



Maine Substance Use Disorders Learning Community

Saving Lives: Working Together to Improve SUD and OUD Care & Outcomes

March 15, 2024, 8:00 am – 3:30 pm

**Thomas College
180 West River Road
Waterville, ME 04901**

Description:

ME SUD Learning Community's 2nd Annual Conference, *Saving Lives: Working Together to Improve SUD and OUD Care & Outcomes*, is Maine's foremost opportunity for clinicians and community partners to hear updates on state-of-the-art collaborative practices for treating persons with Substance Use and Opioid Use Disorders (SUD/OD). Featuring various state and national experts, this conference will outline and explore highly effective models and low/no barrier practices to address the current lethality of fentanyl and the epidemic of drug overdose deaths. Join us to learn practical means to integrate these methodologies into practice, whether in primary care or behavioral health and working with youth or adults.

Objectives:

- Provide the latest updates on the landscape of illicit substances in Maine and across the country.
- Explore the horizons of treatment and care for SUD and OUD
- Examine evidence-based approaches to SUD and OUD, including Contingency Management, Harm Reduction, Low Barrier Models of Care, Multi-professional Teams, incorporating Peer Support, and more.
- Reflect on key principles for partnering with community collaborators to create continuums of care.

Agenda:

8:00 - 8:20	Overview of the day	Opening Remarks Lisa Letourneau, MD, MPH, FACP <i>Senior Advisor, Delivery System Change, Department of Health and Human Services Commissioner's Office</i> Gordon Smith, JD <i>Director of Opioid Response, State of Maine</i>
8:20 – 9:05	AM Keynote A	What's in our Illicit Drug Supply across the County and Maine Nabarun Dasgupta, PhD, MPH_ <i>Senior Scientist, UNC Injury Prevention Research Center Innovation Fellow, UNC Gillings School of Global Public Health (Virtual)</i> An overview of the US drug supply, including trends and novel substances. This presentation will also explore harm reduction drug checking. Learning objectives: 1. Describe basic patterns of substances in the US drug supply. 2. Identify novel and emerging substances. 3. Explain why variability in the drug supply can lead to increased risks of health harms.
Break	5-10 minutes	
9:15 – 10:15	AM Keynote B	The Short Game and the Long Game are Both Life-Saving: State-of-the-Art Strategies in Caring for Opioid Use Disorder Stephen Martin, MD, EdM, FAAFP, FASAM <i>Associate Professor of Family Medicine and Community Health at the University of Massachusetts Medical School</i> Highly lethal opioids such as fentanyl have changed the opioid use disorder (OUD) landscape, and traditional OUD treatment options are not keeping up with the risks of opioid use. Dr. Stephen Martin will outline how new treatment models that offer swift and effective options for treatment have been shown to result in better outcomes for an increased number of patients. Learning Objectives: <ul style="list-style-type: none">• Explore three key principles of fostering successful treatment: trust, confidentiality, and a culture of dignity.• Review current OUD treatment methodologies and assess their effectiveness at saving and improving peoples' lives.• Outline the components of successful methadone and buprenorphine treatment programs.• Identify potential new models that can be scaled up to dramatically increase capacity for offering OUD treatment.• Examine several methods for transitioning from fentanyl to buprenorphine and using them in a shared decision-making framework.
10:15 – 10:30	Transition	
10:30 – 11:30	Breakout A AL 208	Recent Evolution of Philosophy and Practice with Methadone within OTPs

		Jacquelyn Cyr, RN, MSN, NPc <i>Director of Substance Use Services, Northern Light Acadia Hospital</i>
Breakout B AL 209	Contingency Management for the Treatment of Stimulant Use Disorder Eric Haram, LADC, <i>ME SUD Learning Community Faculty - Session Facilitator</i>	<ul style="list-style-type: none"> • Richard Rawson, PhD <i>Subject Matter Expert, Professor Emeritus at the UCLA Department of Psychiatry and a Research Professor at the Vermont Center for Behavior and Health at the University of Vermont</i> • Joshua McQueen, LCSW, LADC, CCS <i>Spurwink</i> • Leah Bauer, MD <i>Addiction Resource Center, MaineHealth</i> • Christine Wyman, LCSW, LADC, CCS <i>Addiction Resource Center, MaineHealth</i> • Maggie Jansson, MPH, RN, CLC <i>Nurse Coordinator for MaineMom and Healthy Generations</i> <p>Description: Contingency management (CM) is a behavioral strategy that has over 30 years of research support for the treatment of individuals addicted to cocaine and/or methamphetamine. As there are no approved medications or other behavioral approaches with strong evidence of support, CM is currently the only evidence-based approach for treating people with stimulant use disorder. This presentation will describe CM and some current efforts in Maine to disseminate this critically important strategies.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Participants will understand the critical elements of CM. 2. Participants will be able to articulate the current efforts to use CM.
Breakout C AL 227	Leveraging Quality and Process Improvement to Address Healthcare Disparities for a Vulnerable Population Navneet Marwaha, MD, <i>Senior Vice President, Chief Quality & Safety Officer of Northern Light Health</i>	
Breakout D Summit Room	How to Engage Youth in Treatment Sarah Bagley, MD, MSc <i>Primary care physician at Boston Medical Center, Medical Director of BMC's Center for Addiction Treatment for Adolescents/Young Adults who Use Substances</i>	<p>Description: In this 60-minute session, participants will receive an overview of the best practices for optimizing engagement of youth in care for substance use and substance use disorder. Covered topics will include: digital apps, telehealth, inclusive language, impact of stigma, and working with families. There will be time at the end of the session for questions.</p> <p>Learning Objectives</p> <ol style="list-style-type: none"> 1. Identify two strategies to improve engagement of youth in care for substance use. 2. Describe the effect of stigmatizing language on adolescents who use substances and offer alternative, inclusive language choices

		3. Describe two ways to provide trauma-informed care to adolescents impacted by substance use
	Breakout E AL 228	<p>Supporting Optimal Outcomes for Families Affected by SUD Lisa Letourneau, MD, MPH, FACP <i>Facilitator, Senior Advisor, Delivery System Change, Department of Health and Human Services Commissioner's Office</i></p> <ul style="list-style-type: none"> • Alane O'Connor, DNP <i>Director of perinatal addiction medicine at Maine Medical Center and Medical Advisor of the Maine Maternal Opioid Misuse (MaineMOM)</i> • Amanda Thompson, CPRC, CIPSS <i>Person in Recovery</i> • Deborah Hagler, MD, MPH, FAAP <i>MaineHealth</i> • Jean Leonard, LSW <i>Deputy Director OCFS</i> • Stephanie Truman, Rn, MS <i>Plan of Safe Care Nurse Consultant</i>
11:30 – 12:30	Lunch	
12:30 – 12:35		<p>1000 Lives Campaign, Call to Action Erik Steele, DO <i>Immediate Past President Maine Medical Association (Virtual)</i></p>
12:35 – 1:35	PM Keynote A	<p>Building a System to Sustain Great Care R. Corey Waller, MD, MS, FACEP, DFASAM <i>Editor and Chief of The ASAM Criteria, Chief Medical Officer, BrightView</i></p> <p>Description: Moving forward and sustaining the gains for great care requires attention to building the infrastructure. Dr. Waller will review what it takes to implement change, the messiness of it, and how the changes in the 4th Edition of The ASAM Criteria focus on practical ways to support the change processes.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Discuss the underpinnings of practice improvement. 2. Analyze what sustains these practice improvements. 3. Highlight the evolution of practical changes in the 4th Edition of The ASAM Criteria
1:35- 2:30	PM Panel	<p>How a Healthcare System and Its Partners Can Work Together to Build a Continuum of Care Case presentation by Stephen Memorial Hospital and Partners</p> <p>Eric Haram, LADC <i>MMA Center for Quality Improvement & ME SUD Learning Community Faculty - Session Facilitator</i></p> <ul style="list-style-type: none"> • Community: Glen Gordon, BA, CADC <i>Outreach Clinician - Oxford County OPTIONS PROGRAM</i> • Emergency Room: Christina Booth, RN, BSN <i>Nurse Director, Emergency Services, Stephens Western Family Medicine</i> • Recovery Service: Kari Taylor <i>Director of Western Maine Addiction Recovery Initiative and the HILLS Recovery Center</i>

		<ul style="list-style-type: none"> • Primary Care: Lisa Miller, MD <i>Western Maine Comprehensive Addiction Medicine Program, Western Maine Primary Care</i> • Community Provider: Jennifer Small, MEd, LADC, CCS <i>Agency Director/Clinical Supervisor/Counselor Common Ground Counseling LLC</i> <p>Building a continuum of care can improve outcomes for patients but requires strategic forethought and planning. Partners from Stephens Memorial Hospital will provide a case presentation to highlight the continuum of care in action and explore what can be achieved through cooperation. Learn from their firsthand experience establishing this system of care and explore the necessary tools and methodologies to incorporate these principles into any practice.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Strategies to identify liaisons and SUD resources in your community to best serve your patient. 2. Build universal competence for SUD presentations in your system and communicate them effectively to partners. 3. Establish the best transition for ongoing services and levels of Care. <p>Closing reflections from R. Corey Waller, MD, MS, FACEP, DFASAM</p>
2:30 – 3:30	PM Keynote B	<p>Addressing Social Determinants of Health and Equity within Treatment & Recovery</p> <p>VonZell Wade, PhD, LPC <i>Co-founder of Lost Dreams Awakening, Owner of Luo Counseling Center, Adjunct Faculty of Faces & Voices of Recovery</i></p> <p>Explore the critical topic of addressing Social Determinants of Health (SDOH) and promoting equity within treatment and recovery programs for adults and adolescents in rural communities. Delve into the multifaceted challenges faced by rural populations, understand how SDOH impacts their health outcomes, and discover evidence-based strategies and best practices to tailor treatment approaches effectively. Gain valuable insights into the importance of addressing SDOH, practical approaches to implementing change, and a deeper appreciation for the unique challenges and opportunities within rural healthcare settings.</p> <p>Learning Objectives:</p> <ol style="list-style-type: none"> 1. Understand the concept of Social Determinants of Health (SDOH) and their significance in influencing health outcomes in rural communities. 2. Recognize the unique challenges and disparities related to healthcare access, substance abuse, and overall health in rural areas. 3. Identify key social determinants, such as economic stability, education, healthcare access, and social support networks, that impact health equity in rural communities. 4. Gain knowledge of evidence-based strategies and best practices for tailoring treatment and recovery programs to address SDOH in rural settings. 5. Understand the role of cultural and social factors in shaping health disparities and learn strategies to address them effectively.