



# Research Snippet

## Comparing the Mental Health Treatment and Abuse Histories of Men and Women Methadone Maintenance Treatment Program (MMTP) Participants

**KEY WORDS:** *Methadone Maintenance Treatment (MMT), mental health, women offenders*

### Impetus

It is well documented that high rates of mental health issues and trauma, such as being the victim of abuse, exist among substance abusing populations, in particular among women. Mental health issues and trauma have been linked to substance abuse, and have implications for the treatment of substance abuse disorders (Canadian Centre on Substance Abuse, 2009). Gaining a better understanding of the prevalence of mental health issues and trauma among Methadone Maintenance Treatment Program (MMTP) (currently known as the Opioid Substitution Therapy Program (OSTP)<sup>1</sup>) participants will help CSC in meeting the needs of program participants.

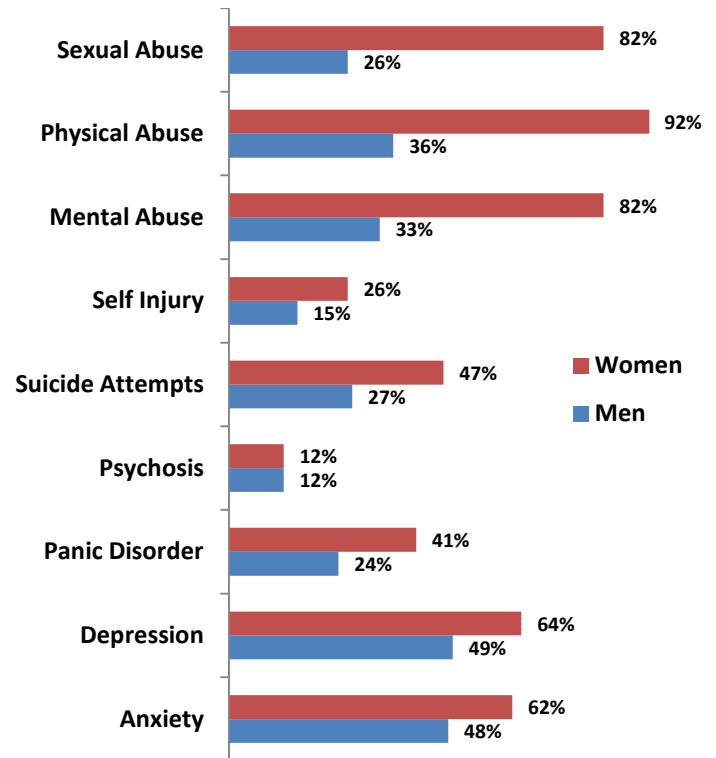
### What we did

The Addictions Research Centre, in partnership with Health Services, collects and manages administrative MMTP data for program participants. Using data collected from 678 offenders initiated in CSC's MMTP between January 1, 2009 and September 1, 2011, we compared the mental health treatment and abuse histories of men (n = 611) and women (n = 67) MMTP participants.

### What we found

Approximately 97% of women and 77% of men MMTP participants reported being a victim of abuse, engaging in suicidal or self injurious behavior, and/or being treated for a mental health issue in their lifetime. While observed among a striking proportion of both men and women, these issues were more commonly experienced by women than by men. Figure 1 details the proportion of men and women who reported a history of mental, physical, or sexual abuse, as well as various mental health issues.

Figure 1: Percentage of Offenders Reporting Lifetime History of Mental Health Treatment and Abuse Histories by Gender



### What it means

These results indicate the need to consider history of abuse and mental health issues in the treatment of opioid dependent offenders, in particular in women offender populations.

### References:

Canadian Centre on Substance Abuse. (2009). *Substance abuse in Canada: Concurrent disorders*. Ottawa, On: Author.

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### For more information

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<sup>1</sup> In 2008, CSC expanded the Methadone Maintenance Treatment Program (MMTP) to also provide Suboxone to offenders meeting the eligibility criteria, thus becoming the Opioid Substitution Therapy Program (OSTP).

