Delivering Substance Use Disorder Care via Telehealth Platform

Anxiety
Depression
Job loss
Working remotely
House Keeping Items

1. Today’s webinar is 1 hour including Q&A.
2. All participants will be muted during the webinar.
3. Polls will used during the presentation. Please answer to be part of the discussion.
4. Please use the Q&A function vs. chat. We will monitor questions throughout and answer as many as possible at the end.
5. This webinar is being recorded and will be posted within 24 hours at www.beaconhealthoptions.com/coronavirus/ so you have continued access to the information and resources.
Today’s speakers

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Provider Quality Manager

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What we will discuss today…

- IMPACT OF COVID-19 ON ALCOHOL USE
- IMPACT OF COVID-19 ON OPIOID USE
- TREATMENT OF SUBSTANCE USE DISORDER VIA TELEHEALTH
- SUBSTANCE USE DISORDER SCREENING AND ASSESSMENT TOOLS
- RESOURCES
Why are we discussing this topic in relation to COVID-19?

**Increase in consumption**
- **Alcohol consumption has increased** approximately 55% since the start of the pandemic, ultimately impacting a large majority of the populations’ immune response not only to COVID-19 but other illnesses.¹

**Increase in co-morbid illness**
- Opioid consumption **increases respiratory and other co-morbid medical issues**, causing an individual to be at higher risk for complications from COVID-19.²

**Telehealth platforms new “norm”**
- Clinicians are relying on **telehealth platforms** to both screen and treat SUDs including ETOH and Opioid use in response to COVID-19.

**Resources**
- The types of **resources available during this pandemic have moved** to virtual platforms.
Chapter 01

IMPACT OF COVID-19 ON ALCOHOL USE
COVID-19 Impacts Alcohol Use Disorder

Anxiety and Stress
- Fear of illness; sudden transitions to remote work, school; financial strain

Isolation or Boredom
- Social distancing leading to boredom; “day drinking”

Increased Consumption
- Alcohol consumption

Accessibility
- Liquor stores deemed as essential in some states; non-essential in others

Normalization
- Social media: “wine down” Zoom parties; “mom juice”, etc.

Lack of Routine or Schedule
- Not waking up at normal times

Lack of Education
- Not understanding the dangers of alcohol dependence
Alcohol use impacts health and immunity

On any single day
- **Men**: No more than 4 drinks
- **Women**: No more than 3 drinks

Per week
- **Men**: No more than 14 drinks
- **Women**: No more than 7 drinks

- **Immune Cells**: Alcohol impairs immune system leading to increased risk of infection
- **Lungs**: Drinking damages cells in the respiratory tract; viruses gain easier access
- **Gut Health**: Alcohol can kill healthy gut bacteria

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Alcohol use after the pandemic

- Will alcohol use decrease?
- Will individuals need treatment/resources to assist them with stopping?
- Will individuals be able to go back to “normal”?

The answers to these questions vary depending on the individual, their genetic predisposition, use history, social environment, overall awareness of use, etc.
Chapter 02

IMPACT OF COVID-19 ON OPIOID USE
Opioid Use Disorder & COVID-19

Concern related to accessing treatment, obtaining new or existing MAT Rx

Isolation

Stress

Change in Routine

Overdose Risk

Access

Lack of support

Schedules and routines are extremely important; interruptions can result in relapse

Fear to administer life saving interventions due to COVID-19 exposure; increase in relapses leading to increase in fatal overdoses

Medications - Buprenorphine, Injectable(s) (e.g. Vivitrol, Sublocade, Methadone)
Risks for the OUD population
Chapter 03

TREATMENT OF SUBSTANCE USE DISORDER VIA TELEHEALTH
Telehealth Modifications During COVID-19

Per HHS the reimbursement restrictions relating to geographic and originating site have been suspended.

The expansion of telehealth practices during the COVID-19 pandemic have included popular applications while strictly prohibiting others.\(^6\)

Temporary modifications of regulations pertaining to the Ryan Haight Act of 2008.\(^7\)
Provider Protection Reminders

Review privacy and protection laws

Watch for updates to expansions specific to each state

Check on changes made by malpractice insurance carrier

Know modifications made by licensing board in the state(s) where services are delivered
Documenting a crisis during a telehealth session

- The precipitating event
- The rationale to determine a medical emergency
- All communication with colleagues or advisors
- Steps taken during the identified timeline of the emergency
- Follow up and outcomes
Considerations for Successful Telehealth Sessions

**Access**
- Post changes related to telehealth
- Reach out to any high-risk clients

**Familiarize**
- Practice using telehealth programs
- Learn new billing practices to adequately document and bill sessions

**Prepare**
- Internet connectivity complications
- Create a therapy space
- Be flexible

**Document**
- Include any additional for remarks related to telehealth
- Any notes or decision making discussions
Clients need for substance use treatment

Source: SAMHSA, Center for Behavioral Health Statistics and Quality, National Survey on Drug Use and Health (NSDUH), 2015.

a Difference between this estimate and the 12 to 17 estimate is statistically significant at the .05 level.

b Difference between this estimate and the 18 to 25 estimate is statistically significant at the .05 level.
Screening and Assessment

Screening
- Looks for risk
- What is wrong?

Assessment
- Evaluation
- Contributing factors
Alcohol Screening Tools

Alcohol Use Disorder Identification Test (AUDIT)

1. How often do you have a drink containing alcohol?
2. How many standard drinks containing alcohol do you have on a typical day?
3. How often do you have six or more drinks on one occasion?
4. How often during the last year have you found that you were not able to stop drinking once you had started?
5. How often during the last year have you failed to do what was normally expected from you because of drinking?
6. How often during the last year have you been unable to remember what happened the night before because you had been drinking?
7. How often during the last year have you needed an alcoholic drink first thing in the morning to get yourself going after a night of heavy drinking?
8. How often during the last year have you had a feeling of guilt or remorse after drinking?
9. Have you or someone else been injured as a result of your drinking?
10. Has a relative, friend, doctor, or another health professional expressed concern about your drinking or suggested you cut down?

AUDIT-C Toolkit

There are multiple tools, all should be validated and verified.
Balance the utility of obtaining data from a drug test against the risk of COVID-19 virus exposure to patients, laboratory staff, and clinic staff/providers.

ASAM’s Drug Testing Guidance
References

1. How Alcohol Can Affect Your Immune System

2. COVID-19: Potential Implications for Individuals with Substance Use Disorders

3. Substance use “limits” and their implications for health
   http://iusbirt.org/course1/substance-use-limits-and-their-implications-for-health

4. How Alcohol Can Affect Your Immune System

5. State Strategies For Helping Individuals With Opioid Use Disorder Through The COVID-19 Epidemic

6. FAQs On Telehealth and HIPAA During the COVID-19 Nationwide Public Health Emergency

7. Use of Telemedicine While Providing Medicated Assisted Treatment (MAT)

8. Supporting Access to Telehealth for Addiction Services: Regulatory Overview and General Practice Considerations

9. The CBHSQ Report (September 29, 2016)

10. Alcohol Use Disorders Identification Test (AUDIT)
    https://www.drugabuse.gov/sites/default/files/files/AUDIT.pdf

11. Drug Testing Guidance
    https://www.asam.org/docs/default-source/covid-19/drug-testing-guidance_042820.pdf?sfvrsn=ff854c2_2
Beacon COVID-19 Provider Resources

Coronavirus Provider Resources (Link)
Provider Webinars (Link)

Upcoming Provider Webinars

1. June 3, 2020 - Telehealth Documentation 101: Bridging the virtual gap
2. June 17, 2020 - Social determinants of health: Treatment implications
Resources

Impact of COVID-19 on Alcohol Use & Opioid Use Disorder Resources:

• How Alcohol Can Affect Your Immune System

• COVID-19: Potential Implications for Individuals with Substance Use Disorders

• How Alcohol Can Affect Your Immune System

• State Strategies For Helping Individuals With Opioid Use Disorder Through The COVID-19 Epidemic

• Substance use “limits” and their implications for health
http://iusbirt.org/course1/substance-use-limits-and-their-implications-for-health/

Telehealth Resources:
American Society of Addiction Medicine (ASAM)
• “Support Access to Telehealth for Addiction Services: Regulatory Overview and General Practice Considerations”

National Consortium of Telehealth Resource Centers
• “Telehealth Resources to Address COVID-19”
https://www.telehealthresourcecenter.org/covid-19-resources/
Northeast Telehealth Resource Center
• “COVID-19 and Telehealth”
  https://netrc.org/COVID-19/

Official US Government Website for Medicaid
• "Medicaid State Plan Fee-For-Service Payments for Services Delivered via Telehealth”

Substance Abuse and Mental Health Services Administration (SAMHSA)
• “Use of Telemedicine While Providing Medicated Assisted Treatment (MAT)” via the Department of Drug Enforcement Administration

Substance Use Disorder Screening & Assessment Tools Resources:
The American Osteopathic Academy of Addiction Medicine
• Clinical Opiate Withdrawal Scale (COWS)

American Society of Addition Medicine
• Drug Testing Guidance
  https://www.asam.org/docs/default-source/covid-19/drug-testing-guidance_042820.pdf?sfvrsn=ff854c2_2
• Screening & Assessment Tools
  https://www.asam.org/education/live-online-cme/fundamentals-program/additional-resources/screening-assessment-for-substance-use-disorders/screening-assessment-tools

Center for Innovation to Implementation (Ci2I)
• Addiction Medicine Essentials: Clinical Institute Withdrawal Assessment of Alcohol Scale, Revised (CIWA-Ar)
  https://www.ci2i.research.va.gov/paws/pdfs/ciwa-ar.pdf
Massachusetts Child Psychiatry Access Program
• CRAFFT Screening Tool

National Institute on Drug Abuse
• Alcohol Use Disorders Identification Test (AUDIT)
  https://www.drugabuse.gov/sites/default/files/files/AUDIT.pdf
• Opioid Risk Toll (ORT)
• Screening and Assessment Tools Chart
  https://www.drugabuse.gov/nidamed-medical-health-professionals/screening-tools-resources/chart-screening-tools

Substance Abuse and Mental Health Services Administration (SAMHSA)
• Stable Resource Toolkit

Stanford University
• Office of Alcohol Policy and Education
  https://alcohol.stanford.edu/faq/count-your-drinks

University of Connecticut Health
• S2BI Toolkit for Providers
Thank You

This presentation will be posted at
www.beaconhealthoptions.com/coronavirus/

CONTACT US:
Beacon’s National Provider Services Line

800-397-1630 (Monday-Friday, 8 a.m.-8 p.m. ET) or contact your Provider Relations contact