



Center for Rural Opioid Prevention, Treatment & Recovery

Integrated Approaches to Addressing Opioid Misuse

ELIZABETH WEYBRIGHT, PHD & KATE HAMPILOS, ND

SESSION OUTLINE

Introduction to CROP+TR

Opioid Trends

CROP+TR Rural Needs Assessment Survey

Opioid Misuse Prevention Strategies

Youth Substance Use Prevention Programs

Resources

Questions



Project Years: 2019-2021; 2020-2022

Funder: Substance Abuse and Mental Health Services Administration (SAMHSA) & United States Department of Agriculture, National Institute of Food and Agriculture (USDA/NIFA)

Joint PIs: Michael McDonell (Medicine) & Elizabeth Weybright (HD/Extension)

Collaborators: Washington State University - Human Development, Extension, ESF College of Medicine, College of Nursing, College of Pharmacy

Goal: To develop and disseminate training and technical assistance to rural communities throughout Washington State for prevention, treatment, and recovery from opioid misuse/use/abuse.





To develop and disseminate training and technical assistance to rural communities throughout Washington State for prevention, treatment, and recovery from opioid misuse/use/abuse.

To build capacity for using trauma-informed approaches and mental health promotion among rural communities in Washington State to prevention opioid misuse/use/abuse.

CROP+TR AIMS

Provide public, on-demand training through the [CROP+TR website](#).

Build on existing WSU Extension prevention programs.

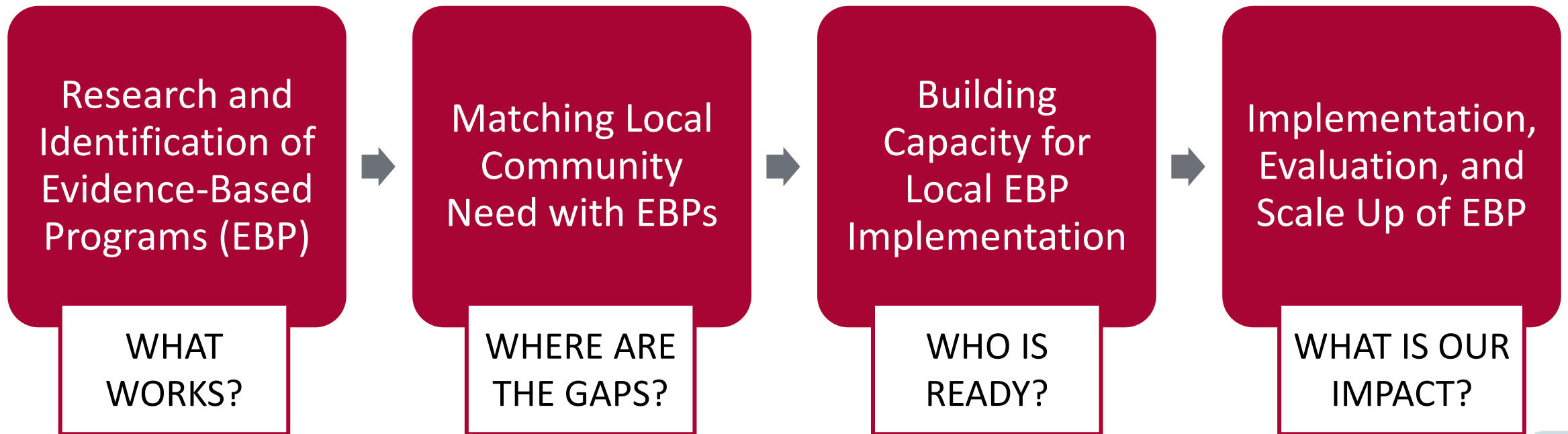
Develop new treatment and recovery focused TTA.

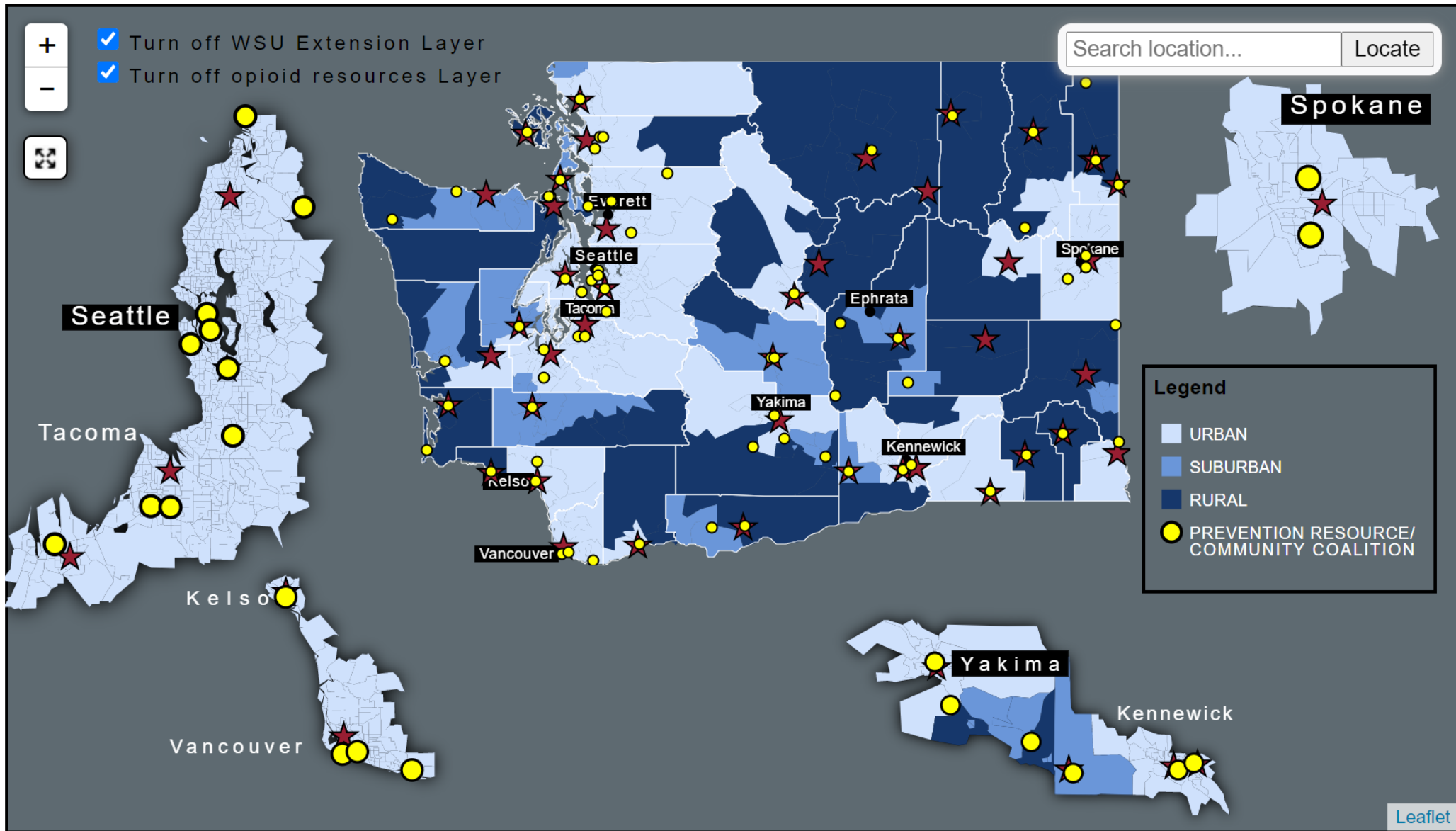
Conduct a needs assessment process to inform priority areas for training and technical assistance (TTA).



Coordinate efforts with other regional efforts (SAMHSA technical assistance teams, Region 10 Technology Transfer Centers).

COOPERATIVE EXTENSION





Map available at www.croptr.org/preventionresourcemap



Opioid Trends

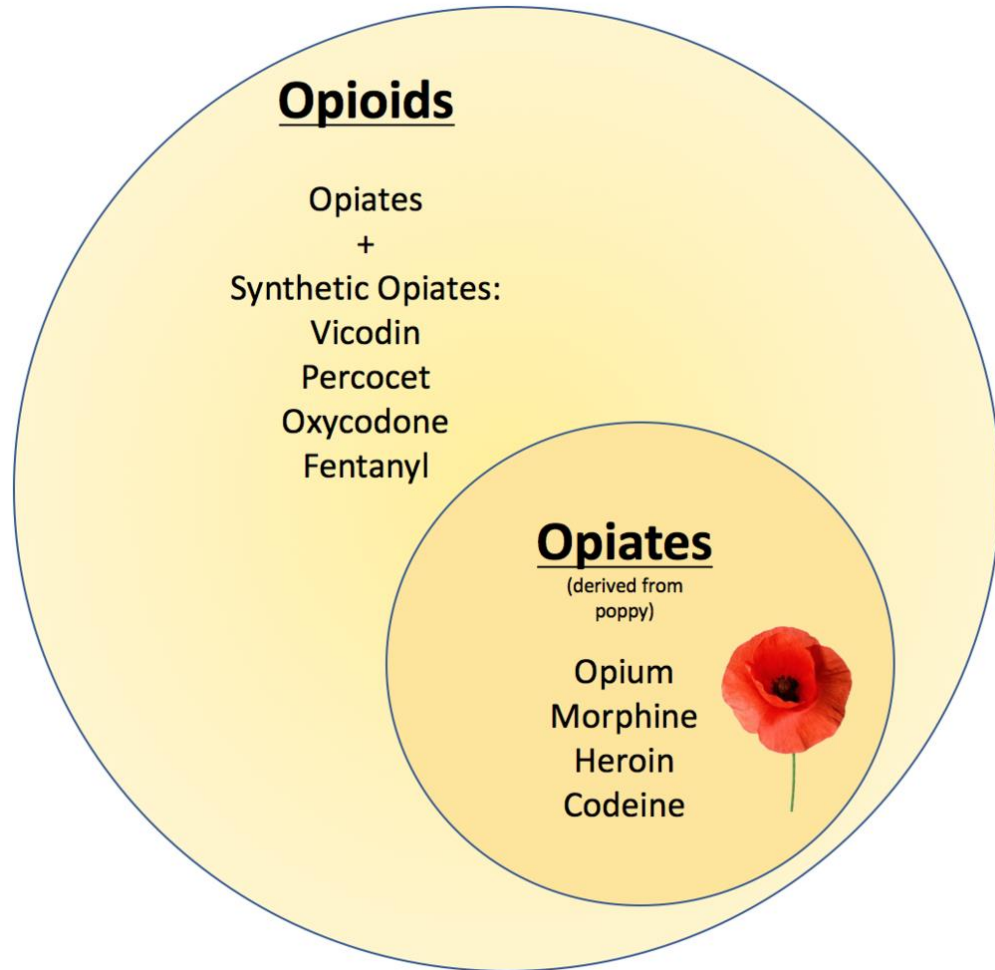
Poll

The opioid overdose epidemic is currently being driven by

- a) Heroin
- b) Commonly prescribed opioids (hydrocodone, oxycodone)
- c) Other synthetic opioids (Tramadol or Fentanyl)

Enter your answer in the chat!

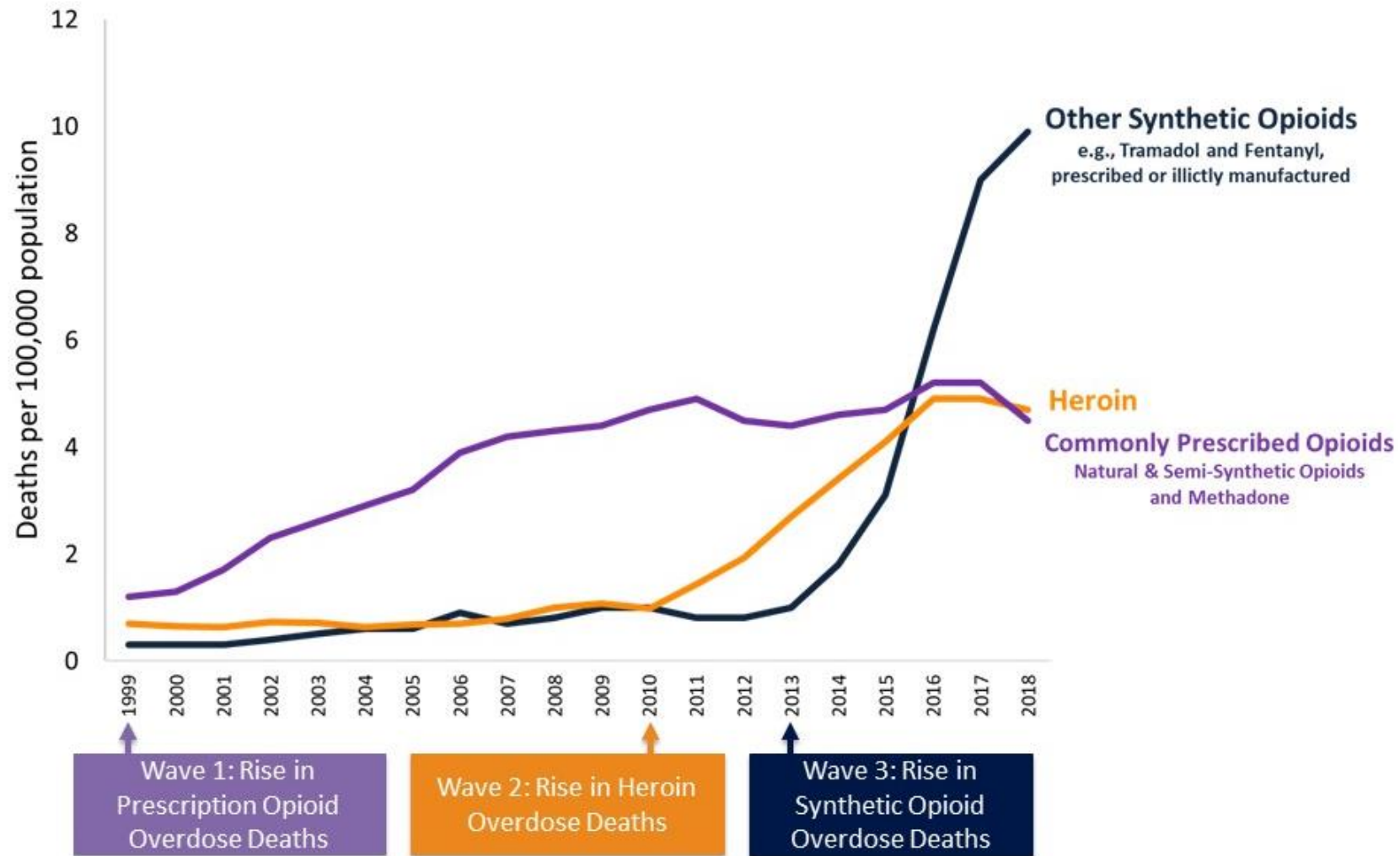
Terminology



Opioid misuse: the use of illegal and/or prescription opioids in a manner other than as directed by a doctor, such as:

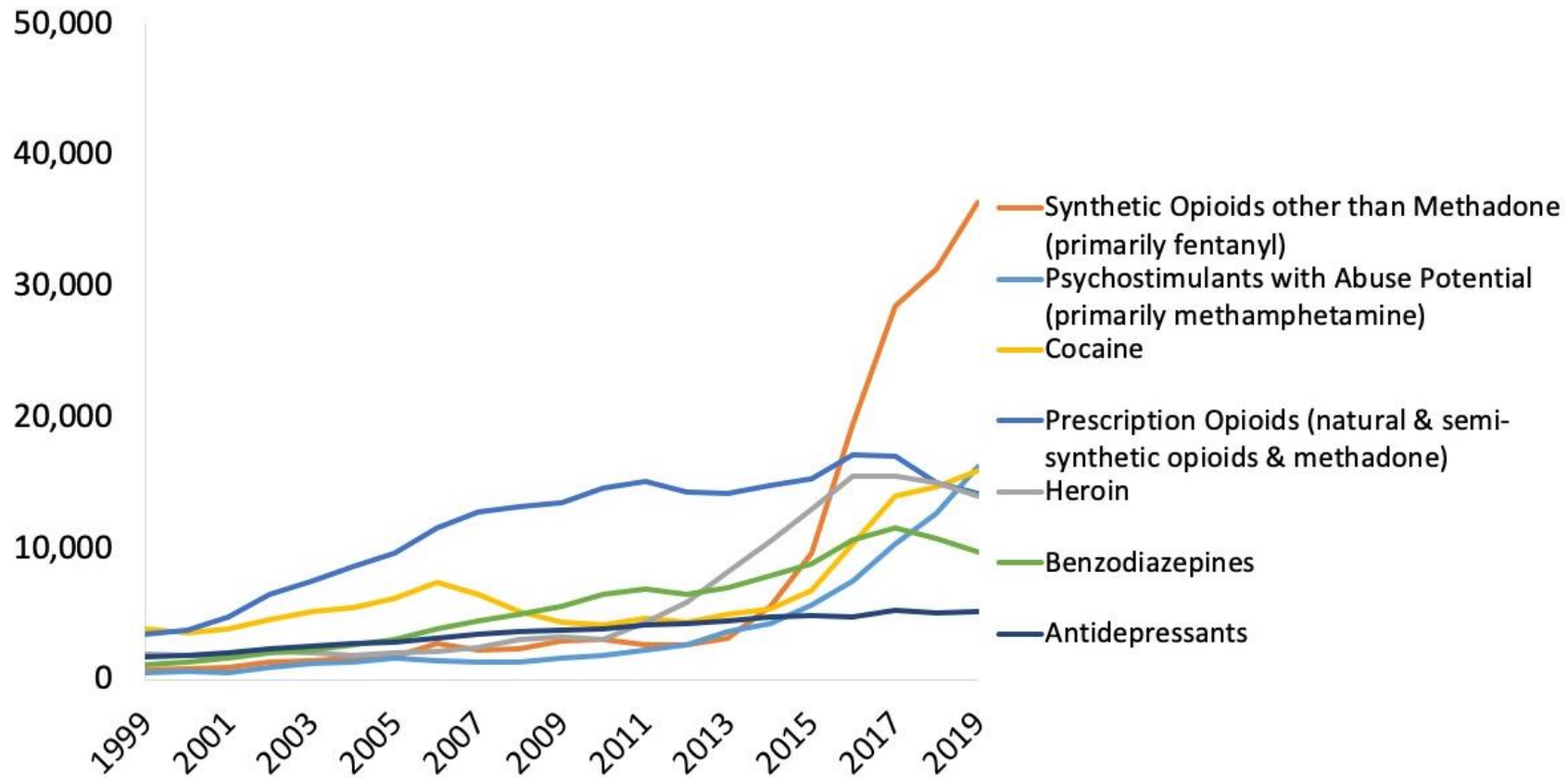
Opioid Use Disorder: A problematic pattern of opioid use that causes significant impairment or distress.

3 Waves of the Rise in Opioid Overdose Deaths



SOURCE: National Vital Statistics System Mortality File.

**Figure 2. National Drug-Involved Overdose Deaths*,
Number Among All Ages, 1999-2019**



*Includes deaths with underlying causes of unintentional drug poisoning (X40–X44), suicide drug poisoning (X60–X64), homicide drug poisoning (X85), or drug poisoning of undetermined intent (Y10–Y14), as coded in the International Classification of Diseases, 10th Revision. Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2019 on CDC WONDER Online Database, released 12/2020.

Fentanyl



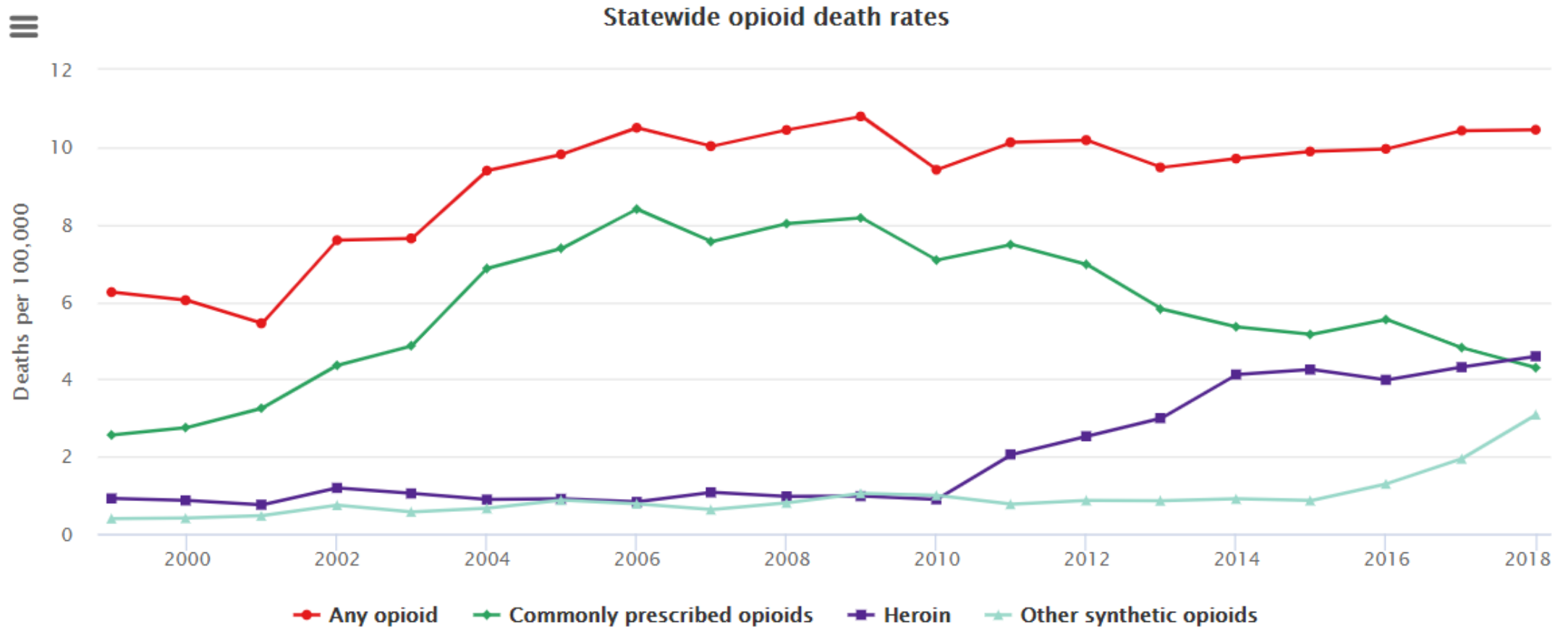
Illicit fentanyl pills manufactured to resemble oxycodone. Photos by King County Medical Examiner's Office



Two milligrams of fentanyl, in white, are enough to be fatal.
Photo by U.S. Drug Enforcement Administration

Resource for parents: <https://www.kingcounty.gov/depts/health/overdose-prevention/fentanyl-warning-parents.aspx>

What's happening in Washington State?



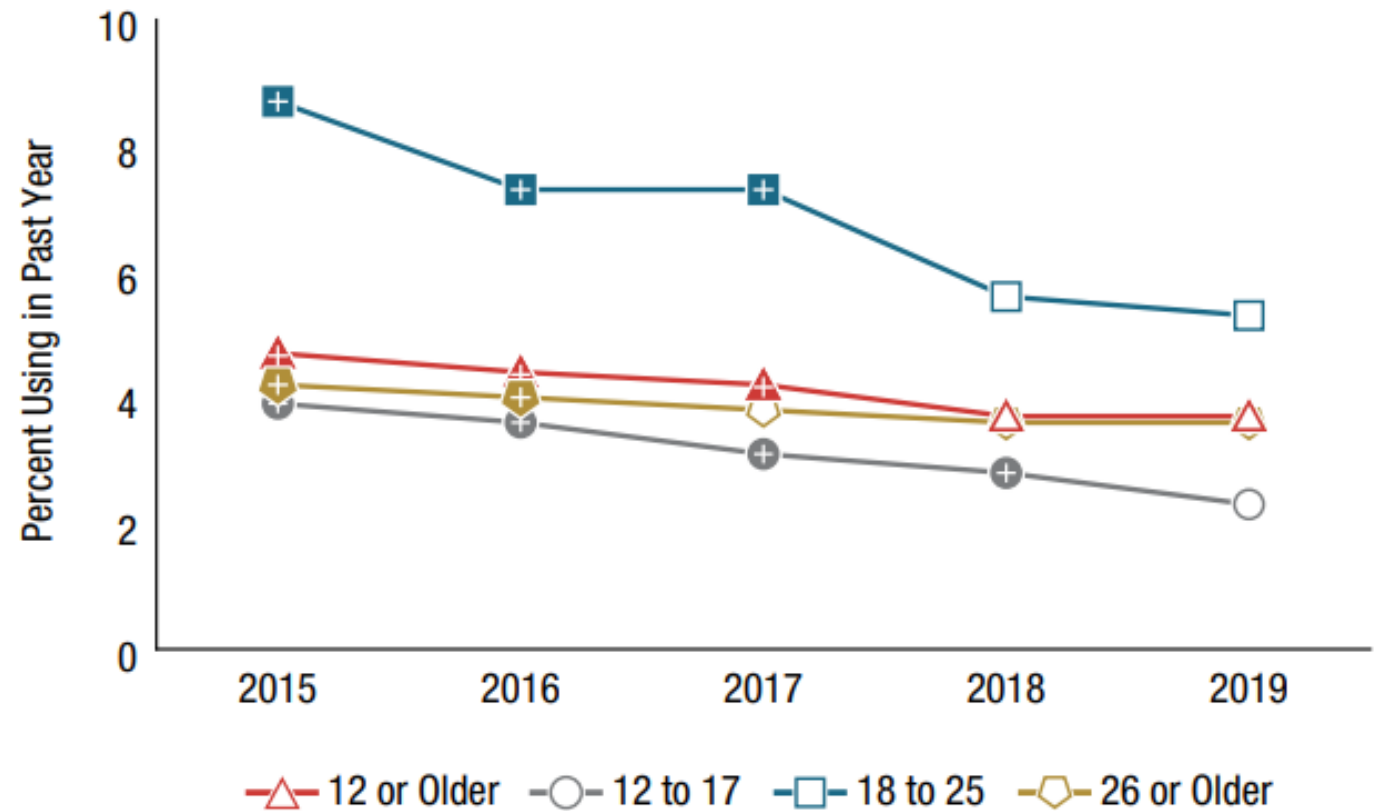
Analysis by UW ADAI. For data sources, see text or adai.uw.edu/WAdata

Data sources: Washington State Department of Health (deaths), state Office of Financial Management (population)

Current Trends in Opioid Misuse Among Adolescents

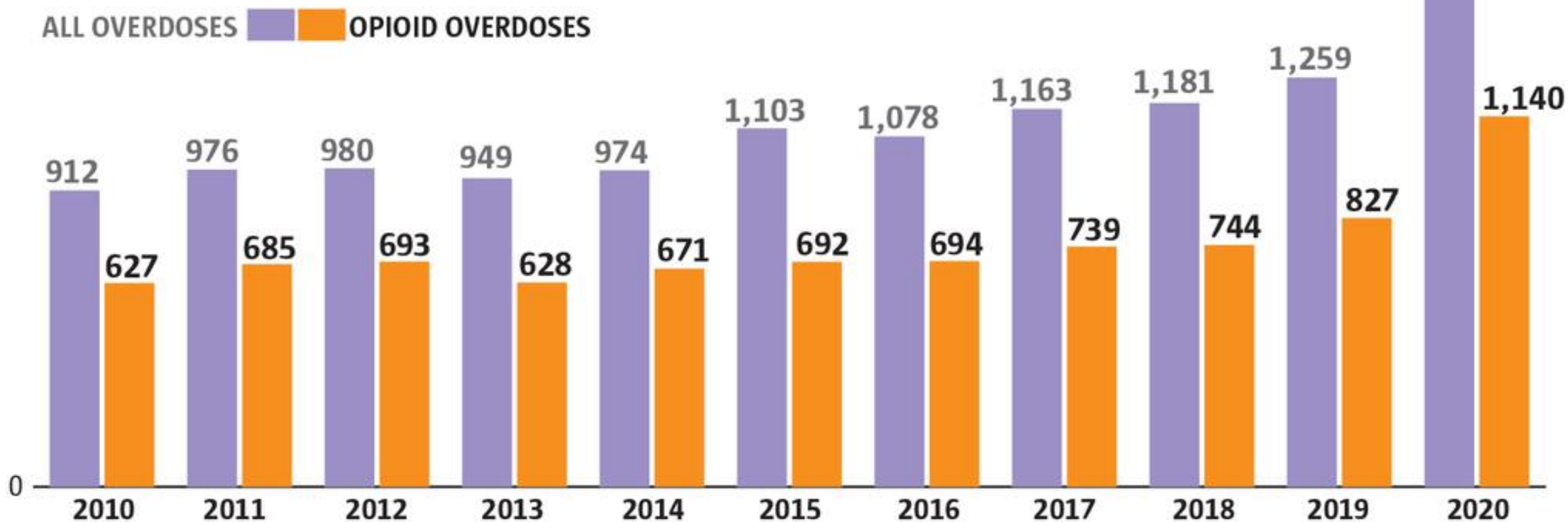
- Among U.S. adolescents aged 12 to 17, percentages for past year opioid misuse declined from 3.9% in 2015 to 2.3% in 2019.
- However, Washington State Healthy Youth Survey indicates **6-7% of Washington students between 8th-12th grade misused prescription drugs** in 2018.

Figure 25. Past Year Opioid Misuse among People Aged 12 or Older: 2015-2019



Overdose deaths rising in Washington

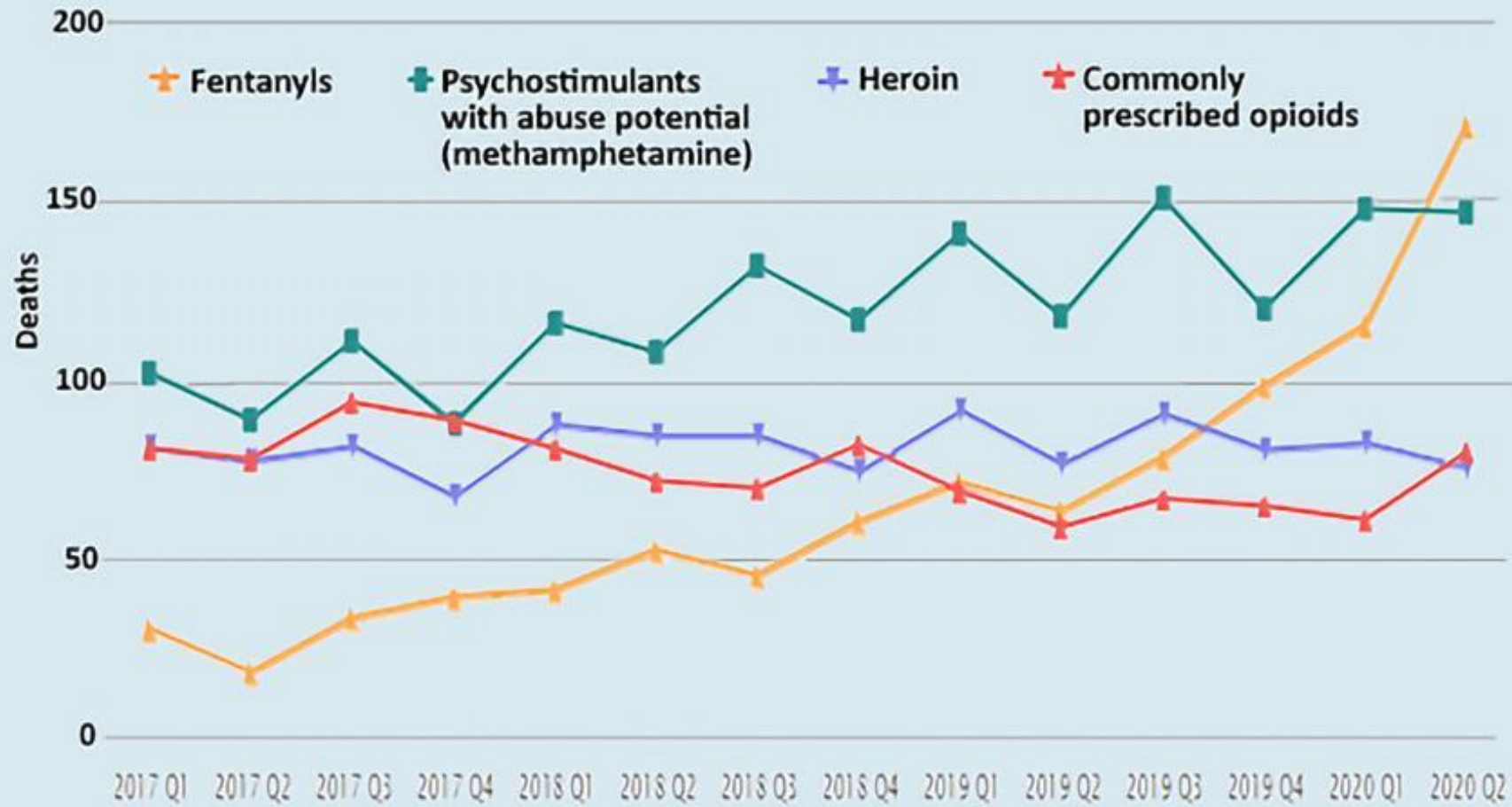
More people in Washington died of drug overdoses last year than any year in recent memory. Data for 2020 is preliminary and numbers are likely to rise.



Source: Washington State Department of Health: Center for Health Statistics

MARK NOWLIN / THE SEATTLE TIMES

Washington state drug poisonings (by quarter)

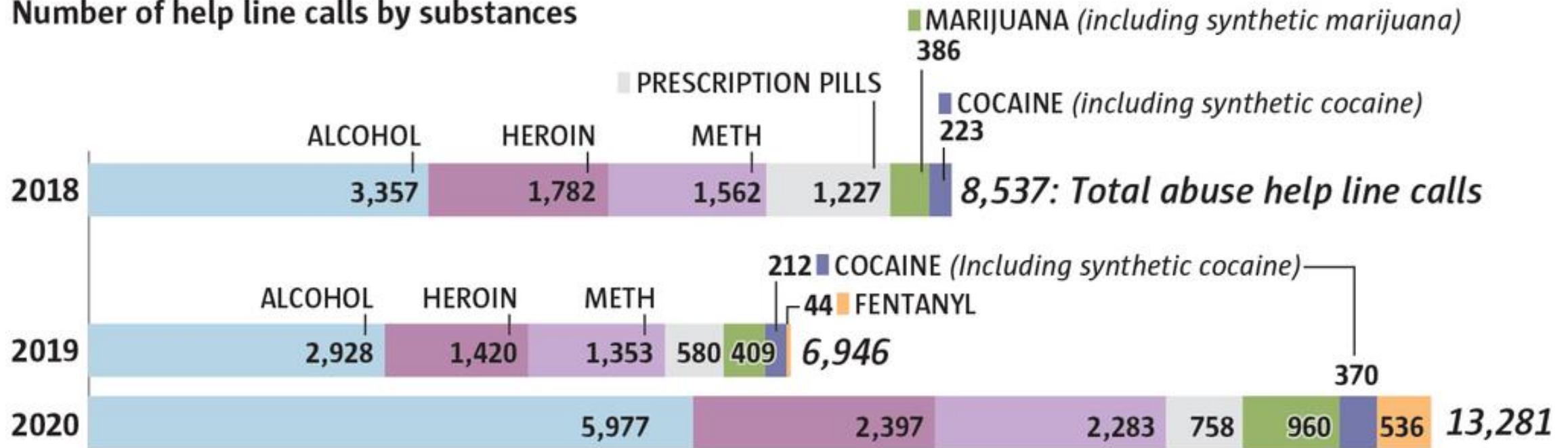


Data source: Washington State Department of Health | Analysis by Alcohol and Drug Abuse Institute, UW School of Medicine

More people calling for help

Calls to Washington's substance abuse help line, where people can access recovery resources, increased for nearly all substances in 2020.

Number of help line calls by substances



Source: Washington Recovery Help Line

MARK NOWLIN / THE SEATTLE TIMES

Opioids in Rural Communities

Why Rural?

Barriers

- Access
- Availability
- Distance
- Stigma
- Overlapping roles

Opioid Use

- ↑ Prescription drug misuse
- ↑ Stimulant use
- ↑ Overdose death

Prevention & Treatment of Substance Use Disorders in Rural Communities Toolkit



Module 2: Evidence-Based and Promising Substance Use Disorder Program Models

Rural communities are implementing a variety of evidence-based and promising models to treat substance use disorders. No one treatment program works for every person or community. In this section, we organize models into four categories: prevention, harm reduction, treatment, and recovery.



KHN

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Conservative Indiana Adopted Needle Exchanges But Still Faces Local Resistance

By Giles Bruce
FEBRUARY 12, 2020

[REPUBLIC THIS STORY](#)

Rural Health Systems Challenged By COVID-19 Surge

10:01 AM ET
Edition Sunday

FROM [NORTHWEST NEWS NETWORK](#)

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CROP+TR Needs Assessment (N=71)

Work Setting

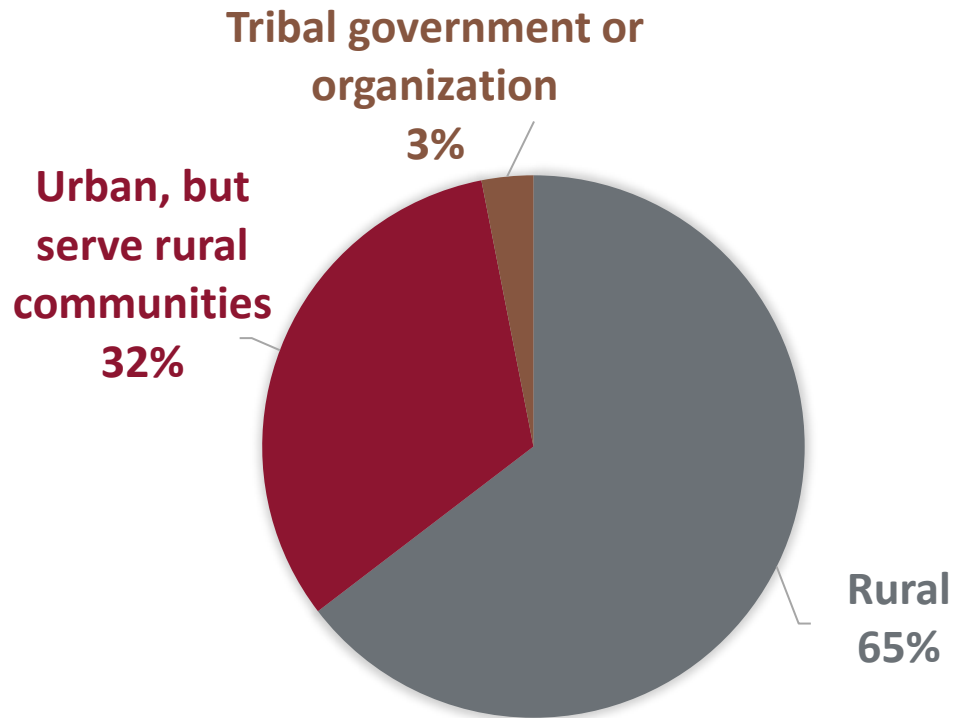


Table 1. Respondent Job Responsibilities: Respondents were asked to select all job responsibilities that apply to their current work:

Job Responsibility	Number	Percent
Program Staff	24	33.8%
Coalition Director/Coordinator	23	32.4%
Educator	17	23.9%
Healthcare Professional	16	22.5%
Supervisor of Program Staff	14	19.7%
Administrator	9	12.7%
Student/Intern	1	1.4%

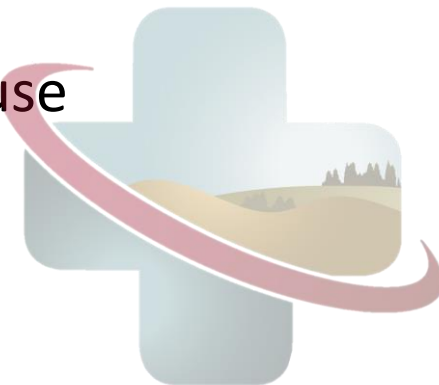
Training and Technical Assistance

Top 3 Training Interests—Prevention Focus:

1. Community education around prevention of opioid use disorder
2. Community-based prevention interventions
3. Availability of prevention programs for youth

Top 3 Training Interests—Treatment/Recovery Focus:

1. Availability of community-based recovery support services
2. Availability of treatment/recovery services for youth with opioid use disorder
3. Education and training on trauma-informed care



2020 Prevention Webinar Series



- Neurobiology of Opioid Misuse and Addiction
- ACES, Complex Trauma, and Risk Associated with Opioid Misuse
- SBIRT for Prevention Specialists
- Pharmacotherapy for Opioid Use Disorder
- Role of Peer Support in Recovery from Opioid Use Disorder
- Youth Participatory Action Research (YPAR) for Substance Use Prevention
- Co-occurring Substance Misuse and Mental Health Conditions, a Peer Perspective with NAMI

View recordings of past trainings: www.croptr.org/on-demand-online-training

On-Demand Training



Introduction to Harm Reduction Principles and Practice

Recorded Webinar | Duration 71 min | Original Date 2/16/2021

Speakers: Rebeka Lawrence-Gomez

Shift your understanding of harmful behaviors and the approach you take in serving people engaged in substance use and self-harm. In this training we will explore the universality of self-harm, identify behaviors as survival tools, and focus on empathy and connection with individuals utilizing substances and self-harm.

Rebeka Lawrence-Gomez has been with Pathways Vermont since its inception in 2009 and serves as the Director of Operations. She is committed to human rights, opportunities for everyone, and individual choice. Prior to her work with Pathways, she served as a Peace Corps volunteer and work with Disability Rights Vermont.

[REGISTER & VIEW](#)



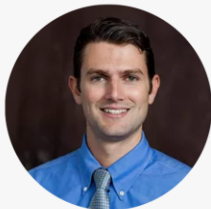
The Importance of Peer Support in Recovery

Recorded Webinar | Duration 59 min | Original Date 6/30/2020

Speaker: Amy Griesel, CPC, NCPRSS

Amy has been on a journey of recovery since graduating from Mental Health Court in 2016. After this, she realized she wanted to walk alongside those seeking support and recovery. Amy continued to build upon her passion to help others and became a Certified Peer Counselor in 2018. In 2019, she completed her Peer Specialist certification through NAADAC. Currently, Amy serves on several boards as a subject matter expert. She aspires to build further Peer support programs.

[REGISTER & VIEW](#)



Introduction to Mindfulness Based Relapse Prevention

Recorded Webinar | Duration 71 min | Original Date 1/28/2021

Speakers: Corey Roos, PhD

In this webinar, Dr. Corey Roos from Yale University School of Medicine will discuss Mindfulness Based Relapse Prevention (MBRP), a novel aftercare intervention for individuals in recovery from substance use disorder. Participants will leave with an understanding of the role of mindfulness in recovery, the research supporting MBRP for substance use disorder, and resources to learn more about MBRP.

Dr. Corey Roos is an Assistant Professor of Psychiatry at Yale University School of Medicine, as well as a licensed clinical psychologist. His research aims to improve the accessibility and effectiveness of treatments for psychiatric disorders, particularly substance use disorders (SUD).

[REGISTER & VIEW](#)



Adverse Childhood Experiences, (ACEs), Complex Trauma, and Risk Associated with Opioid Use Disorder

Recorded Webinar | Duration 63 min | Original Date 6/9/2020

Speaker: Natalie Turner-Depue, PhD

Dr. Natalie Turner-Depue will review ACEs and complex developmental trauma and discuss the risk factors related to opioid use associated with trauma exposure, in particular as it relates to rural and/or marginalized communities.

Dr. Natalie Turner-Depue currently serves as the interim Director for the Child and Family Research Unit (CAFRU) and the Collaborative Learning for Educational Achievement and Resilience (CLEAR) Trauma Center at Washington State University. Her research focus is on integrating trauma-informed practices into schools and community organizations throughout the western US while dismantling systemic barriers impeding equitable educational access.

[REGISTER & VIEW](#)

Learn more and register here: www.croptr.org/on-demand-online-training



Opioid Initiatives in Rural Washington

36 respondents (50%) indicated that their work setting has specific initiatives targeting opioid currently in place, including:

1. Media campaigns such as “Starts With One” campaign ($n=10$)
2. Participating in annual medication take-back events ($n=5$)
3. Providing or advertising for permanent medication disposal sites ($n=4$)
4. Distributing or increasing access to Naloxone ($n=4$)



What Works? What is
CROP+TR Doing?

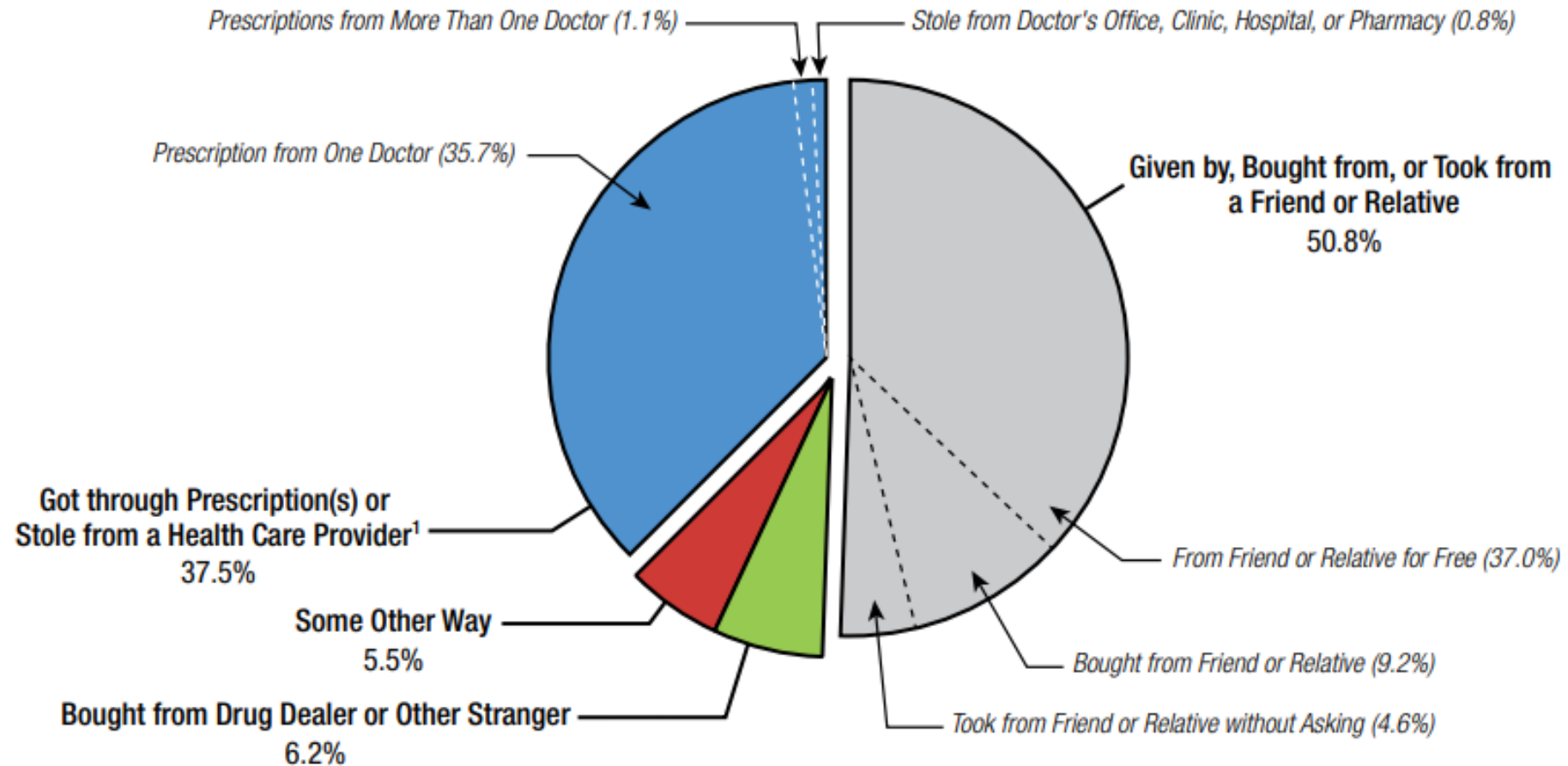
Poll

Where do most people who misuse opioids obtain them?

- a) Prescription from one or multiple doctors
- b) Bought from a drug dealer or other stranger
- c) Given, bought from, or took from a friend or relative
- d) Stole from doctor's office, clinic, hospital, or pharmacy

Enter your answer in the chat!

Figure 23. Source Where Pain Relievers Were Obtained for Most Recent Misuse among People Aged 12 or Older Who Misused Pain Relievers in the Past Year: 2019



9.7 Million People Aged 12 or Older Who Misused Pain Relievers in the Past Year

Opioid Misuse in Adolescents

Individual Risk Factors:

- Other substance use, including binge drinking
- Perceived ease of obtaining illicit drugs
- Mental health problems such as depression
- Adverse childhood events and behavioral problems

Social Risk Factors:

- Positive peer substance use attitudes
- Greater peer substance use*
- Lower family disapproval of use*
- Lower school performance*

Social Protective Factors:

- Negative personal, peer, and parental attitudes toward use
- Parenting factors (high bond, involvement, monitoring/warmth)

Opioid Misuse in Washington Adolescents

Domain	Factors
Peer-Individual Drug-Specific	Individual Past 30-day cigarette smoking
	Individual Past 30-day drunkenness¹
	Individual Past 30-day other substance use
	Individual Past 30-day marijuana use
	Individual Age of first use
	Individual Perceived risk of drug use
Individual General	Low belief in the moral order
Individual Mental Health	Depression
Family	Parental attitudes tolerant of drug use
Community	Low opportunities for prosocial involvement in community



Effective Community-Level Interventions

Public Education

- Media and Educational Campaigns
- Non-Stigmatizing Language

Community-Based Medication Disposal Programs

Evidence-Based Prevention Programs

- Strengthening Families Program 10-14

Partnerships



Educational Campaigns

Starts with One Campaign (Washington HCA): Designed to inform and educate young adults, parents, and older adults about the dangers of prescription drug misuse and the importance of safe storage, use, and disposal.

Laced and Lethal Campaign: King County campaign to educate youth about fentanyl. Goal is to provide critical tools to help create a safer community including fentanyl education, access to naloxone kits, overdose prevention resources, and destigmatizing tips.

CDC Rx Awareness Campaign: Educate consumers about the risks of prescription opioid misuse and the importance of discussing safer and more effective pain management with healthcare providers. This campaign tells the stories of people whose lives were impacted by prescription opioids.



Non-Stigmatizing Language

Instead of...	Use...	Because...
<ul style="list-style-type: none">▪ Addict▪ User▪ Substance or drug abuser▪ Junkie	<ul style="list-style-type: none">▪ Person with substance use disorder⁸▪ Person with opioid use disorder (OUD) or person with opioid addiction [when substance in use is opioids]▪ Patient	<ul style="list-style-type: none">▪ Person-first language.▪ The change shows that a person “has” a problem, rather than “is” the problem.⁷▪ The terms avoid elicit negative associations, punitive attitudes, and individual blame.⁷



TAKE AS PRESCRIBED

Take medicines only as prescribed.
Never give them away or share them.



STORE SAFELY

Follow storage instructions as provided on medicine labels and on the information accompanying medicines. Keep medicines in a secure location safely away from people or pets that might come in contact with it.

Brochure available at med-project.org

Community-Based Medication Disposal

[Safe Medication Return Program \(MED-Project\):](#)

Statewide program that gives Washington residents free, convenient options to dispose of unwanted medications.

[Take Back Your Meds:](#) operated by Washington Poison Center, provides locations for medication take-back locations across Washington state.

Lock Boxes and Safety Devices: Safety devices distributed from the emergency department with verbal and written education have been shown to improve safety practices at follow up.

Evidence-Based Programs

- Athletes Training & Learning to Avoid Steroids (ATLAS)
- Big Brothers/Big Sisters of America (community-based mentoring)
- Communities That Care (CTC)
- Familias Unidas
- Good Behavior Game – PAX
- Guiding Good Choices
- LifeSkills Training – Botvin Middle School Version
- Positive Action
- Project Northland
- Project Towards No Drug Abuse
- Raising Healthy Children
- SPORT Prevention Plus Wellness
- Strengthening Families Program: For Parents and Youth 10-14 (SFP 10-14)
- Strong African American Families Program

Washington State
Health Care Authority



Evidence-Based Programs



- Secondary analyses show reduction in prescription opioid misuse at ages 21-15
- Limitation: selective prevention programs for adolescents at risk of misuse are lacking.

SFP 10-14 Adaptation

STRENGTHENING
Families **PROGRAM**

FOR PARENTS AND YOUTH 10-14

- Strengthening Families Program 10-14 (SFP) is an evidence-based intervention targeting youth ages 10-14 and their caregivers.
- **CROP+TR aims to adapt SFP 10-14 content for opioids.**
 - ✓ Study feasibility of SFP adaptation through focus groups of caregivers and facilitators with experience in SFP.
 - Amend and/or addend SFP curriculum to include opioid specific content.
 - Partner with Extension sites currently implementing SFP including one Spanish-language site to pilot the SFP + Opioid program in 2021-2022.



SFP 10-14 Virtual Adaptation

STRENGTHENING
Families PROGRAM

FOR PARENTS AND YOUTH 10-14



WASHINGTON STATE
UNIVERSITY



Home

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Program Evaluation

Upcoming Training

Research

Related Links

History

For Coordinators and
Facilitators

Overview

Implementation Tips

**How to Access the SFP
10-14 Virtual
Adaptation Resource
Kit**

SFP 10-14 Virtual
Adaptation Resource Kit

Strengthening Families Program

FOR PARENTS AND YOUTH 10-14 YEARS

How to Access the SFP 10-14 Virtual Adaptation Resource Kit

The SFP 10-14 Virtual Adaptation Resource Kit is designed for Washington State SFP 10-14 facilitators implementing virtually. It includes an extensive virtual outline, PowerPoints for each of the 7 weeks (21 total), and additional supplemental resources to ensure your implementation of SFP runs as smoothly as possible in a virtual environment. For access to this Resource Kit, please fill out the following Qualtrics Survey using this link: [Link to SFP 10-14 Resource Kit Survey](#).

Accessibility:



SFP 10-14 Virtual Adaptation

STRENGTHENING
Families **PROGRAM**

FOR PARENTS AND YOUTH 10-14

Materials

- Virtual adaptation outline for Weeks 0-7, youth, parent, and family
- PowerPoint slide decks
- Additional resources (e.g., kit inventory)
- Technology and logistics resources



SFP 10-14 Virtual Adaptation

STRENGTHENING
Families **PROGRAM**

FOR PARENTS AND YOUTH 10-14

KEY:  Discussion (no share screen)






DVD on share screen



PowerPoint on share screen

Session 1 – P A R E N T / C A R E G I V E R

Pre-Session	Include in Take-Home Materials: "Caregiver Reflections: Before the Program", and pre-addressed/stamped envelope.			
NOTICE: The video time-stamps in this outline are based on the new and updated 2020 videos. If using previous DVDs, disregard time-stamps listed.				
Activity # Name	Session changes	Need-Utilize-Technology-Logistics	Who's Responsible?	Supplies to send home
Sponge Activity		 *Link out to resource* https://www.whatihavelearnedteaching.com/80-sponge-activities/		
Welcome and Introduction (1 min)	Normal welcome; then share PPT: Tools for Parents.	 PPT: Tools for Parents	IT: Share PPT: Tools for Parents.	Tools For Parents poster
Get-Acquainted Activity and Guidelines (9 min)	Normal for getting acquainted; then share PPT: Guidelines. <i>One ground rule to discuss is leaving cameras on and faces on the camera for the majority of the sessions. It is OK to be off screen for a quick moment but we like to see that they are engaged. For some participants this may not be possible, and that is ok.</i>	 PPT: Guidelines Annotate Guidelines	IT: Share PPT Guidelines. Annotate ground rules. Before moving on, save annotation for later use. Then clear annotation from screen.	

SFP 10-14 Adaptation

STRENGTHENING
Families **PROGRAM**

FOR PARENTS AND YOUTH 10-14

- Strengthening Families Program 10-14 (SFP) is an evidence-based intervention targeting youth ages 10-14 and their caregivers.
- **CROP+TR aims to adapt SFP 10-14 content for opioids.**
 - ✓ Study feasibility of SFP adaptation through focus groups of caregivers and facilitators with experience in SFP.
 - Amend and/or addend SFP curriculum to include opioid specific content.
 - Partner with Extension sites currently implementing SFP including one Spanish-language site to pilot the SFP + Opioid program in 2021-2022.



Preliminary Focus Group Results

Communication

- Caregiver
- Facilitator

Information

- Opioid 101

Training

- Resources





ATHENA

The site for substance abuse prevention and mental health promotion professionals and volunteers.

[Home](#)[Headlines](#)[Prevention priorities](#)[Training](#)[Providers](#)[Prevention 101](#)[Who's who](#)

[Home](#) » [Join the Strengthening Families Program 10-14 \(SFP 10-14\) Community of Practice](#)

Join the Strengthening Families Program 10-14 (SFP 10-14) Community of Practice

Submitted by [sabinadigennaro](#) on Fri, 01/08/2021 - 11:50

Are you a prevention professional with experience in Strengthening Families Program (SFP) 10-14 or Fortaleciendo Familias (FF) 10-14 ? We would like to invite you to join the WSU SFP 10-14 Community of Practice (CoP), a networking and resource group of SFP/FF 10-14 professionals and facilitators. The WSU SFP CoP will provide peer-to-peer training and technical assistance for communities implementing SFP/FF 10-14. By joining the CoP, you will receive infrequent email updates on regional SFP 10-14 training events along with curriculum updates and adaptations. Furthermore, the SFP 10-14 CoP will also serve as a resource for additional professional development as well as research opportunities to help collect information on SFP/FF 10-14.

4-H YPAR Adaptation



- Youth Participatory Action Research (YPAR)
- **CROP+TR aims to adapt 4-H YPAR to focus on opioids.**
 - ✓ Partner with Extension sites and ESFCOM faculty to adapt the 4H-YPAR intervention to include youth-appropriate opioid focused curriculum materials.
 - ✓ Pilot YPAR + Opioid in three counties in 2020-21

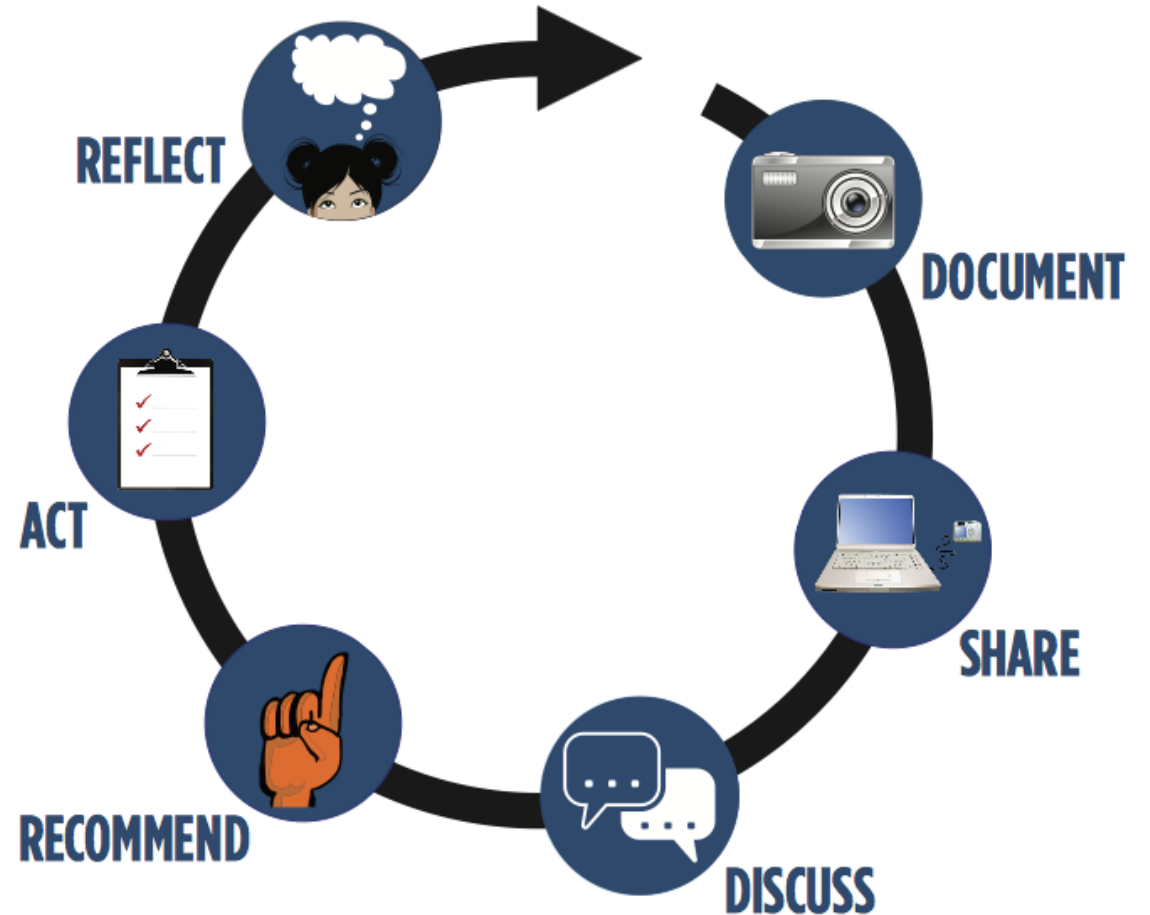


Principles and Process of PAR

Inquiry-based

Participatory

Transformative



YPAR Outcomes

Researchers

- Promote “... ..”
- personal
- Motivation

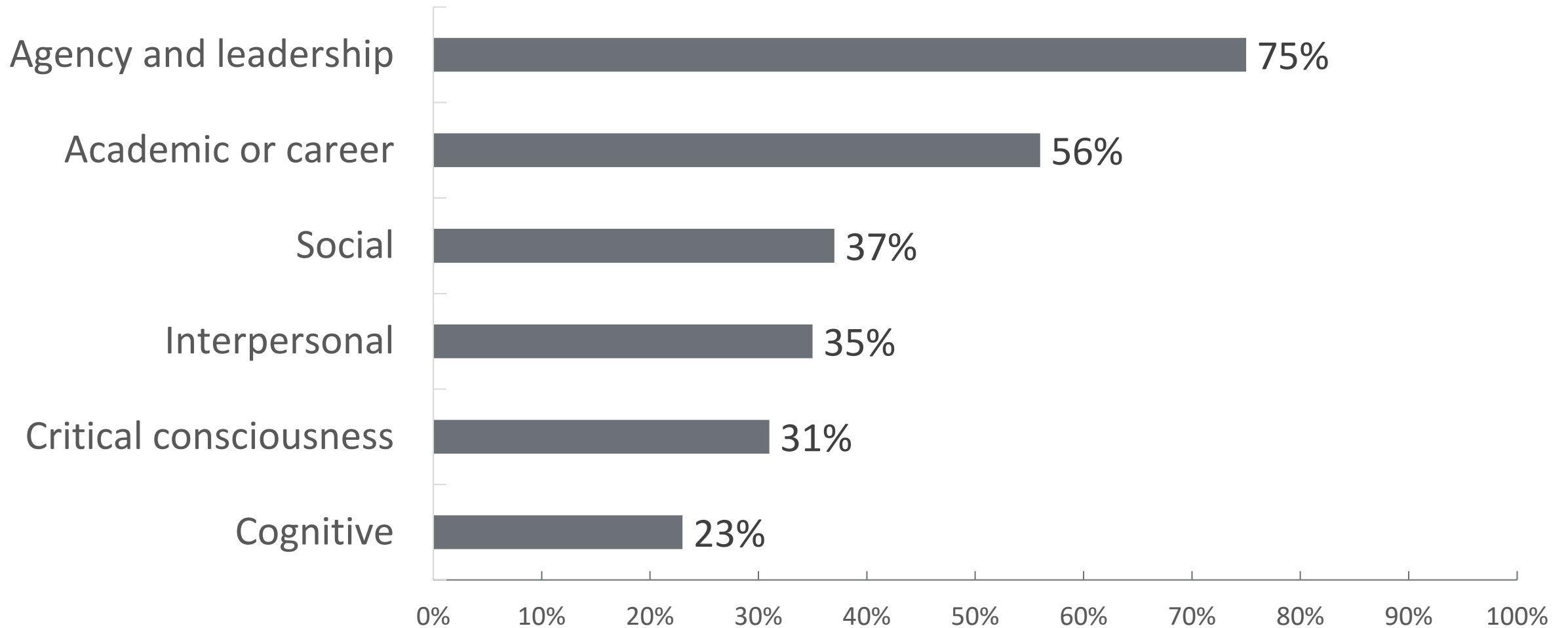
Community

• Value
orga

- Psychological empowerment
- Motivation for change
- Decision-making and problem-solving skills
- Understanding of sociopolitical environment
- Sense of purpose
- Adult support
- Attitudes toward school

Youth

YPAR Youth Outcomes



Source: Anyon, Bender, Kennedy, & Dechants, 2018)



Yakima County 4-H

March 15 at 1:21 PM · 🌐



Our local 4-H Youth Advocates for Health #YA4H teen interns have been learning and working together through the #4HTakePART program while exploring the complex issue of opioid addiction and are now taking over our social media to share a teen-led community action project!

Be on the lookout for posts, links, stories, and even a teen-produced podcast inviting you to learn more about #opioids and the danger of #opioidaddiction ❌

🙋 Help our #Yakima4H #YA4H teens with their mission by liking and sharing this week's #opioidawareness posts!

This project is a part of #WSU Center for Rural Opioid Prevention, Treatment and Recovery funded by #SAMHSA and is also engaging teens in Spokane County 4-H and Clallam County 4-H counties! Check out <https://www.croptr.org/> for more info about WSU's #CROPTropioidprevention project!

#4HYouthInAction #4HYouthAdvocates #WSUExtension #CAHNRS #WA4H 🍀



Social Media
Take Over!



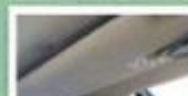
Yakima County 4-H

March 16 at 12:00 PM · 🌐



Meet the local Youth Advocates for Health #4HTakePART interns! We are passionate about helping our community and have been learning about #opioidaddiction, #opioidprevention, empathy, social science research, and more for several months. We're excited to take over 4-H's social media this week to spread #opioidawareness, spark conversations, and hopefully inspire change!

#4HYouthAdvocates #4HYouthinAction #CROPTropioidprevention #WSU #CAHNRS #WSUExtension #WA4H #Yakima4H #4H 🍀





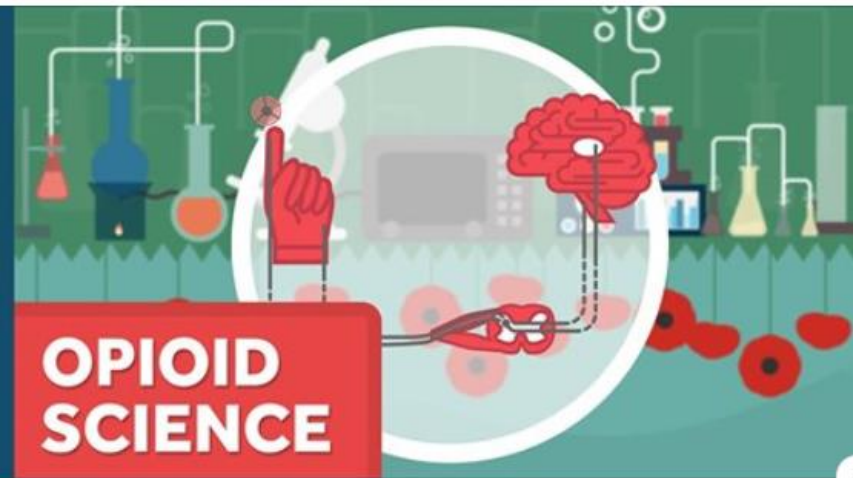
Kittitas County 4-H

March 19 · 🌐

#DidYouKnow There are biological and physiological changes that occur in your body when you take opioids! Learn the facts! Opioid misuse is harmful in many ways! - #4HYouthAdvocates

Do you like to geek out over in-depth medical details? If so, take a look at The Science of Opioids by Healthcare Triage the National Institute for Health Care Management 📄 <https://loom.ly/ojqDoP0>

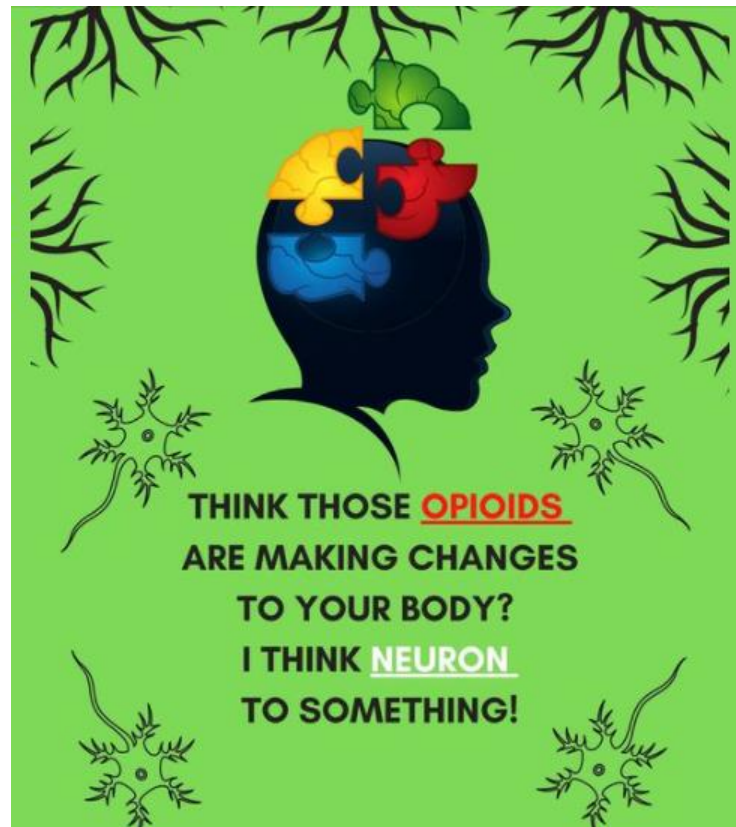
#opioidawareness #4HTakePART #4HYouthinAction #CROPTRopioidprevention #WSU #CAHNRS #WSUExtension... See More



YOUTUBE.COM

The Science of Opioids

Thanks, in part, to the generous support of the NIHCM, this month we are releasi...



Kittitas County 4-H

March 19 · 🌐

Hi 🙌 #4HYouthAdvocates, again! We've learned through our work with experts that #opioidrecovery is a journey, not a destination, and like any life-altering disease, opioid-use disorder takes time to heal from. Learn more about recovery and know you are never on your own 📄 <https://www.croptr.org/get-help-for-oud>

SAMHSA National Helpline for Treatment Referral: 1-800-662-HELP (4357)

#opioidawareness #opioidrecoveryispossible #4HTakePART #4HYouthinAction #CROPTRopioidpreventi... See More



Sobriety Is A Journey
Not A Destination

Integrating Treatment/Recovery

CROP+TR Goal: close the gap between prevention and treatment by providing resources on opioid treatment and recovery.

- Include information on local community treatment/recovery resources in opioid portion of SFP and 4H-YPAR curricula.
- Educate youth about opioid treatment and recovery through YPAR + Opioid community project.
- Coordinate with speakers from ESFCOM and community members to teach youth about opioid use disorder treatment and recovery.



Resources

10 Evidence-Based Strategies for Preventing Opioid Overdose (CDC)

Targeted Naloxone Distribution

Medication-Assisted Treatment (MAT)

Academic Detailing

Eliminating Prior-Authorization Requirements for Medications for Opioid Use Disorder

Screening for Fentanyl in Routine Clinical Toxicology Testing

911 Good Samaritan Laws

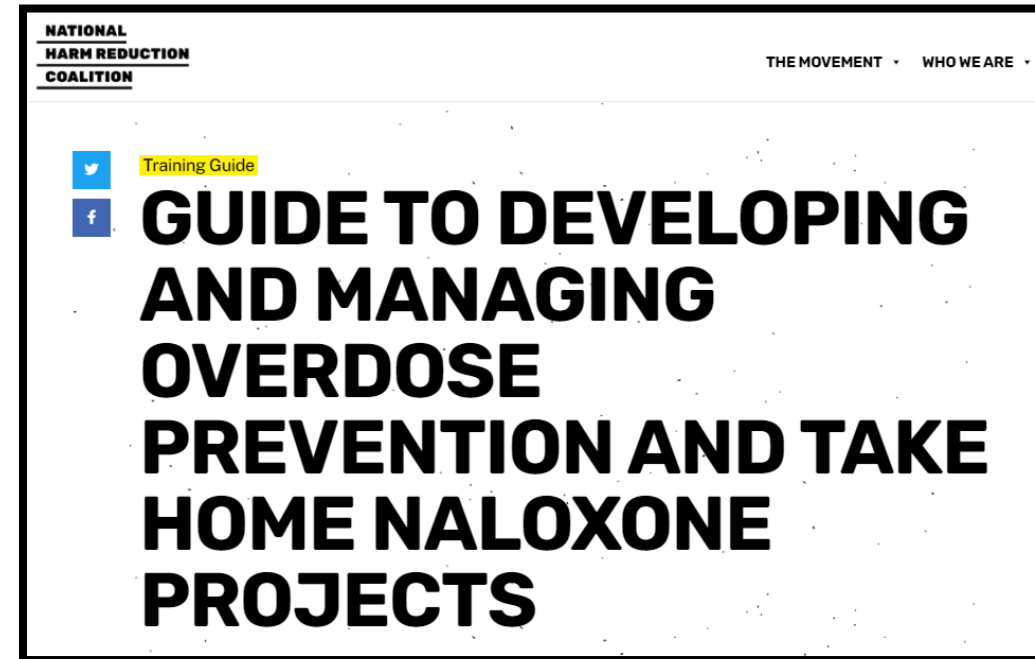
Naloxone Distribution in Treatment Centers and Criminal Justice Settings

MAT in Criminal Justice Settings and Upon Release

Initiating Buprenorphine-based MAT in Emergency Departments

Syringe Services Programs

Overdose Education & Naloxone Training



Suggested resource by [Harm Reduction Coalition](#)

Medication Assisted Treatment (MAT)

Medication Assisted Treatment (MAT) is the use of prescription medications *in combination with* counseling and behavioral therapies to provide a “whole-patient” approach to the treatment of substance use disorders.

For Opioid Use Disorder, these medications include Buprenorphine, Methadone, and Naltrexone.

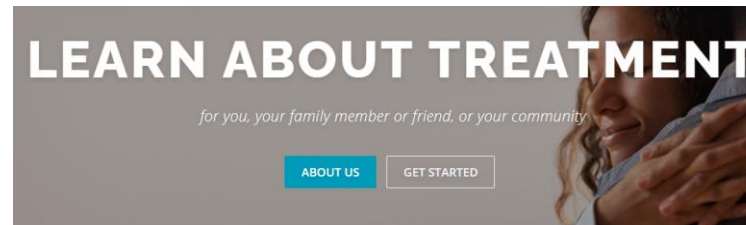
Despite the urgent need for treatment, only about 21.5% of people with opioid use disorder received treatment from 2009 to 2013.

MOUD: Community Resources

Washington-specific resources for community members:

MOUD Information & Resources

learnabouttreatment.org



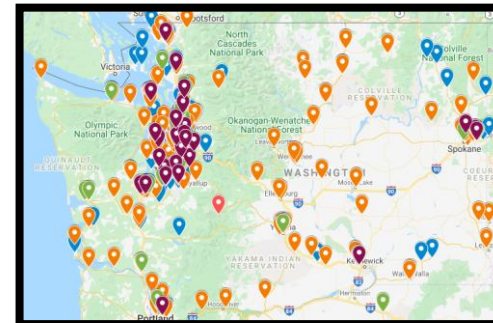
24-Hour Help Line

warecoveryhelpline.org



MOUD Treatment Locator

warecoveryhelpline.org/moud-locator/



MOUD: Provider Education

MOUD Training & Information for Providers:

- [Providers Clinical Support System: X-Waiver Training Information](#)
- [ADAI Training Videos and Resources](#)
- [CROPTR Training Videos and Resources](#)

Clinical Consult Lines for Providers:

- [UW Psychiatry and Addictions Case Conference](#)
 - Free weekly teleconference that connects community providers with UW Medicine psychiatrists and addictions experts.
- [UW TelePain](#)
 - Free weekly teleconference for community providers intended to increase knowledge and confidence in chronic pain management

UW Medicine
Pain and Opioid Consult Hotline for Clinicians
1-844-520-PAIN (7246)

UW Medicine pain pharmacists and physicians are available Monday through Friday, 8:30 a.m. to 4:30 p.m. (excluding holidays) to provide clinical advice at no charge to you.

Consultations for clinicians treating patients with complex pain medication regimens, particularly high dose opioids:

- Interpret Washington State Prescription Monitoring Program record to guide you on dosing
- Individualized opioid taper plans
- Systematic management of withdrawal syndrome
- Evaluate/recommend non-opioid/ adjuvant analgesic treatment
- Triage and risk screening
- Individualized case consultation for client care and medication management
- Explain/review Center for Disease Control and Prevention (CDC) opioid guidelines: <https://www.cdc.gov/mmwr/volumes/65/rr/rr6501e1.htm>
- Will help identify and refer to other resources:
 - ▷ Evaluation of Substance Use Disorder, Washington Recovery Help Line 1-866-789-1511
 - ▷ Local pain clinics for patient referrals: www.doh.wa.gov/Emergencies/PainClinicClosures/PainClinicAvailability
 - ▷ UW TelePain Services: Available Wednesdays noon to 1:30 p.m. <http://depts.washington.edu/anesth/care/pain/telepain>

Adolescent MOUD Learning Collaborative

A monthly statewide series for providers and staff treating or interested in treating adolescents and young adults with opioid use disorder.

Sessions:

- **April 21:** Caring for Youth with Opioid Use Disorder; Sarah Bagley, MD
- **May 19:** Helping Parents Support their Kids in MOUD: Community Reinforcement Approach and Family Training; Lara Okoloko, MSW
- **June 16:** Motivational Interviewing for Adolescents in MOUD; Jonnae Tillman, DNP
- **July 21:** Co-occurring Mental Health Problems in Adolescents with OUD; Michael McDonell, PhD

[Learn more and register here](#)



This webinar series is cosponsored by the University of Washington's **Addiction, Drugs & Alcohol Institute** and the Washington State University's **Center for Rural Opioid Prevention, Treatment and Recovery** and is funded by grants from the Substance Abuse and Mental Health Services Administration (SAMHSA).

Healthcare Provider Webinar Series



Learn more and register here:

www.croptr.org/live-trainings-and-events

Six-part webinar series on topics relevant to the management of opioid use disorder and concurrent substance misuse:

- **April:** Cannabis: Medical use, misuse, and in-between
- **May:** Non-pharmacologic pain management essentials
- **June:** COVID-19 & opioid use disorder in Tribal communities
- **July:** Contingency management for stimulant use disorder
- **August:** Treatment of co-occurring opioid and methamphetamine use
- **Sept.:** Moving from trauma-informed to healing-centered care in Tribal communities

Providence Health Care has designated each live activity for a maximum of 1 hour of AMA PRA Category 1 Credit™.

Other Resource Links

Opioid Information from Athena Forum:

<https://www.theathenaforum.org/rx#dexp-accordion-item--3>

National Rural Health Resource Center overdose toolkit:

<https://www.ruralcenter.org/resource-library/opioid-overdose-prevention-toolkit>

National Organization of State Offices of Rural Health educational resources:

<https://nosorh.org/rural-opioid-resources/>

USDA opioid resources: <https://www.usda.gov/topics/opioids>

Center for Rural and Community Health toolkit: <https://crch.wvsom.edu/toolkits>

Rural Health Information Hub toolkit:

<https://www.ruralhealthinfo.org/toolkits/substance-abuse>

CROP+TR Resources



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Website: www.croptr.org

- On-Demand Trainings: <https://www.croptr.org/on-demand-online-training>
- Upcoming Live Trainings: <https://www.croptr.org/live-trainings-and-events>
- Interdisciplinary Opioid Training: <https://www.croptr.org/personalized-training>
- Research Opportunities: <https://www.croptr.org/participate-in-research>
- Prevention Resource Map: <https://www.croptr.org/preventionresourcemap>

Facebook: www.facebook.com/CROPTR.WSU

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Listserv: www.croptr.org/subscribe

Email: croptr.contact@wsu.edu



Thank you!

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