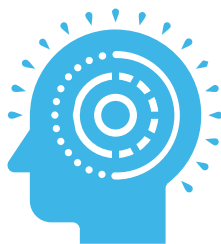






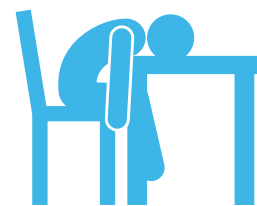
Delivering Substance Use Disorder Care via Telehealth Platform



Anxiety



Depression

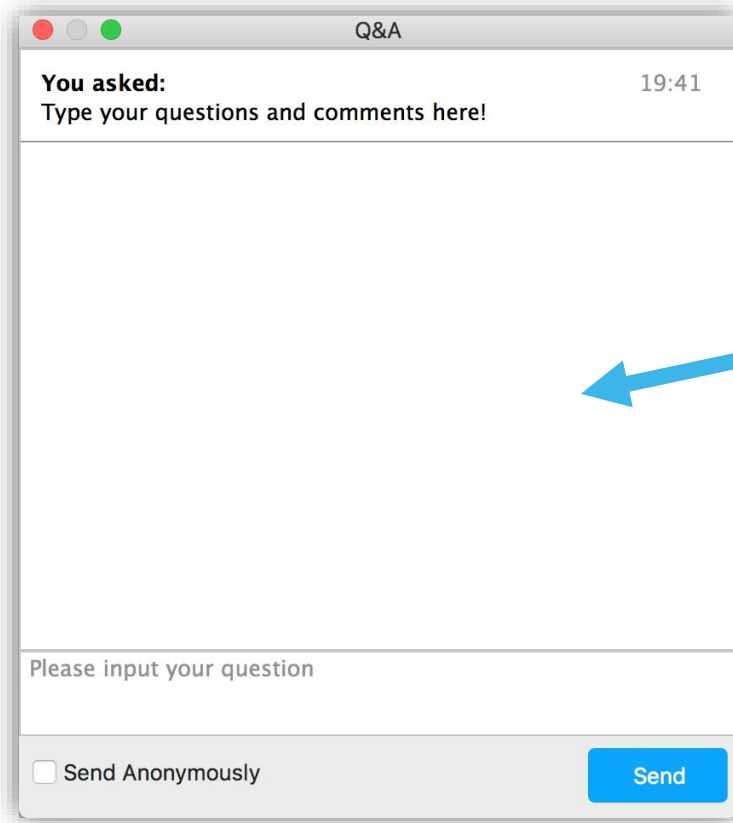


Job loss



**Working
remotely**

House Keeping Items



Q&A

You asked: 19:41
Type your questions and comments here!

Please input your question

☐ Send Anonymously Send

1. Today's webinar is 1 hour including Q&A.
2. All participants will be muted during the webinar.
3. Polls will be 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



Long Banh, LICSW, MBA
Substance Use Disorder Provider
Quality Manager



Tina Niziurski, LCSW
Director of Clinical Services



Kerri Hebberd, LMSW
Provider Quality Manager



Kimberly Gordon, LCMHC, MLADC
Clinical Substance Use Disorder
Coordinator



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.

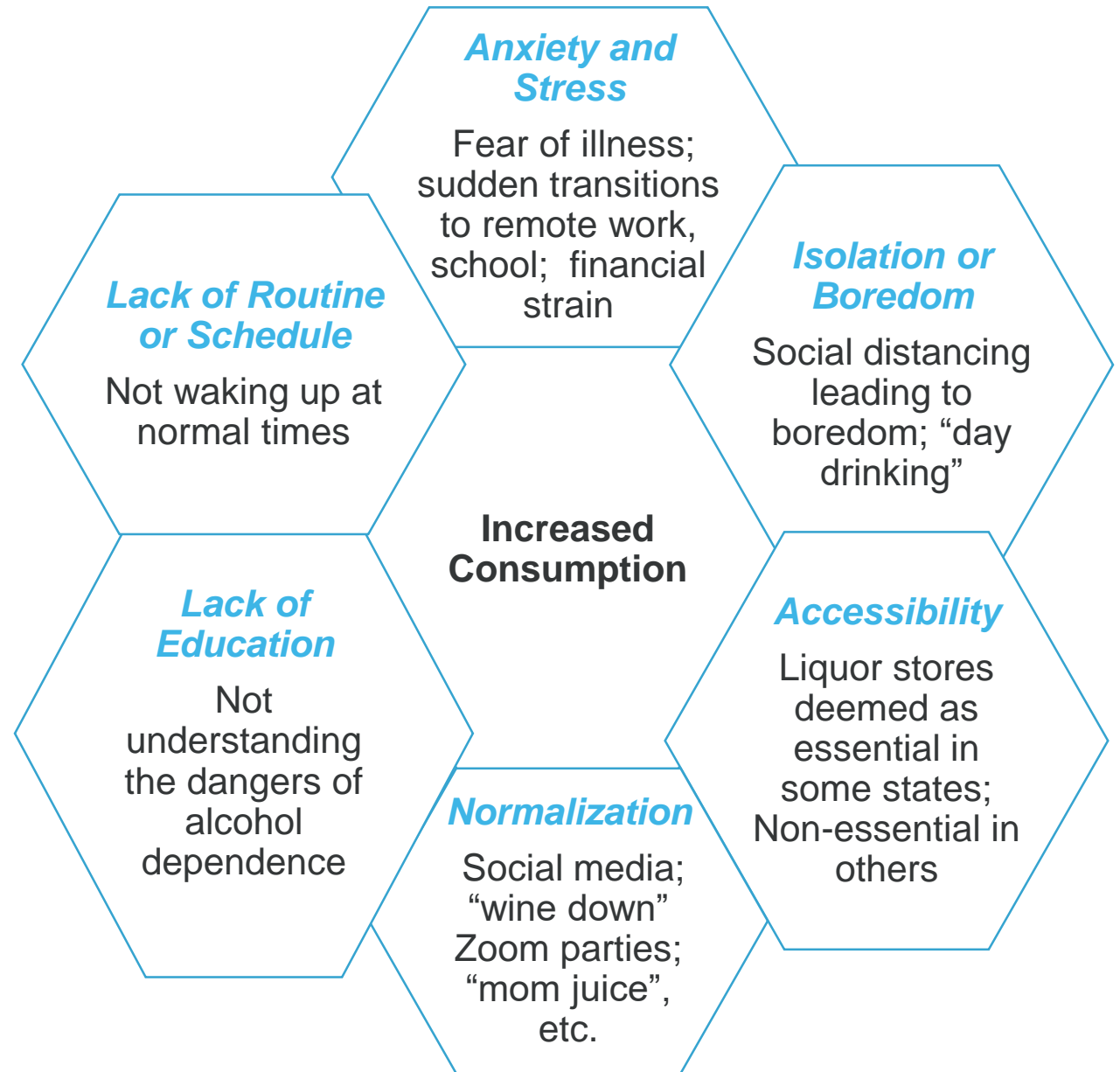
Chapter

01

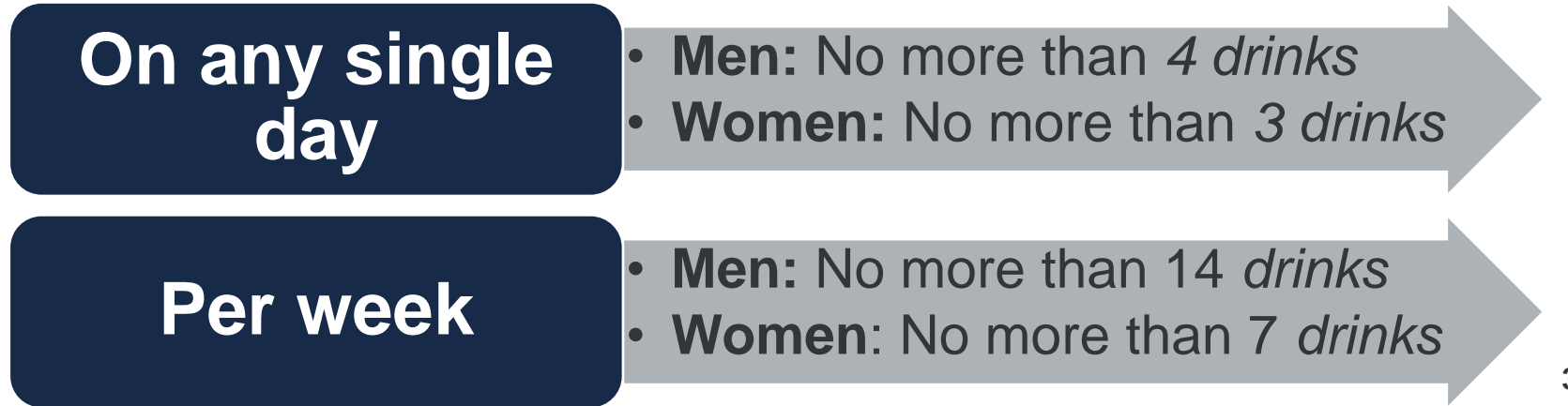
IMPACT OF COVID-19 ON ALCOHOL USE



COVID-19 Impacts Alcohol Use Disorder



Alcohol use impacts health and immunity



- **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 ⁴

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.

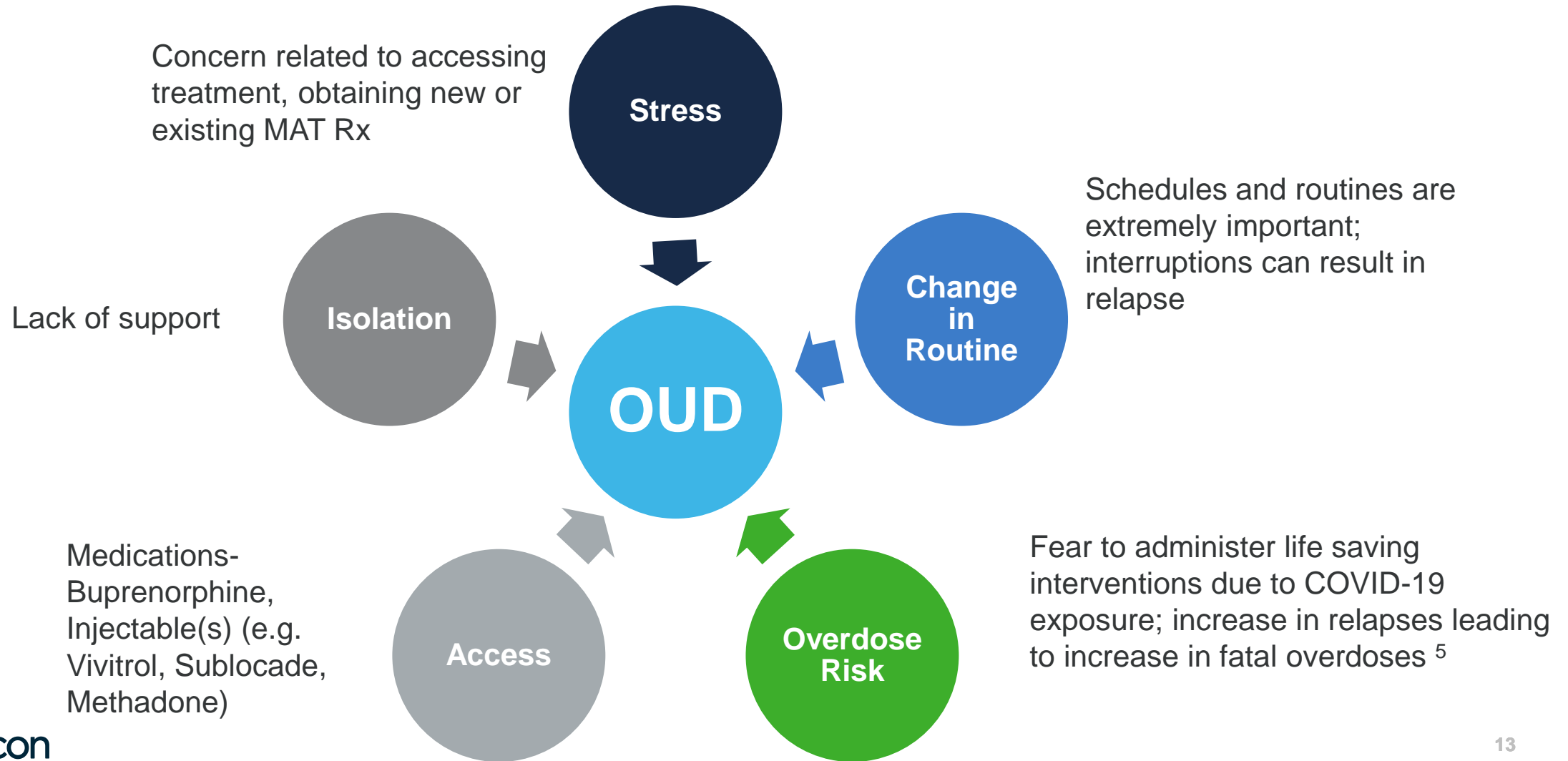
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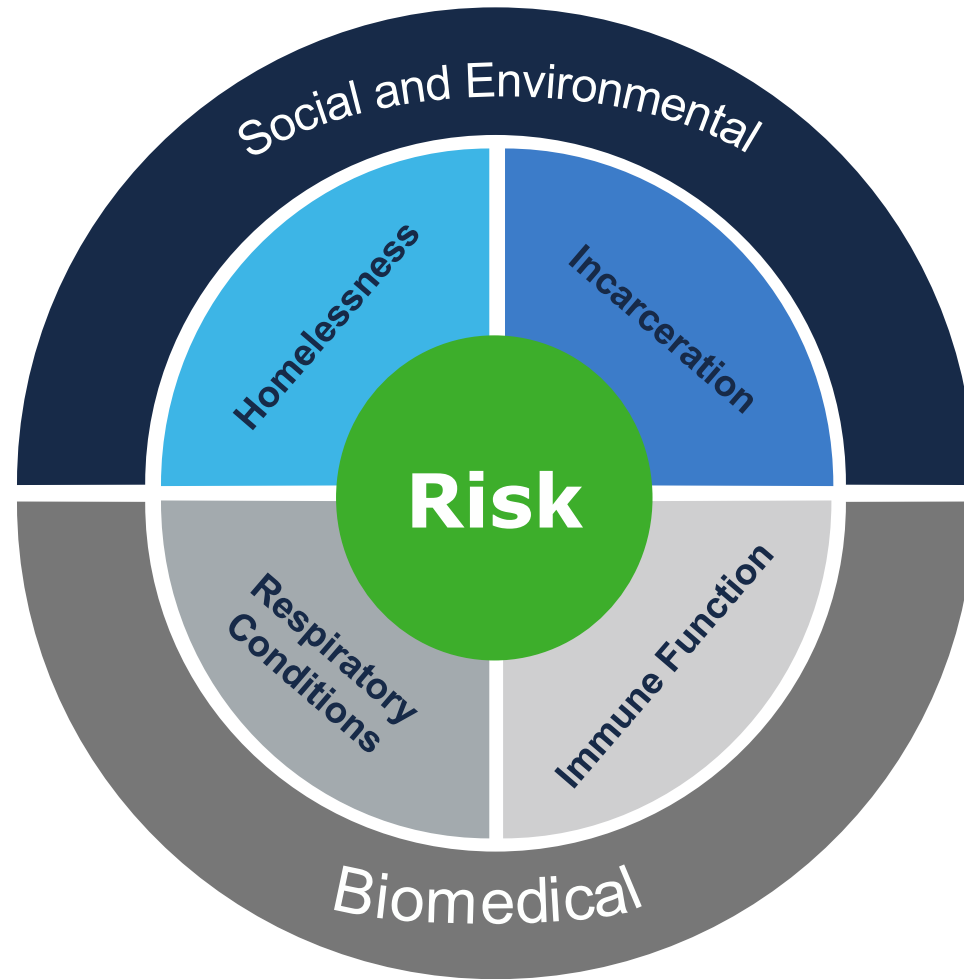
IMPACT OF COVID-19 ON OPIOID USE



Opioid Use Disorder & COVID-19



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 others⁶



Temporary modifications of regulations pertaining to the Ryan Haight Act of 2008⁷



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 discussions⁸

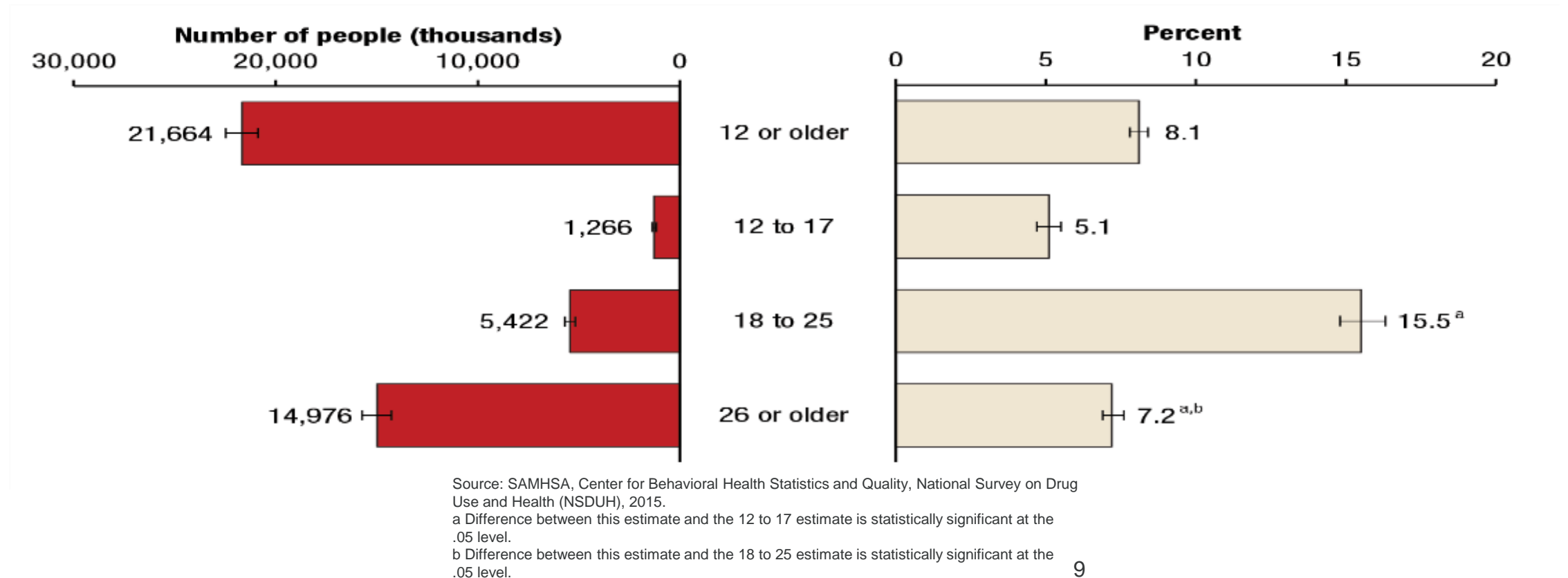
Chapter

04

SUBSTANCE USE DISORDER SCREENING & ASSESSMENT TOOLS



Clients need for substance use treatment



Screen for Substance Use Disorder

Screening and Assessment

Screening



Looks for risk



What is wrong?

Screened
in

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? ¹⁰

AUDIT-C Toolkit

There are multiple tools, all should be validated and verified.

ASAM: COVID-19's Impact on Drug Screening

Considerations for Pausing Drug Testing in Clinical Practice

Considerations for Conducting Limited Drug Testing

Unexpected Drug Test Results in Patients Treated with Opioid Agonist Medications

Exploring Options for Drug Testing at a Distance



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/providers¹¹

Chapter

05

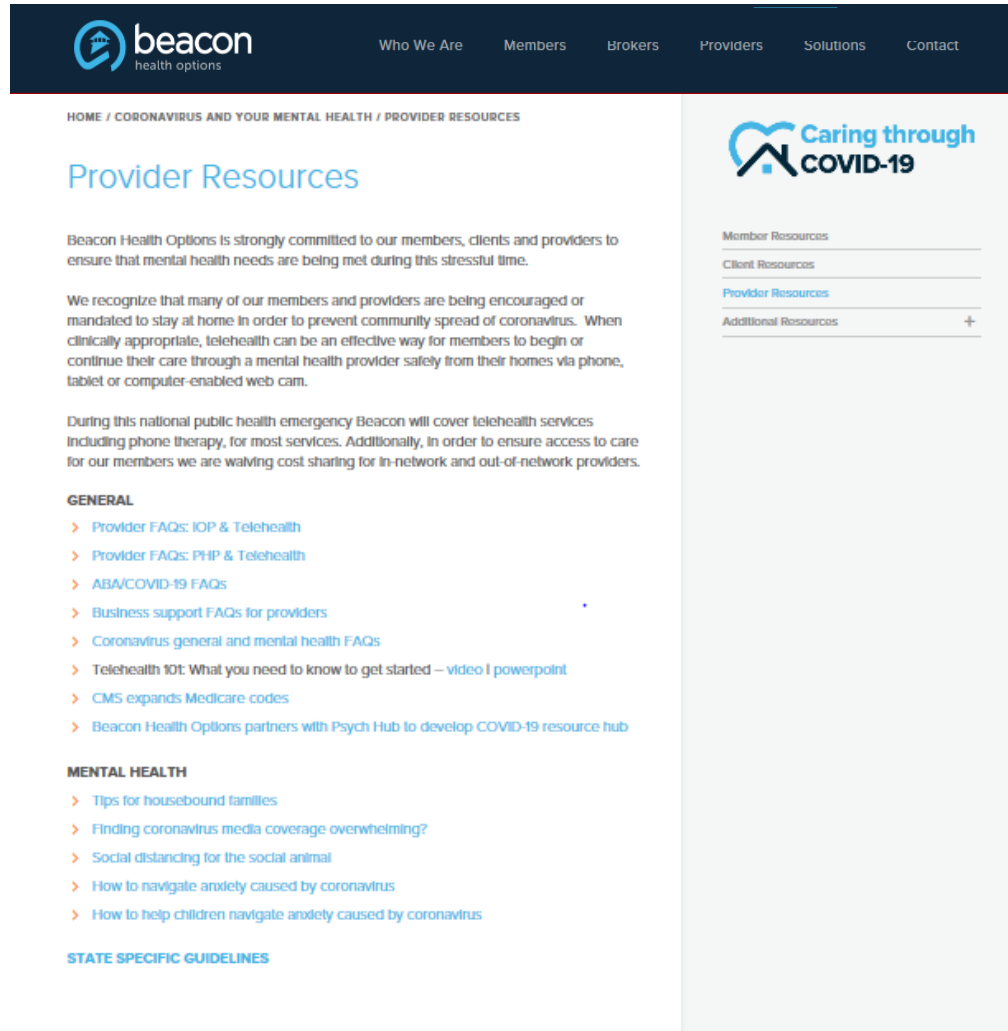
RESOURCES



References

1. How Alcohol Can Affect Your Immune System
<https://www.healthline.com/health-news/can-alcohol-hurt-your-immune-system-during-covid-19-outbreak>
2. COVID-19: Potential Implications for Individuals with Substance Use Disorders
<https://www.drugabuse.gov/about-nida/noras-blog/2020/04/covid-19-potential-implications-individuals-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
<https://www.healthline.com/health-news/can-alcohol-hurt-your-immune-system-during-covid-19-outbreak#Drinking-impairs-immune-cells-in-key-organs>
5. State Strategies For Helping Individuals With Opioid Use Disorder Through The COVID-19 Epidemic
<https://www.healthaffairs.org/doi/10.1377/hblog20200429.476954/full/>
6. FAQs On Telehealth and HIPAA During the COVID-19 Nationwide Public Health Emergency
<https://www.hhs.gov/sites/default/files/telehealth-faqs-508.pdf>
7. Use of Telemedicine While Providing Medicated Assisted Treatment (MAT)
https://www.samhsa.gov/sites/default/files/programs_campaigns/medication_assisted/telemedicine-dea-guidance.pdf
8. Supporting Access to Telehealth for Addiction Services: Regulatory Overview and General Practice Considerations
<https://www.asam.org/Quality-Science/covid-19-coronavirus/access-to-telehealth>
9. The CBHSQ Report (September 29, 2016)
https://www.samhsa.gov/data/sites/default/files/report_2716/ShortReport-2716.html
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



The screenshot shows the Beacon Health Options website. The top navigation bar includes links for Who We Are, Members, Brokers, Providers, Solutions, and Contact. The main heading is "Provider Resources". Below this, there is a paragraph stating Beacon's commitment to members, clients, and providers during the stressful time of the COVID-19 pandemic. It mentions that telehealth can be an effective way for members to begin or continue their care. Another paragraph states that during this national public health emergency, Beacon will cover telehealth services including phone therapy for most services. A sidebar on the right titled "Caring through COVID-19" lists resources for Members, Clients, Providers (highlighted), and Additional Resources. The main content area is divided into "GENERAL" and "MENTAL HEALTH" sections, each with a list of links to various resources. The "STATE SPECIFIC GUIDELINES" section is also visible at the bottom.

HOME / CORONAVIRUS AND YOUR MENTAL HEALTH / PROVIDER RESOURCES

Provider Resources

Beacon Health Options is strongly committed to our members, clients and providers to ensure that mental health needs are being met during this stressful time.

We recognize that many of our members and providers are being encouraged or mandated to stay at home in order to prevent community spread of coronavirus. When clinically appropriate, telehealth can be an effective way for members to begin or continue their care through a mental health provider safely from their homes via phone, tablet or computer-enabled web cam.

During this national public health emergency Beacon will cover telehealth services including phone therapy, for most services. Additionally, in order to ensure access to care for our members we are waiving cost sharing for in-network and out-of-network providers.

GENERAL

- > [Provider FAQs: IOP & Telehealth](#)
- > [Provider FAQs: PHP & Telehealth](#)
- > [ABA/COVID-19 FAQs](#)
- > [Business support FAQs for providers](#)
- > [Coronavirus general and mental health FAQs](#)
- > [Telehealth 101: What you need to know to get started – video | powerpoint](#)
- > [CMS expands Medicare codes](#)
- > [Beacon Health Options partners with Psych Hub to develop COVID-19 resource hub](#)

MENTAL HEALTH

- > [Tips for housebound families](#)
- > [Finding coronavirus media coverage overwhelming?](#)
- > [Social distancing for the social animal](#)
- > [How to navigate anxiety caused by coronavirus](#)
- > [How to help children navigate anxiety caused by coronavirus](#)

STATE SPECIFIC GUIDELINES

[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
<https://www.healthline.com/health-news/can-alcohol-hurt-your-immune-system-during-covid-19-outbreak>
- COVID-19: Potential Implications for Individuals with Substance Use Disorders
<https://www.drugabuse.gov/about-nida/noras-blog/2020/04/covid-19-potential-implications-individuals-substance-use-disorders>
- How Alcohol Can Affect Your Immune System
<https://www.healthline.com/health-news/can-alcohol-hurt-your-immune-system-during-covid-19-outbreak#Drinking-impairs-immune-cells-in-key-organs>
- State Strategies For Helping Individuals With Opioid Use Disorder Through The COVID-19 Epidemic
<https://www.healthaffairs.org/do/10.1377/hblog20200429.476954/full/>
- 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”
<https://www.asam.org/Quality-Science/covid-19-coronavirus/access-to-telehealth>

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”

<https://www.medicaid.gov/medicaid/benefits/downloads/medicaid-telehealth-services.pdf>

Substance Abuse and Mental Health Services Administration (SAMHSA)

- “COVID – 19 Public Health Emergency Response and 42 CFR Part 2 Guidance”

<https://www.samhsa.gov/sites/default/files/covid-19-42-cfr-part-2-guidance-03192020.pdf>

- “Use of Telemedicine While Providing Medicated Assisted Treatment (MAT)” via the Department of Drug Enforcement Administration

https://www.samhsa.gov/sites/default/files/programs_campaigns/medication_assisted/telemedicine-dea-guidance.pdf

Substance Use Disorder Screening & Assessment Tools Resources:

The American Osteopathic Academy of Addiction Medicine

- Clinical Opiate Withdrawal Scale (COWS)

https://www.aoaam.org/resources/Documents/Clinical%20Tools/Clinical_opiate_withdrawal_s.pdf

American Society of Addiction 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

<http://www.mcpap.com/pdf/CRAFFTScreeningTool.pdf>

National Institute on Drug Abuse

- Alcohol Use Disorders Identification Test (AUDIT)

<https://www.drugabuse.gov/sites/default/files/files/AUDIT.pdf>

- Opioid Risk Tool (ORT)

<https://www.drugabuse.gov/sites/default/files/files/OpioidRiskTool.pdf>

- 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

https://www.integration.samhsa.gov/images/res/tool_auditc.pdf

Stanford University

- Office of Alcohol Policy and Education

<https://alcohol.stanford.edu/faq/count-your-drinks>

University of Connecticut Health

- S2BI Toolkit for Providers

<https://health.uconn.edu/sbirtacademy/wp-content/uploads/sites/101/2015/10/S2BI-Toolkit-for-Providers.pdf>

Chapter

06

QUESTIONS



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

