

# Substance abuse treatment in Maine

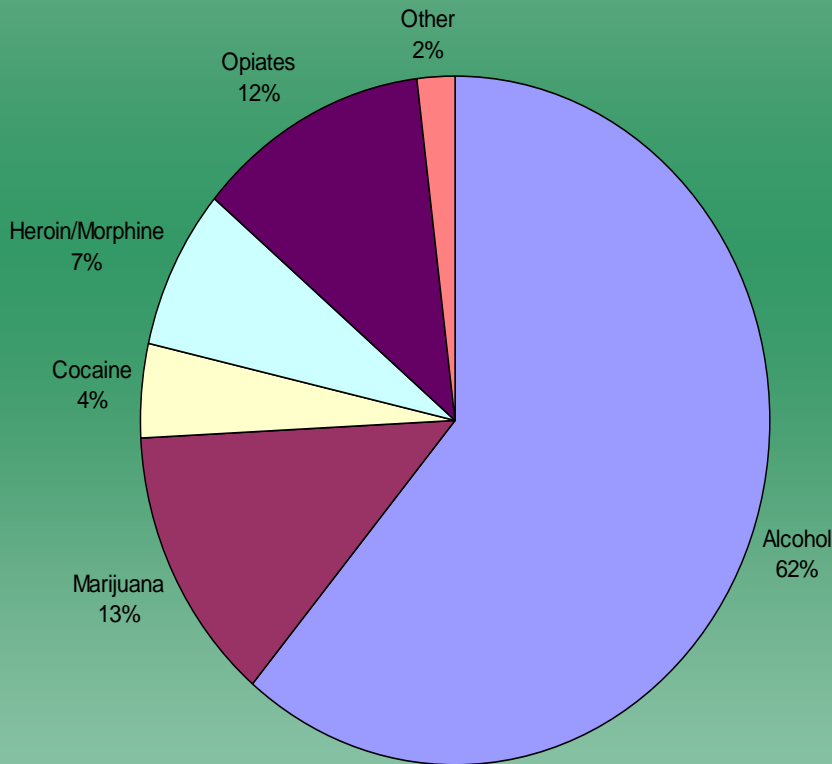
- *Primary substances used*
- *Outcomes from methadone treatment*

Debra L. Brucker, MPA, PhD  
State of Maine  
Office of Substance Abuse  
[debra.brucker@maine.gov](mailto:debra.brucker@maine.gov)

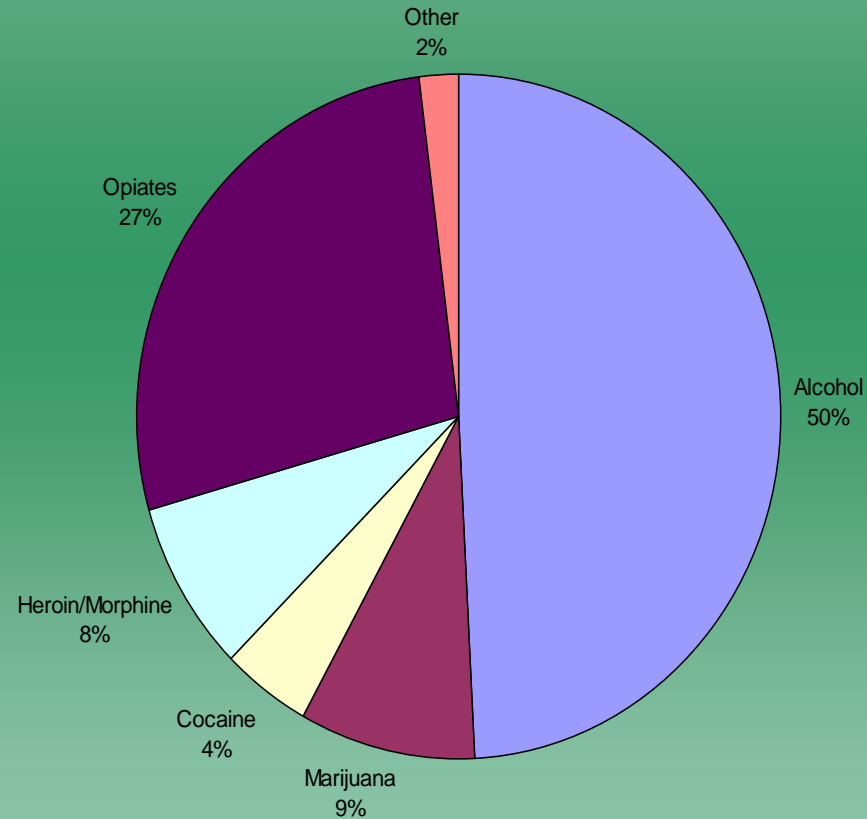
APS Data Forum  
June 2010

# Clients by primary drug SFY04 and SFY09

SFY 2004, N=13,102



SFY 2009, N=13,744



# Substance abuse treatment clients by primary drug, SFY09

	18 and under (N=858)	19 and older (N=12,989)
Alcohol	30%	51%
Opiates	11%	25%
Marijuana	49%	6%
Heroin/morphine	3%	9%
Cocaine/crack	1%	4%
Other	3%	5% <sub>3</sub>

# Methadone treatment in Maine

- Persons who have abused heroin or other opiates (such as OxyContin®) may enter methadone treatment.
- Persons receiving methadone treatment generally must attend a clinic on a daily basis to receive their required dose of liquid medication.
- Methadone treatment has been shown to have positive effects on reducing substance use and in improving the ability of clients to live healthy, productive lives.
- Data available in Maine provide further evidence of its effectiveness.

# Substance use

*The impact of methadone treatment on substance use is measured by reductions in use of the primary drug that clients reported at admission.*

- Clients using at admission: 85%
- Clients using at update: 5%

N=1,046

# Living arrangements

*Living arrangements provides information about whether the client is living independently (either alone or with others) or dependently (in a shelter, for example), or is homeless.*

	At admission	At update
Independently	94%	98%
Dependently	4%	1%
Homeless	2%	1%

N=1,046

# Employment

*For many people, employment is an important component of a healthy, productive life. “Employed” is defined here as employed full-time, part-time or on an irregular basis.*

- Clients employed at admission: 37%
- Clients employed at update: 43%

N=1,046

# Family preservation

*Keeping families intact is another possible benefit of methadone treatment. Our data suggest that more clients who have children are able to have their children residing with them (rather than with relatives, in foster care, or in other outside placements) as treatment continues.*

Of clients that have dependents (N=591 out of 1,046):

- **Dependents living with them, at admission: 45%**
- **Dependents living with them, at update: 57%**