

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

Agenda

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

The background features a light beige color with a pattern of thin, wavy, dashed lines in a light blue-grey hue. There are two large white circles: one in the top-left corner and another in the bottom-right corner. A small blue plus sign is positioned above the text.

Check In and February Follow Up

A close-up, slightly angled view of a calendar page. The calendar has a red header and a grid of days. The word "Operational" is written in a large, white, sans-serif font across the middle of the calendar. The background is a blurred indoor scene with green plants and a white wall. There are decorative white dashed lines on the left and a solid orange line on the bottom right.

Operational



Operational Updates

+ Andrew/Jennifer

Session 7 – Assessments Due

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



Education

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:

<https://alcoholtreatment.niaaa.nih.gov/> 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 Recovery Support Programs

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 Recovery Support Programs

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 Recovery Support Programs

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 Recovery Support Programs

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 Recovery Support Programs

Online programs with COST to participate

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

Focus: 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)

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

Brief Intervention Article



**Cochrane
Library**

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: 10.1002/14651858.CD004148.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

- + 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

- + 32 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

Questions & Answers

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Upcoming FAST Due Dates

Assessment	Date
PF Field Notes	Field Notes Are to be completed by the 8th of the Month
Baseline Assessments: <ul style="list-style-type: none">• 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.

The screenshot displays a user interface for the FAST Change Package Refresher. At the top, there is a horizontal navigation bar with seven teal-colored buttons labeled: "SBIRT Resources", "Session 1: FAST Project", "Session 2: Screening", "Session 3: Brief Intervention", "Session 4: Referral to Treatment & MAT", "Session 5: Team-Based Care", and "Session 6: Sustainability". Below this bar, on the left, is a section titled "FAST Touchbase Resources" which includes a paragraph about materials shared during past calls and a date "March 24, 2021". To the right of this text is a teal button labeled "Download Checklist". On the right side of the interface, there is a vertical sidebar with a light blue background. It features the text "Practice Facilitator Resources for Unhealthy Alcohol Use" at the top, followed by a gold progress bar showing "100%". Below the progress bar is a white box containing a clipboard icon and the text "SBIRT Resources & Practice Facilitation Sessions".

SBIRT Resources	Session 1: FAST Project	Session 2: Screening	Session 3: Brief Intervention
Session 4: Referral to Treatment & MAT		Session 5: Team-Based Care	Session 6: Sustainability

FAST Touchbase Resources

Materials shared during past Touchbase calls (4th Wednesday of every month from 9-10AM)


March 24, 2021

This session-to-session checklist captures each of the items to cover with practices for FAST. It is not required but may be helpful for PF tracking purposes.

[Download Checklist](#)

Practice Facilitator Resources for Unhealthy Alcohol Use

100%

 **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

- + Practice Transformation - Stephanie.Kirchner@cuanschutz.edu
- + Learning Community - Kathy.Cebuhar@cuanschutz.edu;
Taryn.Bogdewiecz@cuanschutz.edu
- + CQMs - Andrew.Bienstock@cuanschutz.edu; Jennifer.Halfacre@cuanschutz.edu
- + e-Learning - Bonnie.Jortberg@cuanschutz.edu or
Robyn.Wearner@cuanschutz.edu
- + FAST - Allyson.Gottzman@cuanschutz.edu
- + FAST Project Manager - Bonnie.Jortberg@cuanschutz.edu
- + FAST Faculty - cjswenson57@gmail.com
- + SPLIT - [Help Desk](#)



Resources

- + Practice Innovation Program
Colorado: <http://www.practiceinnovationco.org/>
- + Events: <http://www.practiceinnovationco.org/events/>
- + Facilitating Alcohol Referral & Treatment
(FAST): <https://www.practiceinnovationco.org/alcohol/>
- + e-Learning: <https://cuelearning.org/>
- + AHRQ UAU
Initiative: <https://integrationacademy.ahrq.gov/about/opioids-substance-use/ahrq-alcohol-initiative>



PRACTICE INNOVATION
PROGRAM COLORADO



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