

The Addiction Recovery Services Program at UH Case Medical Center was started eight years ago by **Margaret Kotz, DO**. *The program's mission is to deliver compassionate care and clinical excellence, as well as train the next generation of addiction specialists.*

One of the greatest challenges for people living with addiction is a lack of knowledge of where to go for resources, or accessing the full spectrum of care they need for their condition, or conditions. Patients in the Addiction Recovery Services Program are evaluated for comorbid psychiatric and medical conditions, and staff members are trained in motivational interviewing and motivational enhancement therapies, a treatment model

Addiction Recovery Services Continues to Innovate and Lead

Treatment for Gambling Disorders Are Added to Already Rich Program

that addresses patients' ambivalence about giving up their addictions. This process helps patients assess the assets and liabilities of their addiction and conclude for themselves that the liabilities outweigh the benefits of continued use.

UH's Addiction Recovery Services Program includes gambling disorders and is one of only a handful of programs in Ohio designed for this purpose. Dr. Kotz is the only certified gambling specialist in Ohio and the staff includes two counselors certified by the National Council of Problem Gambling.

Therapies for substance abuse and behavioral disorders include a family program that has proven to be effective in treating addictions. The program also interfaces with specialty medical services, including hematology and oncology, and pain management services, to treat comorbid addictions and chronic pain. Medication therapy is included as part of the practice, with clinics that provide medications such as diprenorphine, which helps people, particularly those addicted to opioids, maintain their sobriety and prevent relapse.

The practice has, from the start, included **mindfulness and meditation** as part of a holistic approach to therapy and treatment. Unusual eight years ago, these practices are becoming more common in other recovery and addiction programs. Mindfulness practice and meditation remain a valuable source of support for patients after they leave treatment, something they can draw upon whenever needed.

The program's retention rate of nearly 80 percent qualifies it as one of the best, and positive survey responses to the question, "Would you refer us for addiction recovery services to a friend or a loved one?," have been at 100 percent consistently for eight years.

The primary focus of Dr. Kotz's activities over the past year has been on the treatment of the interface between substance abuse disorders and chronic pain, and the pharmacotherapies of addiction treatment. She has been involved in several national projects that look at guidelines and consensus papers for the use of medication-assisted treatment and to help educate physicians across the country about the safe use of opioids in chronic pain. A consultant to the Federation of State Medical Boards, she also chaired an expert panel organized by the Substance Abuse and Mental Health Services Administration (SAMHSA).



Dr. Margaret Kotz