FAST PTO Touchbase

Wednesday March 24, 2021 9:00AM

Call Instructions:

Please

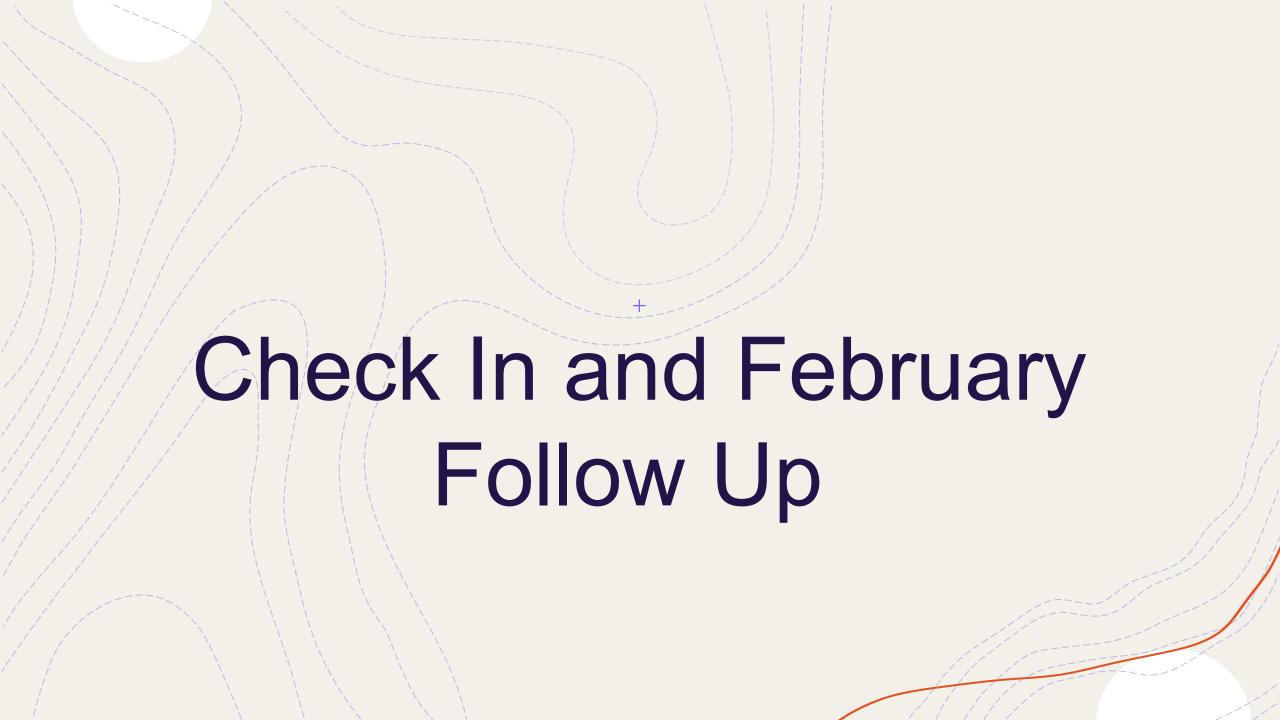
- Mute your phone, microphone, and speakers on your computer/device
- Enter your name/organization in the chat box feature for attendance
- We encourage active participation via Chat or audio
 - Submit questions via the chat box feature
 - Questions will be answered as submitted
 - Unmute yourself to ask question and participate in discussions
 - Time to ask questions via audio will be offered for those on the phone
 - *6 Toggle mute/un-mute
 - *9 Toggle raise/lower hand

<u>Agenda</u>

- +Check In & Follow up from February call
- +Operational Updates
- +Education
- +Q&A
- +Reminders/Upcoming Events/Wrap Up









Operational Updates

+Andrew/Jennifer

Session 7 – Assessments Due

- **4** Monitor
- +SBIRT/MAT Implementation Checklist
- +Final Field Note
- **+**UAU Measure
- **+HIT UAU Measure Submission**



Increase in positive UAU screening

- +How are practices responding to the increase in + screenings?
- Updated FAST resource (March 2021): Treatment and Recovery Support Options
 - +Treatment services:
 - + NIAAA Treatment Navigator
 - + Colorado LADDERS
 - +Recovery support services:
 - + Online no cost
 - + Online with a cost
 - + Apps and Websites

Alcohol Use Disorder Treatment and Recovery Support Options

Find Substance Use Treatment Services

1. NIAAA Alcohol Treatment Navigator:

<u>https://alcoholtreatment.niaaa.nih.gov/</u> Information about alcohol use disorder (AUD), types of treatment programs and guidance for selecting a program. Includes information on costs and insurance coverage.

- 2. Colorado LADDERS (Office of Behavioral Health): https://www.colorado.gov/ladders Search for licensed substance use treatment programs in Colorado
- 3. SAMHSA Treatment Locator: https://findtreatment.samhsa.gov/ Search for substance use treatment programs nationally

Online programs with NO COST to participate

1. SMART Recovery: https://www.smartrecovery.org/

Self-Management and Recovery Training (SMART)

- + Nationwide community of mutual support groups
- "To gain independence from any type of addictive behavior"
- + "Science-based and sensible"
- + Emphasizes self-reliance rather than powerlessness
- No spiritual or religious focus focused on rational thinking
- Downloadable and interactive support and inspirational worksheets and other tools
- + Family/friends online group
- + 4-Point Program:
- + Enhance and maintain motivation to abstain
- + Cope with urges
- + Manage thoughts, feelings and behaviors
- + Balance momentary and enduring satisfactions

Online programs with NO COST to participate

- 2. LifeRing Secular Recovery: https://lifering.org/online-meetings/
- + U.S./and global
- + Face-to-face, online meetings, 24-hour chat room and email groups
- * Abstinence focus: "Live free from alcohol and drugs" and empower the "sober-self"
- + "Dogma-free"
- 3. Refuge Recovery: https://www.refugerecovery.org/
- + Buddhist-based
- + Online meetings
- + Meditations
- 4. Recovery Dharma: https://recoverydharma.org/
- + Buddhist-based
- + Peer-led
- + Principles: Meditation, self-inquiry, wisdom, community
- + Local autonomous meetings online options
- + Emphasis on abstinence MAT ok

Online programs with NO COST to participate

5. **Eight Steps Recovery**: https://www.valeriemason-john.com/eight-step-recovery/recovery-meetings-worldwide/
Based on Buddhist teachings and open to anyone (do not have to be Buddhist).

- + Online meetings
- * Offer gender-specific meeting options.
- 6. Women for Sobriety: https://womenforsobriety.org/
- + Based on 13 "acceptance statements" that encourage emotional and spiritual growth
- + Focused on abstinence
- + Certified moderators and chat leaders who lead online gatherings.
- + All expressions of female identity welcome.
- 7. She Recovers Foundation: https://sherecovers.org/
- + Online support group
- Critical conversations
- + Yoga
- + Coaching

Online programs with NO COST to participate

- 8. In The Rooms- A Global Recovery Community: https://www.intherooms.com/home/
- Global registry of recovery coaches
- * Endorses multiple pathways: 12-step, non-12-step, wellness and mental health.
- + 130 weekly online meeting options.
- 9. Moderation Management: https://moderation.org/
- + Support for people who are ready to reduce their level of drinking rather than focus strictly abstinence (though many participants choose periods of abstinence).
- + Focus: small manageable change steps to build confidence
- + Options: face-to-face meetings, video and phone meetings, chats, private online support communities, a forum, a listserv and private Facebook group.
- 10. Alcoholics Anonymous: https://www.aa.org/
- + Search for meetings by state/zip code

Online programs with COST to participate

1. The Luckiest Club: https://www.theluckiestclub.com/

Fócus: building community, many paths to change, no dogma; alcohol/drugs, food and other types of addictions

- + Diverse team of group coordinators and coaches
- + Basic level: \$14/month online daily meeting options and a private community forum
- + Academy level: \$40/month additional personalized group coaching and master classes
- 2. Tempest: https://www.jointempest.com/
- + 3 levels: 1) Community \$149/year; 2) Daily \$400/year; 3) Complete \$850/year
- + Option to add accountability coaching for additional fee.
- + Services: online community support, practical tools, personalized roadmaps; more frequent, personalized, intensive sessions and support with the higher cost levels.
- 3. Check-Up & Choices: https://checkupandchoices.com/
- + Starts with a free screener (AUDIT) to assess level of alcohol use risk
- + Online programs and modules
- + Focus on alcohol or drug use
- + Confidential
- + Cost information not readily available

Apps and Websites

- 1. Rethinking Drinking (NIAAA): https://www.rethinkingdrinking.niaaa.nih.gov/
- + Interactive website focused on unhealthy alcohol use education; making a change plan, and downloadable tools to support change.
- + Print booklets in English or Spanish can be ordered at no cost
- 2. Drink Control Drink Tracker: https://apps.apple.com/us/app/drinkcontrol-alcohol-tracker/id456207840
- + For iPhone
- + Free with premium features for sale
- + Track and monitor drinks and drinking history accurately including alcohol and calorie content
- + Compare drinking to recommended moderate drinking guidelines
- 3. Drinks Meter: https://apps.apple.com/us/app/drinks-meter/id568394934
- For iPad
- + Free
- + Anonymous feedback on alcohol use and comparison to thousands of others' patterns
- + Track calories and financial expenditures on alcohol
- Alcohol use guidance based on health and family history
- + Goal tracking with Drinks Diary
- + Tips and advice
- + WHO AUDIT screener imbedded in the app

Apps and Websites

- 4. Alcohol and Women's Health SBIRT Program in Colorado: http://www.sbirtcolorado.org/womens-health-alcohol
- + Interactive app that explores how alcohol can affect the physical and mental health, and social well-being of women.
- + Interact with virtual nurse practitioner Maria and explore the stories of three women.
- + Free to download on Apple or Android stores

Topiramate (Topamax)

- **4**Off-label medication for UAU
 - + Endorsed by some national groups (DoD/VA; AHRQ)
- +We will discuss recommendations in May





Cochrane Database of Systematic Reviews

Effectiveness of brief alcohol interventions in primary care populations (Review)

Kaner EFS, Beyer FR, Muirhead C, Campbell F, Pienaar ED, Bertholet N, Daeppen JB, Saunders JB, Burnand B

Kaner EFS, Beyer FR, Muirhead C, Campbell F, Pienaar ED, Bertholet N, Daeppen JB, Saunders JB, Burnand B. Effectiveness of brief alcohol interventions in primary care populations.

Cochrane Database of Systematic Reviews 2018, Issue 2. Art. No.: CD004148.

DOI: 10 1003/14051050 CD004140 pub4

Brief Intervention (BI)- Background

- +Also known as brief advice, brief behavioral or lifestyle counseling
- +Focused on patients who are not actively seeking help for UAU
- +One or several sessions (usually one)
- +Web-based or in-person
- +Time range varies greatly from a few minutes to 30+ minutes
- +Common components:
 - + Feedback including "normative feedback" and advice to decrease use
 - + Motivational Interviewing (MI) to enhance readiness to change
 - + Cognitive behavioral strategies (e.g., diary, action plan, stress management, problem solving

Cochrane Review: Description

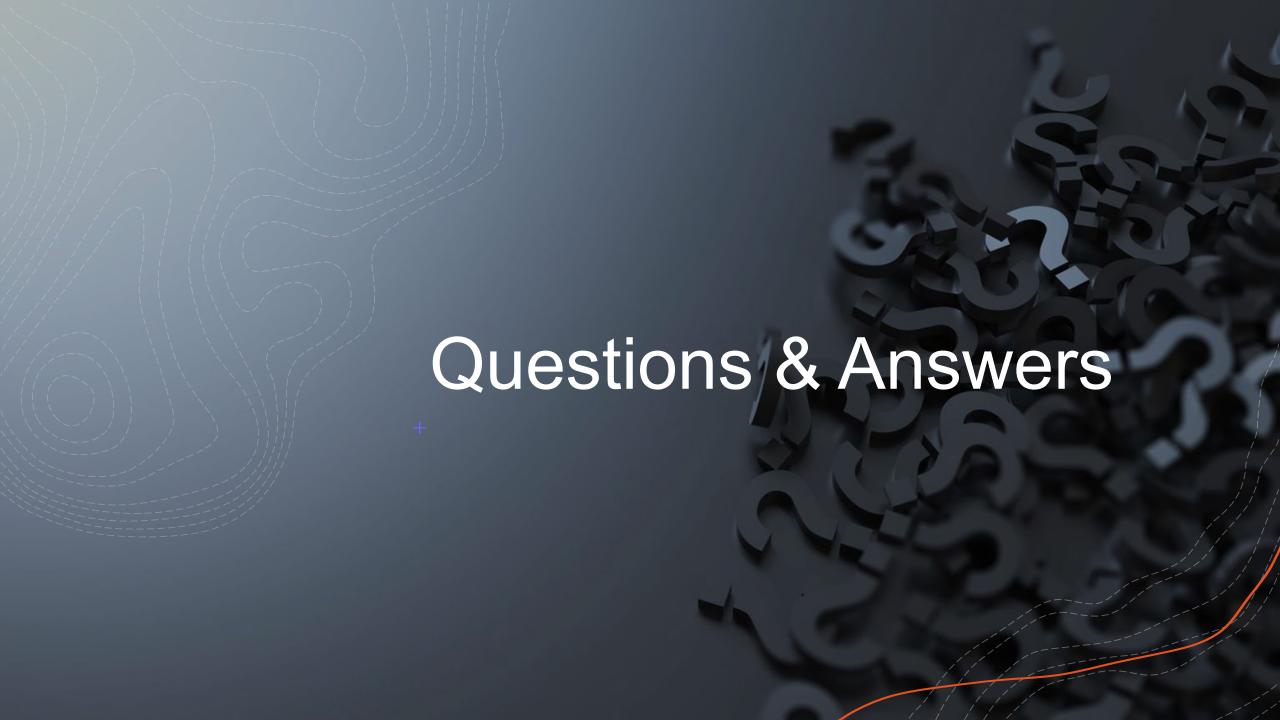
- 4 Update of the previous 2007 review
- Examined randomized controlled trials
 - + 69 studies/33,642 participants
- +Compared BI to minimal or no intervention in patients with reported UAU
- + Primary care, emergency care, other general practice settings
 - + Provided mostly by medical providers and nurses
- +5 or fewer sessions
 - + Lasting 60 minutes or less

Cochrane Review: Results

- 432 studies/15,197 patients included in meta-analysis
- Most in primary care or emergency settings
- + Moderate quality evidence: patients who received BI reported drinking less than patients receiving minimal/no intervention after one year (mean -20 grams of alcohol/week= ~1 pint of beer or 1/3 bottle of wine)
 - + Results similar in men and women
 - + Minimal impact on binge frequency, drinking days/week, drinking intensity
 - + Greater decrease in patients with greater baseline consumption
 - + Extended BI no more effective than short BI

Cochrane Review: Discussion

- +Considerable variability in studies
 - + How UAU measured (e.g., screening tools, days of drinking/week or month or year, quantity consumed overall, quantity/drinking days, number of binge episodes/wk or month, alcohol-related harms, etc.)
 - + Attrition
 - + Usual care (control group): nothing, screening only, general health advice about alcohol, a handout
- +Even though decreased consumption still amounted to UAU individual and population level benefits still important
- +Future research should focus on components of effective BI



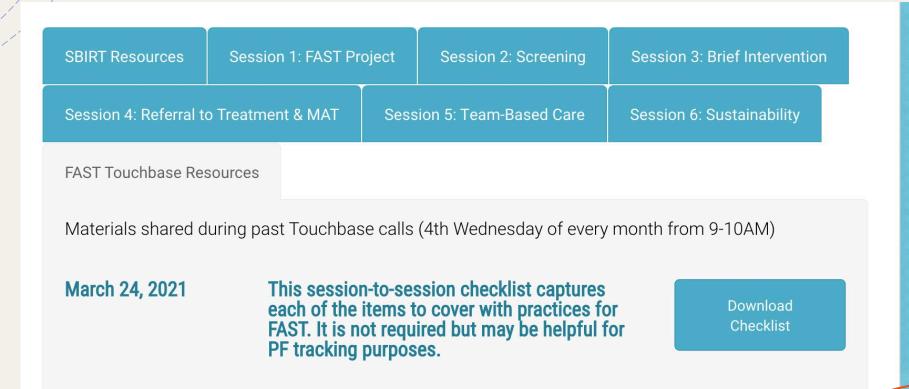
Upcoming FAST Due Dates

Assessment Date

PF Field Notes	Field Notes Are to be completed by the 8th of the Month
 Baseline Assessments: Monitor SBIRT/MAT Baseline UAU Metrics Baseline HIT Metrics 	Completed as part of the First Session with the Practice
UAU Metrics	Last day of the month following the end of the third month. An example is: If the end of the three-month period ends April 30 the Metrics are due May 31

Wrap Up

- + FAST Change Package Refresher April 28, 10-11AM
 - + Add primer for lessons learned questions?
- + Resources from Touchbase calls will be added to a new tab in the PF Resource module.



Practice Facilitator Resources for Unhealthy Alcohol Use SBIRT Resources & **Practice Facilitation** Sessions

Future Events

+April

- + 4/15/2021 Practice Learning Community 12:00pm 1:00pm
- + 4/21/2021 PF Learning Network Health Equity and Unconscious Bias with Dr. Cleveland Piggott 9:00 am 10:00 am
- + 4/28/21- FAST PF Touch Base/Change Package Refresher 9:00am 10:00am

University Practice Innovation Team Contact Information

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