

Addiction Treatment Starts Here



**MAT and COVID-19
Webinar Series
April 8, 2020**

Webinar Reminders

1. Everyone is muted.

 *6 to unmute

 *6 to re-mute

2. Use the chat box for questions and to share what you're working on.

3. **This webinar is being recorded.** The slides and webinar recording will be emailed and posted to the ATSH program page.

Agenda

- Introductions
- Care Team Wellness
- Panel Discussion: Managing the mental health, recovery, and case management needs of your patients
- Q&A
- Closing

ATSH COVID-19 Series

Katie Bell MSN RN-BC CARN PHN

- Addictions Nursing
- ATSH Coach


Mark McGovern, PhD

- Professor
- Co-Chief, Division of Public Mental Health and Population Sciences, Department of Psychiatry
- Medical Director, Integrated Behavioral Health, Division of Primary Care and Population Health, Department of Medicine, Stanford University School of Medicine



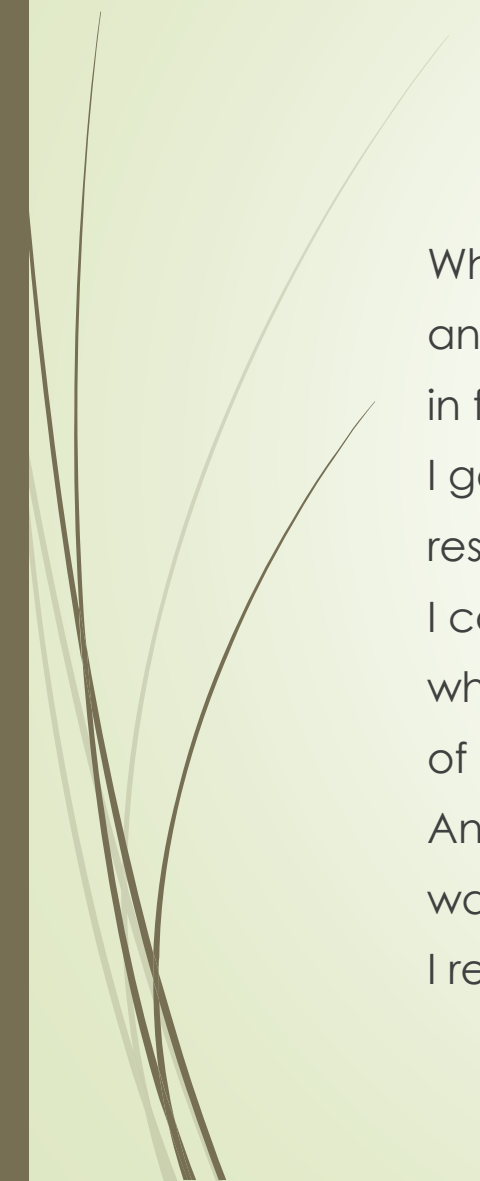


Self-Care Begins with Self-Awareness



The Peace of Wild Things

Wendell Berry



When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world and am free.



A Gentle Practice of Body Sensing and Breath Awareness

- ▶ Find your straight, strong spine, allow your belly to soften and relax. Settle both feet on the floor, hands resting on knees or lap with palms facing up. Feel extra weight in the feet and feel a sensation of lightness in the palms as if holding feathers. Cultivate the ability to experience the tactile language of the body/mind. Take a few natural breaths and slow down.
- ▶ Ten deep breaths, in through the nose, deep into the abdomen, exhale fully and slowly through the mouth. Stop at the end of the exhale for a moment. Soften and deepen as you go.
- ▶ Acknowledge your own goodness, let it radiate naturally out into your world like sunlight.



Acknowledge Grief and Loss as part of our lives in a new way

- ▶ Anticipatory grief and global grief – heavy, sad feelings for the many and those close to us
- ▶ Loss of routine and human connection – grieving our lives as we knew them
- ▶ Increased work stressors as we figure out how to provide care for our vulnerable patients
- ▶ Concern for the health care professionals on the front lines of pandemic
- ▶ Uncertainty and preparation



Tending our attitude as self-care

- ▶ Consider beginning the day with a moment to acknowledge your own mental health needs. Take your stress temperature.
- ▶ The Power of Human Connection – check-in with friendliness and appreciation at every opportunity. We are all struggling.
- ▶ Mindfulness is the calling back of our attention – the ever-present breath of the body is a touchstone for present moment awareness.
- ▶ Acceptance and equanimity – remember the things you cannot control
- ▶ Notice reacting vs responding



Resources



- ▶ California Surgeon General Stress Management
https://covid19.ca.gov/img/wp/california-surgeon-general_stress-busting-playbook_draft-v2clean_ada-04072020.pdf
- ▶ <https://www.psychologytoday.com/us/blog/the-courage-happiness/202003/worrying-isnt-the-best-response-the-covid-19-crisis>
- ▶ Heartmath – how managing Autonomic Nervous System coherence with Heart Rate Variability techniques. Intro course is now free: <https://www.heartmath.com/>

Panel Discussion: Managing the mental health, recovery, and case management needs of your patients

In Conversation With . . .



**Dominique McDowell, Director
of Addiction and Homeless
Services**

**Marin City Health &
Wellness Center**



**Danny Contreras, Health
Services Manager**

**Santa Cruz County
Health Services Agency**



**Kevin Caskey, STEPS Program
Manager**

**El Dorado Community
Health Centers**

Discussion Questions

- Because because we are all being advised to use telehealth formats, how do you know how patients are really doing? For instance, how do you know if a patient is having a mental health issue? Either a new issue or an exacerbation of a longstanding problem?
- How have you adapted your structures, workflow and phases of care?
- How has your team meeting or huddle system been affected? How do you make sure the prescriber is aware of these kinds of issues?
- How is your team managing all this? Are there things you have found particularly helpful to promote everyone's wellness?

Questions?



Additional Questions

- Email: Briana Harris-Mills
briana@careinnovations.org
- Briana will triage your questions and share with the appropriate ATSH coach or team member



Appendix

Physician Support Line

Free Confidential Peer Support Line by
Volunteer Psychiatrists for US Physician Colleagues
during the COVID19 Pandemic

1-888-409-0141

NOW LIVE

**7 days a week
8am - 12am EST**

www.physiciansupportline.com

Federal Guidance and Resources

- [DEA guidance](#) on allowing prescriptions of buprenorphine to new and existing patients with OUD via telephone.
- SAMHSA [FAQ](#) on prescribing buprenorphine (see question 4, which indicates that new patients can be prescribed buprenorphine via telephone outside an OTP). FAQ released on March 19, 2020.
- SAMSHA [guidance on the application of 42 CFR Part 2](#) in a public health emergency (released March 19, 2020).
- SAMSHA [MAT resource page](#) including various guidance documents for OTPs. Also includes link to a [Virtual Recovery Resource](#) list.
- HHS [Health Information Privacy Page](#), including a [notice](#) allowing for enforcement discretion for remote communications (e.g., allowing use of non-HIPAA compliant devices for telehealth).
- DEA COVID-19 [Information Page](#)
- Changes to [EMTALA regulations](#), in light of the public health emergency (updated March 15, 2020).
- In a March 17, 2020 [news release](#), CMS indicates that Medicare can pay for office, hospital and other visits furnished via telehealth starting March 6, 2020 and for the duration of the COVID-19 public health emergency.

California Guidance and Resources

- DHCS COVID-19 Response [landing page](#)
- DHCS [guidance around Medi-Cal Payment for Telehealth and Virtual/Telephonic Communications](#). Released March 24, 2020.
- DHCS [Guidance to Medi-Cal Managed Care Plans](#) requiring plans to reimburse providers at the same rate regardless of whether a service is provided in person, via telehealth, or via telephone. Released March 18, 2020.
- CA Office of Health Information Integrity (CalOHII) [Disaster Response and Information Sharing during Emergencies](#), including specific references to SUD and MAT data sharing (March 18, 2020).
- DHCS [guidance for behavioral health programs](#) on providing behavioral health services via telephone and telehealth, adapting oversight requirements, and access to prescription medications. Released March 14, 2020.
- DHCS [FAQ on Behavioral Health Services](#) in light of COVID-19, updated on March 13, 2020.
- California's "[One-Stop Coronavirus Website](#)" (not MAT specific)

California Bridge Program Materials

- [Slides](#) and [recording](#) from 60-minute webinar which reviews key steps for keeping patients and providers safe while providing MAT. Webinar recorded on March 18, 2020.
- Link to [legal analysis of four hypothetical scenarios](#) for prescribing buprenorphine during COVID-19, prepared for the Foundation for Opioid Response Efforts (March 19, 2020).
- CA Bridge example [MAT Patient Flyer](#) for COVID
- CA Bridge [Home Start Guide](#), [Buprenorphine After Overdose](#)
- CA Bridge [COVID-19 information page](#) and resources

Harm Reduction + Telehealth

- Harm Reduction
 - Yale Program in Addiction Medicine: [Guidance for People Who Use Substances on COVID-19](#), focusing on harm reduction strategies.
 - Harm Reduction Coalition's COVID-19 [Virtual Office Hours](#) (March 18, 2020).
 - Harm Reduction Coalition: [Syringe Services and Harm Reduction During COVID-19](#) (updated March 11, 2020) and [Safer Drug Use During the COVID-19 Outbreak](#) (updated March 11, 2020).
- Telehealth
 - The [California Telehealth Resource Center](#) provides [sample forms and guidelines](#) for implementing a telehealth program. It also recently updated its [Telehealth Reimbursement Guide](#), which includes telehealth reimbursement policies for Medicare, Medi-Cal Fee-For-Service, and Managed Care.

Other COVID-19 Webinars

- Foundation for Opioid Response Efforts COVID-19 Series [slides and recording](#)
- California Primary Care Association: Weekly COVID-19 Webinars – [Link to registration and recording/slides](#).
- Health Management Associates (HMA): COVID-19 Resource Library [INFO AND RECORDINGS](#)
- California Medical Association (CMA): COVID-19 webinar series [SLIDES AND RECORDINGS](#)