

GLOSSARY: ABBREVIATIONS AND TERMS

abstinence: the avoidance of alcohol or drugs (other than prescribed or medically necessary medications) and other problem activities with addictive potential.

Accreditation Council for Continuing Medical Education (ACCME): a national certifying organization that develops national training standards beginning in medical school and continuing through residency and private practice.

advanced electronic data (AED): data used by the US Customs and Border Protection (CBP) to identify potential drug shipments, including fentanyl and heroin entering the US illegally, using analysis of senders, recipients, and other data.

Affordable Care Act (ACA): the 2010 federal law (more formally known as the Patient Protection and Affordable Care Act and more commonly referred to as “ObamaCare”) that mandated that insurance companies, employer-sponsored health plans, and Medicaid were required to include coverage in all health plans to treat substance use disorders (SUDs) as an “essential health benefit” (EHB).

Alcohol, Drug Abuse, and Mental Health Agency (ADAMHA): the federal agency formed in 1973 within the US Department of Health and Human Services to reduce the impact of substance abuse and mental illness in the US communities. ADAMHA was reorganized into the Substance Abuse and Mental Health Services Administration (SAMHSA) in 1992.

Alcoholics Anonymous (AA): an international fellowship of people dedicated to recovery from alcohol use, abuse, and addiction through the Twelve Steps. AA is nonprofessional, self-sustaining, and available globally through local meetings.

American Academy of Pain Medicine (AAPM): a medical society (originally named the American Academy of Algology) comprised of physicians focused on pain medicine, which was not recognized as a distinct physician specialty until 1983.

American Academy of Pediatrics (AAP): an organization devoted to children's health with over 67,000 physicians specializing in pediatrics and advocating for the optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

American Board of Addiction Medicine (ABAM): a medical specialty board that grew out of the American Society of Addiction Medicine (ASAM) that offers board certification of addiction medicine physicians across a range of medical specialties. ABAM sets standards for physician education, assesses physicians' knowledge, and requires and tracks lifelong education.

American Foundation for Suicide Prevention (AFSP): a voluntary health organization, established in 1987, that gives those affected by suicide a nationwide community empowered by research, education,

and advocacy to take action against this increasing cause of death for both men and women.

American Medical Association (AMA): an organization founded in 1847 that works to create a healthier future for patients, including advocating against racial and ethnic disparities in healthcare and for scientific advancement, standards for medical education. The AMA has played an important role in the development of US medicine, including developing a program of medical ethics and numerous initiatives focused on improving public health.

American Pain Society (APS): a multidisciplinary community founded in 1987 that brings together a diverse group of scientists, clinicians, and other professionals to increase the knowledge of pain and transform public policy and clinical practice to reduce pain-related suffering.

American Society of Addiction Medicine (ASAM): a professional medical society founded in 1954 and representing over 5,500 physicians, clinicians, and associated professionals in the field of addiction medicine and focused on increasing access and improving the quality of addiction treatment.

Americans with Disabilities Act (ADA): a 1990 federal civil rights law that prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public.

Automation of Reports and Consolidated Orders System (ARCOS): an Electronic Data Interchange (EDI) Program created by the Controlled Substances Act of 1970, under which controlled substances pharmaceutical manufacturers and distributors are required to report their controlled substances transactions to the Drug Enforcement

Administration (DEA) through an automated reporting system tracking drugs from the point of manufacture through commercial distribution channels to point of sale or distribution at the dispensing/retail level.

ayahuasca: a hallucinogenic beverage prepared from the bark of a South American woody vine that is classified as a Schedule I controlled substance, but nonetheless has received attention as a potential treatment for opioid addiction.

Behavioral Health Association of Providers (BHAP): a national membership association (for the sake of full disclosure, chaired by the author of this book, Harry Nelson) that provides educational resources, develops standards, and advocates for the advancement of quality and access in addiction treatment and behavioral health.

benzodiazepine: a class of non-opioid, psychoactive drugs that include tranquilizers, sedatives, and anti-anxiety drugs, including alprazolam (Xanax), carisoprodol (Soma), clonazepam (Klonopin), diazepam (Valium), lorazepam (Ativan), midazolam (Versed), ternazepam (Restoril), and triazolam (Halcion). The combination of benzodiazepines and opioids creates a heightened health risk, and are present in many fatal overdoses.

Big Pharma: a commonly used nickname referring to large drug companies as a politically influential industry. The advocacy group most commonly associated with Big Pharma is the Pharmaceutical Research and Manufacturers of America (PhRMA).

Big Tobacco: a commonly used nickname referring to large tobacco companies as a politically influential industry.

buprenorphine: an opioid partial agonist that is used as a form of medication assisted treatment (MAT) for opioid dependence under

brands such as Subutex, Suboxone (in combination with naloxone), and Sublocade, an extend release injectable. Buprenorphine produces more subdued analgesic effects than more typical opioids, enabling a person addicted to opioids to transition without experiencing the extreme discomfort of withdrawal symptoms.

California Department of Public Health (CDPH): the California state licensing agency for healthcare facilities and protection of the public's health. Every state has a distinct agency that licenses health facilities, and in many cases, multiple agencies for different types of facilities.

cannabinoids: the various naturally occurring, biologically active, chemical compounds extracted from cannabis or hemp, such as tetrahydrocannabinol (THC), cannabidiol (CBD), cannabigerol (CBG), and cannabinol (CBN), each of which is being studied for potential therapeutic effects.

carfentanil: a synthetic opioid that is an analogue of (that is, has a similar chemical structure to) fentanyl but is up to 100 times more potent than fentanyl and marketed under the brand Wildnil for use in large mammals, such as elephants. Illegal carfentanil trafficking has been lethal due to its high potency.

Center for Behavioral Health and Statistics Quality (CBHSQ): the federal government's lead agency for behavioral health statistics, as designated by the Office of Management and Budget (OMB).

Center for Substance Abuse Treatment (CSAT): the unit within the Substance Abuse and Mental Health Services Administration (SAMHSA) in 1992 to increase the availability of treatment and recovery services, including medication assisted treatment (MAT). CSAT participates in SAMHSA's national outcomes reporting efforts.

Centers for Disease Control and Prevention (CDC): the federal agency under the oversight of the US Department of Health and Human Services (HHS) that provides data, resources, and expertise to promote and protect public health from threats and to prevent injury and disease.

Centers for Medicare & Medicaid Services (CMS): the federal agency within the US Department of Health and Human Services (HHS) that administers the Medicare program and works in partnership with state governments to administer Medicaid.

chronic obstructive pulmonary disease (COPD): a health condition involving two lung problems—chronic bronchitis (increased cough and mucus production caused by inflammation of the airways) and emphysema (associated with damage of the air sacs and/or collapse of the smallest breathing tubes in the lungs).

chronic traumatic encephalopathy (CTE): a degenerative brain disease found in athletes, military veterans, and others with a history of repetitive injuries to the brain. In CTE, a protein called Tau forms clumps that slowly spread throughout the brain, killing brain cells.

CIDP (chronic inflammatory demyelinating polyneuropathy): a neurological disorder in which there is inflammation of nerve roots and peripheral nerves and destruction of the fatty protective covering (myelin sheath) over the nerves, resulting in neuropathic pain, weakness, paralysis and/or impairment in motor function.

cognitive behavioral therapy (CBT): a technique used to help an individual talk through and manage an undesirable pattern of thought and action (including but not limited to addiction) by understanding the pattern, such as recognizing triggers for an undesirable

action, and learning to redirect thoughts and reactions away from the undesirable action.

community health workers (CHWs): lay members of the community who work either for pay or as volunteers in association with the local healthcare system in both urban and rural environments.

Compassionate Use Act (CUA): a 1996 California referendum that voters passed to decriminalize medicinal cultivation and use of marijuana. The CUA was the first statewide law liberalizing the use of cannabis.

complex regional pain syndrome (CRS): a form of chronic pain that usually affects extremities (for example, an arm or leg), most commonly after an injury, surgery, stroke, or heart attack, with resulting pain that is out of proportion to the severity of the initial injury.

Comprehensive Addiction and Recovery Act (CARA): the 2016 federal law enacted with bipartisan support to provide funding for multiple initiatives intended to respond to the opioid crisis, including funding for addiction prevention, treatment, expanded use of medication assisted treatment (MAT), and expanded use of the overdose drug, naloxone.

Comprehensive Drug Abuse and Prevention and Control Act (CDAPCA): a federal law passed in 1970 to implement the Single Convention on Narcotic Drugs, a 1961 international treaty, that included the Controlled Substances Act (CSA).

continuing medical education (CME): educational programs required to be completed by physicians and other professionals to maintain and improve knowledge, skills, and professional performance, as well as to understand relationships with patients, the public, and the profession.

Controlled Substance Utilization Review and Evaluation System (CURES): California’s prescription drug monitoring program (PDMP) and database, implemented in 1996 but underfunded and not fully mandatory for prescribing, ordering, administering or furnishing Schedule II through IV controlled substances until 2018.

Controlled Substances Act (CSA): the 1970 law that was part of the broader Comprehensive Drug Abuse and Prevention and Control Act (CDAPCA) implementing the Single Convention on Narcotic Drugs, a 1961 international treaty. The CSA combined four dozen different federal drug laws into one unified system establishing the schedules of controlled substances and focused simultaneously on managing prescription drugs and stopping the flow of illegal drugs.

Drug Abuse Warning Network (DAWN): a public health surveillance system created in 1972 to monitor drug-related deaths and hospital emergency department encounters, DAWN operated under SAMHSA auspices until it was discontinued in 2011 in favor of other data monitoring programs.

Drug Addiction Treatment Act (DATA) of 2000/DATA 2000: the federal law that permitted physicians who completed an eight-hour training course on its use to obtain DEA waivers to use buprenorphine in medical office settings, outside of Opioid Treatment Programs (such as methadone clinics).

Drug Enforcement Administration (DEA): the unit of the US Department of Justice that enforces the Controlled Substances Act of 1970 (CSA), overseeing prescription narcotic distribution and illegal drug interdiction.

durable medical equipment (DME): a category of medical supplies and equipment reimbursed by health insurance, often referred to by

the broader category of DMEPOS, durable medical equipment, prosthetics, orthotics, and supplies.

electronic health records (EHRs): medical and other health records that are updated, maintained, and stored in digital format through health information technology (HIT).

emergency medical responders (EMRs): certified personnel who are “first responders,” meaning the first medically trained personnel who come into contact with a patient after an emergency response. EMRs have less training than emergency medical technicians or paramedics, but provide transport and immediate lifesaving interventions while waiting for additional resources to arrive at the scene of an emergency.

emergency medical technicians (EMTs): licensed first responders who provide basic, noninvasive interventions to help save lives by stabilizing and safely transporting patients, as well as reducing harm at emergency sites, providing the majority of out-of-hospital care.

Emergency Medical Treatment and Labor Act (EMTALA): the 1986 federal law that requires hospitals with emergency departments to screen and stabilize people in need of emergency medical care without regard to their ability to pay.

employee assistance programs (EAPs): voluntary, work-based programs that offer employees free and confidential assessments, short-term counseling, referrals, and follow-up services for personal and/or work-related problems, including substance use-related issues.

Essential Health Benefit (EHB): the ten categories of services that the Affordable Care Act (ACA) required health insurance plans to cover, including physician services, inpatient and outpatient

hospital care, prescription drug coverage, pregnancy and childbirth, mental health services, and substance use disorder (SUD) treatment.

Fair Housing Act (FHA): a federal law protecting people from certain types of discrimination, such as race, religion, sex, and national origin, when renting, buying, or securing financing for housing. In 1988, the FHA was amended to prohibit housing discrimination based on disability, extending protection to recovery residences providing sober housing for people in recovery from addiction.

False Claims Act: the federal law that enables whistleblowers to bring claims to the attention of the government for a share of the recovery to combat fraud against the government. The False Claims Act dates back to the Civil War, when it was enacted to combat fraud by suppliers of the Union Army.

Federal Bureau of Narcotics (FBN): the federal agency within the US Department of the Treasury formed in 1930 to enforce the Harrison Narcotics Tax Act. The FBN was a forerunner of the Drug Enforcement Administration.

fentanyl: a synthetic opioid narcotic analgesic that has approved variations of medications that are Schedule II controlled substances, such as the brands Duragesic and Sublimaze, as well as illegal forms that are Schedule I controlled substances distributed by drug traffickers. The low cost and proliferation of illegal fentanyl has become the primary driver of the rising overdose death toll since 2013, surpassing heroin as a killer.

Food and Drug Administration (FDA): the federal agency within the US Department of Health and Human Services (HHS) that oversees the manufacturing and distribution of drugs, medical devices, food, tobacco, and other consumer products. The FDA was established in

1906 through the enactment of the Food and Drugs Act, and authorized by the Food, Drug, and Cosmetic Act (FDCA) in 1938 with oversight of food, drug, device, and cosmetic safety.

Harrison Narcotics Tax Act: the 1914 law that utilized a tax to eliminate opium and heroin from widespread use.

health information technology (HIT): the digital infrastructure to support the computer systems and the secure exchange of health information between patients, health professionals and facilities, and payers.

Health Insurance Portability and Accountability (HIPAA): the 1996 federal law and regulations that establish privacy and data security standards for health information.

Health and Human Services, Department of (HHS): the federal agency that oversees US health policy through multiple divisions, including the Centers for Disease Control and Prevention (CDC), the Centers for Medicare & Medicaid Services (CMS), the Food and Drug Administration (FDA), the National Institutes of Health (NIH), and the Substance Abuse and Mental Health Services Administration (SAMHSA).

heroin: a highly addictive narcotic morphine derivative that was sold as a branded painkiller in the late 1890s until 1910 and is today a prohibited Schedule I controlled substance. Black tar heroin, a solid resin form that users typically melt down and inject or smoke, became an increasing cause of opioid deaths in 2010 as government pressure led to reduced physician prescribing of opioid medications and people turned to heroin as an alternative.

HillaryCare: the failed 1993 healthcare reform initiative proposed by President Clinton.

Hippocratic Oath: the oath embodying the code of medical ethics undertaken by the medical profession.

hydrocodone: an opioid derivative of codeine that is typically combined with other drugs as an analgesic or cough sedative, such as in the brands Vicodin and Norco, both hydrocodone-acetaminophen combinations.

IBD (inflammatory bowel disease): a term for two conditions (Crohn's disease and ulcerative colitis) characterized by chronic inflammation of the gastrointestinal (GI) tract.

ibogaine: a psychoactive substance from West African shrub iboga that produces psychedelic experiences that are believed to override the discomfort of withdrawal symptoms and cravings caused by opioid dependency. Ibogaine is a Schedule I controlled substance, illegal in the United States but legal as a form of addiction treatment in many other countries, including Canada, Mexico, Brazil, and several European countries.

IMD (Institutes for Mental Disease): the term for state-run psychiatric hospitals. At the time of Medicaid's enactment in 1965, the fear that states would shift costs for psychiatric hospitalization led to the IMD exclusion, a prohibition on Medicaid funding for residential facilities larger than sixteen beds.

International Opium Commission: the 1909 meeting at which the US and thirty-three other countries met to discuss international drug prohibition, leading to the 1912 International Opium Convention to limit the importation and production of opium and opium derivatives, such as heroin.

Insys Therapeutics: the drug manufacturer that marketed Subsys, a fentanyl spray. In 2017, Insys and several of its executives were charged criminally for alleged kickbacks to physicians. While numerous opioid manufacturers and distributors have faced civil lawsuits, Insys is the only opioid manufacturer (other than Purdue Pharma executives) to face criminal charges.

Jessie's Law: federal legislation (not yet enacted) to permit greater communication between doctors and with families relating to substance use treatment history. Jessie Grubb, a thirty-year-old woman living in Ann Arbor, Michigan, was in recovery from heroin addiction. Due to privacy restrictions, her surgeon did not know that he was prescribing OxyContin to a person in recovery. The prescription led to her relapse and overdose death, raising questions about whether privacy protections have gone too far given the need for doctors and families to communicate to avoid risks in prescribing to people in recovery from addiction.

Joint Commission on the Accreditation of Healthcare Organizations (Joint Commission): an independent, not-for-profit organization that accredits and certifies nearly 21,000 healthcare organizations and programs in the United States, providing a nationally recognized symbol of quality and adherence to certain performance standards.

laudanum: a tincture preparation popularized for centuries in which opium was mixed with alcohol.

MBC (Medical Board of California): the California state agency that licenses physicians and oversees medical practice, including prescribing practices, statewide through its disciplinary enforcement process for the purpose of consumer protection.

Medicaid: the federal program (financed in part by states and in part by the federal government and administered by each state) adopted in 1965 to provide healthcare services for people unable to otherwise afford care based on income level.

Medicare: the federal program (financed and administered by the federal government throughout the Center for Medicare and Medicaid Services (CMS) to provide healthcare for people over age 65, disabled within the meaning of the Social Security and Supplemental Security Income disability program, or with end-stage renal disease (ESRD).

medication-assisted treatment (MAT): the use of medications, such as methadone, buprenorphine, and naltrexone to treat people with opioid addictions. MAT is intended to relieve symptoms of opioid dependence and withdrawal, with counseling and support groups or services.

Mental Health Parity and Addiction Equity Act (MHPAEA): the 2008 federal law that declared an end to discrimination against mental health and substance use disorder (SUD) treatment relative to medical and surgical care, such as imposition of more restrictive financial requirements and treatment limitations mental health and SUD benefits.

methadone: a synthetic opioid full agonist that is used as a form of medication-assisted treatment (MAT) to treat heroin dependence. Methadone is an addictive narcotic, but it produces more subdued effects than heroin, enabling an addicted person to refrain from heroin use.

naloxone: a medication best known by the brand Narcan and commonly referred to as the “overdose drug” for its ability to reverse the effect of opioid overdoses when administered by injection or nasal spray. When administered while a person overdosing from opioids is

still breathing, naloxone acts as an antagonist of narcotic drugs and causes the pain relief, euphoria, and respiratory suppression caused by opioids to end. Naloxone is also combined with buprenorphine in a brand of medication-assisted treatment (MAT) known as Suboxone.

naltrexone: a medication that acts as an opiate antagonist, cancelling out the euphoria associated with narcotics or alcohol, and used as a form of medication-assisted treatment (MAT). Naltrexone is well known by the brand Vivitrol, an extended-release injectable form that is effective for several weeks after each injection. In low doses, naltrexone has been shown to act as an anti-inflammatory on the nervous system and to reduce the severity of various pain syndromes, including fibromyalgia, multiple sclerosis, and complex regional pain syndrome (CPRS).

Narcotics Anonymous (NA): a community-based organization founded in 1953 and growing out of Alcoholics Anonymous that utilizes the Twelve Steps and social model recovery through local mutual support groups around the world.

National Alliance on Mental Illness (NAMI): the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

National Alliance for Recovery Residents (NARR): a recovery community organization (RCO) that works on improving access to quality recovery residences through developing standards, support services, placement, education, research, and advocacy.

National Bureau of Economic Research (NBER): a private, nonprofit, nonpartisan organization founded in 1920 that is dedicated to conducting economic research and to disseminating research findings among academics, public policy makers, and business professionals.

National Committee for Education on Alcoholism (NCEA): now known as the National Council on Alcoholism and Drug Dependence (NCADD), NCEA was founded in 1944 to advocate for the interests of people struggling with and in recovery from alcoholism and drug addiction and the consequences of alcohol and other drug use. Among other things, NCEA championed the idea of addiction as both an individual disease and a public health crisis, and advocated for detoxification in hospital settings and education and clinics to diagnose and treat alcoholism.

National Council on Alcoholism and Drug Dependence (NCADD): an advocacy organization formerly known as the National Committee on Education on Alcoholism (NCEA) that advocates for the interests of people struggling with or in recovery from alcoholism, drug addiction, and the consequences of alcohol and other drug use.

National Emergencies Act (NEA): a federal law that authorizes the President of the United States to declare a “national emergency” in response to extraordinary threats, triggering emergency authority and releasing funding to respond to the emergency. In 2017, President Trump directed the Department of Health and Human Services (HHS) to declare the opioid crisis a public health emergency, but he did not declare it a national emergency under the NEA. Federal funding to address the opioid crisis has been provided under two laws (CARA in 2016 and SUPPORT for Patients and Communities Act in 2018), but not under the NEA.

National Institute of Alcohol Abuse and Alcoholism (NIAAA): one of twenty-seven institutes and centers constituting the National Institutes of Health (NIH), originally created in 1970 under the auspices of NIMH and now its own unit, which is the largest research source in the world relating to the impact of alcohol use on health.

National Institute on Drug Abuse (NIDA): since 1992, one of twenty-seven institutes and centers constituting the National Institutes of Health (NIH), focused on advancing science on the causes and consequences of drug use and addiction, and applying to improve individual and public health through prevention and treatment of substance use disorders (SUDs) and enhance public awareness of addiction. NIDA traces its beginnings to a 1935 federal research project on addiction and formally came into being in 1974 under the Alcohol, Drug Abuse, and Mental Health Administration (a predecessor of SAMHSA), where NIDA was given oversight of the Drug Abuse Warning Network (DAWN) and National Household Survey on Drug Abuse (NHSDA).

National Institute of Mental Health (NIMH): one of twenty-seven institutes and centers constituting the National Institutes of Health (NIH), formed in 1946 to support research on mental disorders.

National Institutes of Health (NIH): the federal agency under the oversight of the Department of Health and Human Services (HHS) responsible for medical research.

nurse practitioners (NPs): licensed registered nurses who complete training and obtain a certification as advanced practice nursing professionals (APRNs), enabling them to provide certain medical services beyond traditional nursing, including examining, diagnosing, and treating patients. NPs work under physician supervision in many states, and they are permitted to practice independently in some states.

opiate: the natural derivatives of opium poppy, such as codeine, morphine, and heroin.

opioid: the broad class of drugs including prescription pain relievers, such as codeine, morphine, their semi-synthetic derivatives

hydrocodone and hydromorphone, and pure synthetic forms, as well as illegal drugs, such as heroin and certain types of fentanyl. Opioids are valued for their ability to relax the body, relieve pain, and cause euphoria; they are dangerous due to their suppressing of the respiratory system and the high risk of physical dependency even when taken for short periods of time.

opium: opium refers to the dry latex extracted from the seed pod of the opium poppy (*Papaver somniferum*), which can be processed to extract morphine and codeine. These extracts can be further processed further to produce semi-synthetic derivatives, such as hydrocodone.

opioid-induced hyperalgesia (OIH): the phenomenon of patients experiencing new or worse pain while taking opioids that are prescribed for pain due to increased sensitivity caused by exposure to opioids.

opioid treatment program: a program engaged in medication-assisted treatment (MAT) opioid treatment of individuals with an opioid agonist medication.

opioid use disorder (OUD): a subset of substance use disorder involving opioids. OUDs can involve prescribed or illegal opioids.

Opium Wars: two armed conflicts in China in the mid-19th century between the forces of Western countries and of the Qing dynasty, which ruled China from 1644 to 1911–12. The first Opium War (1839–42) was fought between China and Britain, and the second Opium War (1856–60) was fought by Britain and France against China. In each case, the foreign powers were victorious and gained commercial privileges and legal and territorial concessions, including opium trade that made the problem of addiction pervasive in China.

over the counter (OTC): medications that are deemed to be sufficiently safe that a consumer can purchase the medication without a prescription and use it without physician supervision. Some OTC medications involve safety and potential abuse risks.

overdose prevention site: also known as supervised consumption sites or safe injection sites, overdose prevention sites are legally sanctioned, medically supervised facilities designed to provide a hygienic environment and reduce the nuisance of public drug use for individuals who consume illegal drugs intravenously, such as heroin. Typically, the overdose prevention site provides sterile needles and health professionals onsite to prevent overdose, along with counseling to encourage addiction treatment and recovery.

patient brokering: a crime, also referred to as body brokering, established by the SUPPORT for Patients and Communities Act making it illegal to give or receive money or anything of value in exchange for referring a patient to an addiction treatment program, recovery residence, or laboratory. Paying for patient referrals was already designated as a form of fraud and abuse by the federal Anti-Kickback Statute when occurring within federal health programs such as Medicare and Medicaid, but the new law covers kickbacks irrespective of whether payer is a federal health program.

patient financial responsibility: the portion of a healthcare claim reimbursed by insurance that is required to be paid by the patient, including any deductible, co-payment, or co-insurance (i.e., the percentage of charges required to be paid for by the patient).

paramedics: the highest level of first responders/licensed emergency responders, trained to do invasive and pharmacological interventions.

PDMP (Prescription Drug Monitoring Program): an electronic database that tracks controlled substance prescriptions and dispensations in each state for the purpose of identifying potential safety, risk, or abuse issues in access to medication.

physician assistants (PAs): health professionals who are trained and licensed to provide basic medical services, including examining, diagnosing, and treating patient under the supervision of a licensed physician practice medicine on teams with physicians, surgeons, and other healthcare workers.

primary care physicians (PCPs): physicians who provide the first contact for a person with an undiagnosed health issue and continuing care for many medical conditions, typically on an outpatient basis and in nonemergency circumstances.

PTSD (post-traumatic stress disorder): a health condition triggered by a terrifying event, in which a person may have uncontrollable thoughts, flashbacks, anxiety, nightmares or other reactions that cause the person to reexperience the original terror.

Purdue Pharma: the drug manufacturer that misled doctors and the FDA about the addictiveness of its best-selling prescription opioid, OxyContin, which played a central role in beginning the opioid crisis in the late 1990s.

Pure Food and Drug Act: the 1906 law that required medications containing morphine, heroin, or cocaine to be labeled with identification of their contents.

Racketeer Influenced and Corrupt Organizations (RICO) Act: a federal law designed to combat organized crime and misconduct

through prosecution and civil liability for activities performed as part of an ongoing criminal enterprise.

recovery: a process of change, most commonly associated with overcoming a substance use disorder (SUD) or addiction, through which a person improves his or her health and wellness, lives a self-directed life, and strives to reach his or her potential.

recovery community organizations (RCOs): organizations that collaborate with various elements in helping people achieve and sustain recovery.

recovery residences: housing, commonly referred to as sober living homes or sober housing, intended to support substance-free communal living for people in recovery from SUDs or addiction.

recovery support services (RSS): resources that help people in the early stages of recovery through continuing care, peer-to-peer mutual help programs, education, jobs, and life-skills training for abstinence and living without substance use or abuse.

Risk Evaluation and Mitigation Strategy (REMS): a drug safety program that the Food and Drug Administration (FDA) requires for certain medications with serious safety concerns, including opioids, to help ensure the benefits of the medication outweigh its risks. REMS are intended to reinforce safe medication use beyond regular labelling requirements.

Rogue Rehabs: the title of a 2012 report by the California Senate Office of Oversight and Outcomes concerning unsafe practices by drug and alcohol treatment facilities resulting in patient deaths.

Ryan Haight Online Pharmacy Consumer Protection Act (Ryan Haight Act): a 2008 federal law enforced by the DEA regulating internet prescriptions of controlled substances in response to abusive distribution by internet pharmacies.

Schedule I controlled substance: drugs that are determined by the DEA to be unsafe, at high risk of abuse, and have no accepted medical treatment use that would permit them to be prescribed by physicians, including illegal fentanyl, heroin, and cannabis. Possession, use, and distribution of Schedule I substances are illegal under federal law.

Schedule II controlled substance: drugs that are determined by the DEA to have an accepted medical use in treatment but high potential for abuse, including the risk of severe physical or psychological dependence, and are subject to prescribing limitations to prevent abuse. Examples of Schedule II controlled substances are many prescription opioids, such as prescription fentanyl and the brands OxyContin, Vicodin, and Percocet.

Schedule III controlled substance: drugs that are determined by the DEA to have an accepted medical use in treatment but potential for abuse (less than Schedule I or II controlled substances), including the risk of moderate or low physical or psychological dependence, and are subject to prescribing limitations to prevent abuse. Buprenorphine, the active ingredient in Suboxone, is a Schedule III controlled substance.

Schedule IV controlled substance: drugs that are determined by the DEA to have an accepted medical use in treatment but low risk of abuse and dependence, and are subject to prescribing limitations to prevent abuse. Many benzodiazepines, such as the anti-anxiety drug alprazolam (Xanax) and diazepam (Valium) are Schedule IV controlled substances.

Screening, Brief Intervention and Referral to Treatment (SBIRT): an evidence-based interventional approach to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol or illegal drugs.

SEGO: an acronym for “something else going on,” useful to denote when the real reason for an action or communication is neither stated nor acknowledged by the person or organization acting or communicating.

SMART Recovery: a non-Twelve Step program of social model recovery that is asserted to have a scientific foundation (contrasting with Twelve Step’s spiritual foundation) and emphasizes self-help through learning skills of coping with urges, sustaining motivation to abstain, and managing thoughts, behaviors, and feelings to maintain independence from alcohol, drugs, and other addictive behaviors.

social model recovery: an approach to recovery from substance use disorders (SUDs), addiction, and other disabilities based on participation in a community of interpersonal sharing of experiences, insights, and strategies, peer support and mutual help, and emphasizing recovery as a process and interaction between a person and his or her environment. Historically, social model recovery has been an abstinence-based model.

Substance Abuse and Mental Health Service Administration (SAMHSA): a federal agency formed in 1992 under the oversight of the Department of Health and Human Services (HHS) to reduce the impact of substance use disorders (SUDs) and mental illness in America by making information, services, and research available.

substance use disorder (SUD): a condition, also known as a drug use disorder, in which a person uses alcohol or drugs, including opioids, in a recurring manner that is mild, moderate, or severe as measured

by clinically or functionally significant impairment, such as health problems, risky behavior, or failure to meet responsibilities at work, school, or home.

Substance Use-Disorder Prevention that Promotes Opioid Recovery and Treatment for Patients and Communities (SUPPORT for Patients and Communities Act): a 2018 federal law, also known as HR 6, enacted with bipartisan support in response to the opioid crisis, increasing access to opioid addiction prevention and treatment resources in Medicare, Medicaid, and other health programs. Noteworthy provisions of the law include increased access to medication-assisted treatment with buprenorphine, expanded use of telehealth, and a criminalization of patient brokering and kickbacks for referrals to addiction treatment programs, recovery residences, and laboratories.

Title 42, Code of Federal Regulations (CFR) Part 2: federal privacy regulations specific to substance abuse treatment that impose stricter limitations than HIPAA on sharing information about a person in treatment with family or other physicians.

Twelve Steps: guidelines developed by the founders of the Alcoholics Anonymous program, which provide principles to overcome addiction through an incremental process involving a spiritual component and the support of a community of shared values.

United Nations Single Convention on Narcotic Drugs: a 1961 international treaty creating worldwide prohibitions on the manufacturing, importation, possession, use, and distribution of opioids and other substances.

urine drug screen (UDS): the use of urine testing to monitor and detect recent drug use, through qualitative point-of-care (POC) testing

in which immunoassay strips in the POC cup change color to indicate positive results and/or quantitative laboratory testing measuring the amount of drug quantities detected.

Veterans Health Administration (VHA): the largest integrated health-care system in the US, providing care at 1,243 healthcare facilities, including 172 VA Medical Centers and 1,062 outpatient sites to more than nine million veterans enrolled in the VA healthcare program.

War on Drugs: the government-led initiative that began in the 1970s to stop domestic illegal drug use, importation, and trafficking by increasing and enforcing penalties for offenders (both users and traffickers).