

“Outpatient Counseling”

Episode Overview

In this episode, I talk about the role of outpatient counseling and overdose response in supporting people with opioid use disorders. I review research showing that many outpatient programs still lack access to medications and often are not fully prepared to respond to overdoses. I examine community-based outreach efforts that connect directly with people after an overdose. I end by discussing how outpatient programs can strengthen recovery through harm reduction, persistent outreach, and person-centered support.



- Only about half of outpatient programs offers medications for opioid use disorder (MOUD), and fewer than 10% of overdose survivors receive these medications.
- Post-overdose outreach programs – especially those using peer recovery specialists – show high engagement rates, with many individuals accepting naloxone training and referrals to treatment.

TAKEAWAYS

- ✓ Outpatient care is the main setting where most recovery happens.
- ✓ Preparedness for on-set overdoses remains a major gap in outpatient clinics.
- ✓ Combining medication, harm reduction, and connection strengthens recovery.

References & Future Reading

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