Together we can help
U.S. Veterans with chronic pain**

POSITIVE is a research study designed to find out if group treatment sessions can help Veterans prescribed medications for chronic pain build pain coping skills and lead to a better quality of life.



You may be able to join if you:

- are a U.S. Veteran,
- are 21-75 years old,
- have chronic pain, *and*
- have been prescribed a buprenorphine medication (Suboxone, Butrans, Sublocade, etc.)

*Taking part in **POSITIVE** is voluntary and will not affect your access to health care or benefits.*

Contact Us:
Dr. Zachary Schmidt
505-265-1711, ext. 6079

Or visit us at:
<https://positivestudy.org>



To learn more, scan here

Why is POSITIVE important?

- Chronic pain is a common problem for many U.S. Veterans.
- Medicines for chronic pain can help, but they often aren't enough to address problems caused by chronic pain.
- The **POSITIVE Study** is trying to learn if a group treatment program can help Veterans build coping skills to manage chronic pain and opioid cravings. This may make it easier for Veterans to take part in activities they care about.

*Your participation may help improve
treatment for Veterans with chronic
pain now and in the future.*



**To learn more about the
POSITIVE Study,
please contact:**

Dr. Erik Clarke
253-583-2892

Or visit us at:
<https://positivestudy.org>



Puget Sound VA Study 01884

Sponsored by the:
National Institutes of Health (NIH)



Department of Veterans Affairs

New Treatment For U.S. Veterans with chronic pain



Scan here with

POSITIVE 

A research study designed to find out if group treatment sessions can help Veterans prescribed medications for chronic pain build pain coping skills and lead to a better quality of life.

POSITIVE Study	
Dr. Zachary Schmidt	
505-265-1711, x6079	
positives@study.org	
POSITIVE Study	
Dr. Zachary Schmidt	
505-265-1711, x6079	
positives@study.org	
POSITIVE Study	
Dr. Zachary Schmidt	
505-265-1711, x6079	
positives@study.org	
POSITIVE Study	
Dr. Zachary Schmidt	
505-265-1711, x6079	
positives@study.org	
POSITIVE Study	
Dr. Zachary Schmidt	
505-265-1711, x6079	
positives@study.org	

COVID19 modifications

A telehealth pilot study is currently under IRB review to begin testing feasibility and acceptability of telehealth delivered ACT+MBRP. (Recruitment to begin: June 2021).

- Plan:
 - Two treatment groups (1 ACT+MBRP and 1 control) per site, ≈ 10 participants each ($N \approx 40$).
- All assessments and treatments will be via telehealth, VA clinics are ready to begin.
- This pilot is *in addition to* main trial.

Thanks for your time and attention.



Integrated Treatment for Veterans with
Co-Occurring Chronic Pain and Opioid Use Disorder