

# Maryland Patient Outcomes 2022 ANNUAL REPORT BRIEF



With six clinics in Maryland, Ideal Option is committed to providing low-barrier treatment access to those struggling with substance use disorder.

# Ideal Option's Treatment Works.

Lab testing results: for patients in Maryland who remained in Ideal Option's treatment program and stayed on their prescribed medications show:



**98%** less fentanyl use



60% less methamphetamine use



94% Reported improvement in housing



**89%**Reported improvement in employment

Ideal Option has been providing evidencebased treatment for substance use disorder using FDA-approved medications — the gold standard in addiction treatment – for more than 10 years.

Self-reported outcomes gathered via survey of over 2,100 Ideal Option patients after a minimum of 6 months of treatment show:



97%
Report their quality of life has improved



92%
Report no visits to the ER for drug-related medical care since starting treatment



**96%**Report **no drug-related arrests or charges** since starting treatment



**98%**Report they feel confident in their ability to **remain in recovery** long-term

# Stages of Care

# **INITIATION**

New patients, re-start patients, or patients not yet stabilized on buprenorphine.

# **STABILIZATION A**

Patients who are starting to feel stable on buprenorphine and have reduced their use of opioids.

# **STABILIZATION B**

Patients who are stable on buprenorphine and have stopped use of opioids but may still be using other nonprescribed substances.



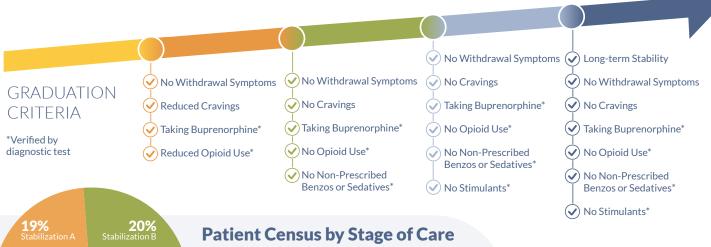
## **MAINTENANCE A**

Patients who are completely stable on buprenorphine and abstinent from all nonprescribed substances.

# **MAINTENANCE B**

Patients who have long-term stability on buprenorphine and are abstinent from all non-prescribed substances.





This evidence-based treatment approach leverages contingency management behavioral theory to optimize patient outcomes, and it helps to achieve clinical consistency while enabling providers to customize care and acknowledge and celebrate key milestones toward long-term recovery.

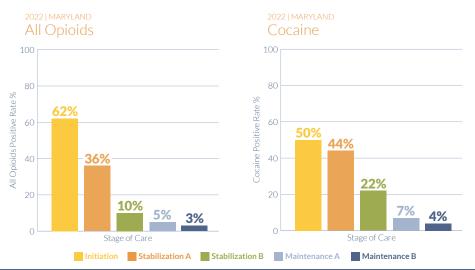


**59%** Maryland patients who returned for a second visit remained in treatment after 6 months

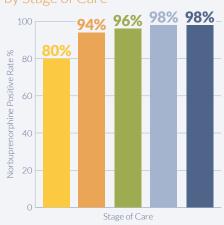
Since 2017<sup>2</sup>

<sup>2</sup>Source: Ideal Option 2022 Maryland Annual Patient Outcomes Report

Ideal Option relies on lab test results as a key indicator of treatment outcomes. The accompanying charts show medication adherence, all opioids, and cocaine positive rates by Stage of Care in 2022.



# **Medication Adherence**



**37%** Maintenance B