

# ADDICTION MEDICINE FELLOWSHIP PROGRAM

## About the program

The Addiction Medicine Fellowship is a one-year training program housed between the University of Minnesota and Hennepin County Medical Center. The program focuses on the care for persons with unhealthy substance use and other addictive disorders.

Graduates will be trained to be a leader in hospitals, addiction treatment programs, academic programs, and primary care with specific addiction expertise. The fellowship is open to physicians of all specialties and is accredited by ACGME and the American Board of Addiction Medicine.

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## What is addiction medicine?

Addiction Medicine is a specialty that crosses over into fields of public health, psychology, social work, mental health counseling, psychiatry, family and internal medicine.

This specialty includes detoxification, rehabilitation, harm reduction, abstinence-based treatment, individual and group therapies, treatment of withdrawal-related symptoms, acute intervention, and long-term therapies designed to reduce likelihood of relapse.

## What does the program do?

The goal of the fellowship is to become an expert in the prevention, clinical evaluation, treatment and ongoing care of persons with addiction. The training includes experiences in consult/liaison, adolescents with substance use, pharmacotherapies, withdrawal management, and outpatient therapies and is informed by a wide range of evidence-based therapies including: medication assisted therapy, mental health intervention, pregnant women's care coordination, and co-occurring psychiatric problems. It also trains physicians for leadership roles and how to train other physicians and clinicians through programs like Project ECHO.

## What will it cost?

The 12-month program provides education to three physicians at a cost of \$275,000/year (or roughly \$91,000/fellow).

The program recently obtained accreditation by the Accreditation Council for Graduate Medical Education (ACGME).

## Why the need?

During these uncertain times, those who misuse or abuse alcohol and/or other drugs, are particularly vulnerable. The stress from social isolation and other COVID-19 related life changes can lead to or worsen substance use and misuse. There are also health risks resulting from chronic alcohol/drug use as it weakens the immune system and puts stress on the body's cardiovascular and respiratory systems.

There is also a shortage of specialists that is threatening to stall a national movement to bring the prevention and treatment of SUD into the mainstream of American medicine at a time when millions of people with addictions have a greater ability to pay for treatment thanks to insurance.

[www.health.state.mn.us/opioiddashboard](http://www.health.state.mn.us/opioiddashboard)  
(see page 2 for dashboard)



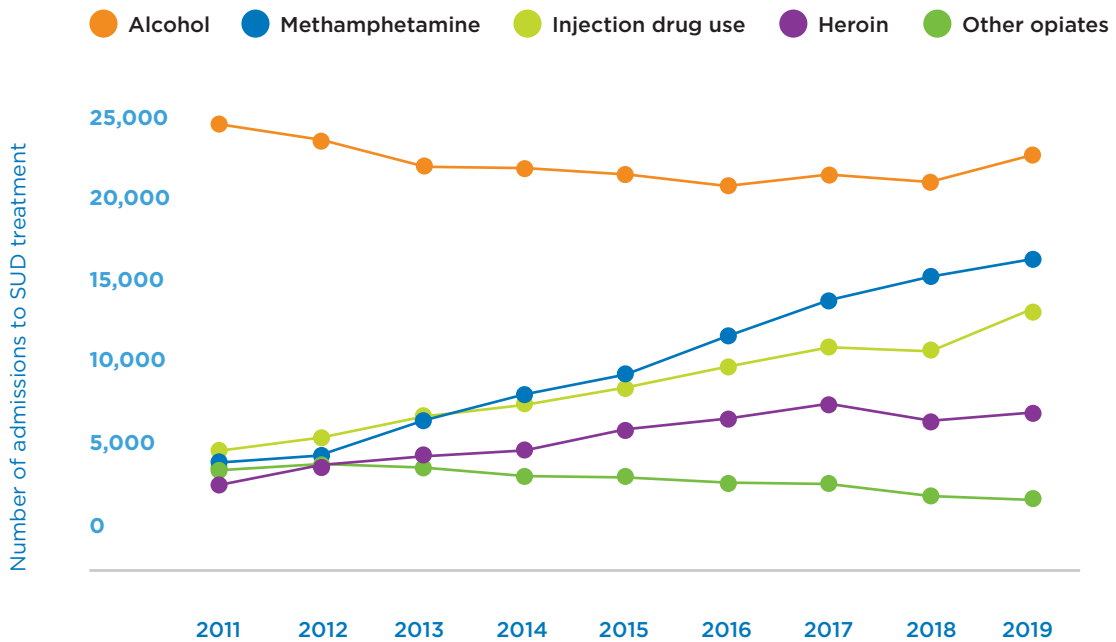
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## SUBSTANCE USE DISORDER TREATMENT

Only 1 in 10 people with a substance use disorder receive treatment in the U.S.



Alcohol remains the primary substance used at admission to substance use disorder treatment for adults in Minnesota. In 2019, methamphetamine was the second leading substance used at admission to treatment.



Source: Minnesota Department of Human Services, BHD, DAANES  
[www.health.state.mn.us/opioidashboard](http://www.health.state.mn.us/opioidashboard)

### Our program

Our addiction fellowship was started in 1982 and has trained nearly 100 physicians on evidenced-based therapies to treat Minnesotans suffering from substance abuse disorder. We are the only addiction fellowship in Minnesota at a time when the need for highly trained professionals is growing.

