Students Learn Integrative Care for Substance Use Disorder in SHOW/Crossroads Partnership

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Today’s Objectives

- Describe methods that support student learning with consideration of unique clinical elements of substance use disorders
- Introduce strategies that promote productive transdisciplinary and multi-university collaboration such as SHOW
- Identify mechanisms that support and encourage innovative student projects that address client-based and program-based barriers to rehabilitation.
The Wild Geese
Case Study

**Situation:**
TTB. is a 28-year-old Hispanic female referred to Crossroads due a methamphetamine addiction.

**Background:**
- History of spousal abuse
- Jaw breaks
- Difficulty eating and swallowing
- Swollen tonsils
- Criminal history
Assessment:
Following an oral mechanism examination
• Observed Pt.’s tonsils were enlarged
• Pt also had prominent under bite and gap between her teeth when jaw closed
• Pt.’s mandible presented with asymmetry when compared with her maxilla and facial features overall
• informal bedside swallow examination was performed and revealed- Pt. had a tongue thrust or a reverse swallow

Recommendation:
• Referral to nursing to address the swollen tonsils, previous jaw breaks
• Encouraged more liquids/soft foods into diet to avoid aspiration
• Warm hand-off to social work for resources to address social determinants of health (criminal history and family violence)
What is the Differential Diagnosis?
What Is The Diagnosis?
Executive Function

- **Cognitive Flexibility**: Thinking about something in multiple ways. For example, considering someone else’s perspective on a situation.

- **Working Memory**: Holding information in mind so it can be used to guide behavior. For example, keeping a question in mind in order to formulate an answer.

- **Inhibitory Control**: Ignoring distractions and inhibiting impulsive responses. For example, paying attention to a teacher and resisting a side conversation with a friend.

https://reflectionsciences.com/executive-function/
Opioid abuse affects the brain and...

- cognitive skills,
- executive function,
- health literacy,
- hearing,
- voice,
- & swallowing.
Executive Function a Predictor:

- School Readiness
- Academic Achievement
- Social Functioning
- Mental/ Psychological
Cognitive Flexibility
IMPULSE CONTROL
Passion and Compassion Mechanisms for Training Students

- **Pity:** I acknowledge your suffering.
- **Sympathy:** I care about your suffering.
- **Empathy:** I feel your suffering.
- **Compassion:** I want to relieve your suffering.

*Engagement*
The opportunity to . . .

• Work with vulnerable populations
• Work with culturally and linguistically diverse populations
• Conduct assessments with adults
• Develop brief interventions
• Work on an interprofessional team
• Develop student/professional leadership skills
Unique Learning

- Faculty modeling and mentoring interprofessional best practices
- SBARS
- Observations/case presentations
- Patient and community needs assessment
- Student interest
- Conference Presentations
- Capstone Projects
- Collaboration with health agencies
- Hotspotting teams
The Problem

People with mental illness die earlier than the general population and have more co-occurring health conditions.

68% with a mental illness have one or more chronic physical conditions

1 in 5 with mental illness have a co-occurring substance use disorder
Common Health Conditions

People with Co-occurring mental health issues and substance use disorder . . .

- 3% more HTN
- 15% more Smokers
- 1.7% more Heart Disease
- 1.3% more Diabetes
- 7% more Obesity
- 5.1% more Asthma
Reduce Risk → Reduce Heart Disease
(for people with mental illnesses)

- Maintenance of ideal body weight (BMI = 18.5 – 25) = 35%-55% decrease in risk of cardiovascular disease
- Maintenance of active lifestyle (~30 min walk daily) = 35%-55% decrease in risk of cardiovascular disease
- Quit Smoking = 50% decrease in risk of cardiovascular disease

Community-based addiction treatment can lead to...

- 35% in inpatient costs
- 39% in ER cost
- 26% in total medical cost
The Learning Continuum

NOTE: For this model, “graduate education” encompasses any advanced formal or supervised health professions training taking place between completion of foundational education and entry into unsupervised practice.

Figure 3-2. Reprinted with permission from Measuring the Impact of Interprofessional Education on Collaborative Practice and Patient Outcomes. 2015 by the National Academy of Sciences. Courtesy of National Academies Press, Washington, D.C.
SHOW
Student Health Outreach for Wellness
“Creating a deeply connected, integrated learning system to transform education and care together.’

—National Center for Interprofessional Practice and Education

Outcomes from a Nexus

- Investing in a strong relationship with a community partner pays dividends over time.
- Addressing a critical community need brings potential long-term benefits.
- Understanding the context of a practice setting is critical for interprofessional curriculum development.
SHOW Overview

- Arizona’s first tri-university collaborative project
- Run by students and guided by faculty - mostly volunteer service learning
- Diverse backgrounds: traditional health care disciplines, social work, business, journalism, global health, and computer science
- Unites students, faculty, community providers, government organizations, and underserved populations
- Mission: To provide holistic, client-centered health care services
- Interprofessional team-based care model
- Learning Laboratory
Crossroads Overview

• Operating since 1960
  • Community based service
  • Transitional Living- with treatment component- VA and Federal diversion
  • Treatment center

• Mission: “To provide high quality, affordable, comprehensive substance abuse treatment programs and services that promote recovery, personal growth, accountability, self-sufficiency, and healing.”
Relationship: Crossroads & Academia

Provide students opportunity to learn:

- Health assessments
- Enhance care for residents with complex issues
- Clinical experiences to address opioid epidemic
- Improve outcomes
- Identify role of social determinants of health
- Engage in population health
- Lower costs of care
Interdisciplinary Team Focus on Functional Restoration

- Substance use disorder, behavioral, mental or physical health concerns
- 45-day average length of stay
- PHQ-9, Social Determinants of Health, Organizational and Client assessment guide
- Holistic Health care delivery
- Substance Recovery based on empirically supported treatment approaches including
  - 12-Step, CBT, Motivational Interviewing, etc.
- Simultaneous treatment plans

<table>
<thead>
<tr>
<th>Nurse Practitioners</th>
<th>Social Work</th>
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<tr>
<td>Psych</td>
<td>Physical Therapy</td>
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<td>General Medicine</td>
<td>Speech and Language</td>
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<tr>
<td>Women’s Health</td>
<td>Pharmacy</td>
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Unique Clinical Elements
Residential Treatment for Substance Use Disorders

IMPORTANT LEARNING OPPORTUNITIES

• Engage and establish relationships with residents seeking recovery
• Observe change from week to week as recovery period lengthens
• Gain insights into drugs of abuse and their impact
• Humanize the illness of substance use disorders
• Contextual understanding of experiences prior to and as a result of substance use
• Observe differences in presentation of substance use in men and women
Medication Assisted Treatment (MAT)

• Opportunity to participate in on-line learning modules related to MAT education
• Benefits and reasons to support use of MAT
• Identify residents likely to benefit from MAT
• Observe perceptions of residents who choose MAT
• Identify perspectives widely held in addiction treatment regarding MAT...
## Health Promotion Teams 2017 Snap Shot

<table>
<thead>
<tr>
<th>Pilot Site</th>
<th>Profession</th>
<th>Total Students</th>
<th>Programs</th>
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<tbody>
<tr>
<td>Flower</td>
<td>Arizona State University Social Work</td>
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<td>Recovery Quilt</td>
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<td></td>
<td></td>
<td></td>
<td>Family Education</td>
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<td></td>
<td></td>
<td></td>
<td>AHCCS Enrollment</td>
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<td></td>
<td>Northern Arizona University Occupational Therapy</td>
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<td>Life Skills</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Vocational Training/ GED</td>
</tr>
<tr>
<td></td>
<td>Northern Arizona University Physical Therapy</td>
<td>6</td>
<td>Exercise &amp; Wellness Education</td>
</tr>
<tr>
<td>East</td>
<td>Arizona State University Social Work</td>
<td>2</td>
<td>Family Education</td>
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<td></td>
<td>Northern Arizona University Occupational Therapy</td>
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<td>Vocational Training</td>
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<td>Stress Management</td>
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<tr>
<td></td>
<td>Northern Arizona University Physical Therapy</td>
<td>4</td>
<td>Exercise &amp; Wellness Education</td>
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SHOW connection with community partnership provides unique opportunity to achieve multiple goals for all involved:

- Improved health outcomes
- Student attainment of academic goals
- Establishment of policies and procedures of partner agency
- Strengthened bond between agency and community served
Hepatitis C
Screening and
Linkage to
Care

Partnership with Crossroads to improve screening rates for their clients

- Enthusiasm was high for this project
- Identified gaps in care for high risk population
- Led to process improvement
  - Process led to 1 cure, 17 previously undiagnosed cases
Tobacco Cessation in a Residential Treatment Facility

Data supported hypothesis that Tobacco Cessation interventions are effective even in Residential Treatment

- Many residents desire
- Facility was less on board with this project
- Many barriers to sustainability
  - Facility Staff Tobacco Use
  - Social aspect of Smoking in facilities
  - Hesitancy on part of clients
  - Culture of Facility supports smoking
- Still had some positive impact
  - Healthcare providers more inclined to recommend tobacco cessation
Recovery Quilt Project

• MSW student led recovery community project for residents of Crossroads Flower location for women
• Community Engagement approach
• IOP population centered
• Health promotion, expressive therapy, recovery support
• Expressive Therapy
• Engaged residents, staff, students, providers
“The Reign of Pain Lies Mainly in the Brain”

Dr. Howard Schubiner
The Miracle Cure
Emotional Awareness and Expression Therapy

(Luley M. et al, 2017)

The mechanisms connecting negative experiences with emotion most likely involves sensitization/modulation of the central nervous system that regulates emotion and pain.

“It is designed to help patients attribute their pain and other symptoms to emotionally activated CNS mechanisms and become aware of, experience, and adaptively express their emotions stemming from adversity, trauma, or conflict.”

Corrective emotional experiences

Experience of pain significantly improves
Encouraged patients to communicate and experience shared movement with significant people in their lives outside of sessions.

Weekly homework included observing emotions and thought patterns while engaging in emotionally activating daily activities that relate to functional goals. I use this in conjunction with journaling symptom behavior.

Education patients on ‘pain science’ and how emotional states can activate nociceptive pathways.
Activities of Daily Living Modification

- Sleep
- Eating
- Stress Management
- Exercise

The ‘Miracle’ Treatment
SHOW
Donated
Prescription
Medication
Program

Compliant with Arizona State Board of Pharmacy
Final Note: Multi-Modal Management

• No treatment is stand-alone
• Multi-modal treatment methodology is the crux of successful pain management. This can include, but isn’t limited to:
  • Pharmaceutical management
  • Psychosocial treatment
  • Surgical repair
  • Social worker intervention
Collaboration
SHOW

Team Arizona Summit

Interprofessional Events (IPE)

- Case Work
- Multi-professional seminars
- Inter-departmental workshops (Phoenix Biomedical Campus, Watts College of Public Service and Community Solutions, Edson College of Nursing and Health Innovation)
Clinical Team Collaboration

Silo Breakdown → Huddles

Shared Language → Listen-and-Learn
Next Steps
### What’s coming in the future?

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<thead>
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<th>Student-led Interprofessional programs</th>
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<tr>
<td>• Increased support for Street Medicine Phoenix</td>
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<td>• Hotspotting teams</td>
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<tr>
<th>Expansion of services for community partners</th>
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<tr>
<td>• Technology supported recovery program</td>
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<td>• New disciplines explored</td>
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<tr>
<th>Research/Scholastic projects/Grants</th>
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<tr>
<td>• Several grants pending related to innovations in healthcare</td>
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<td>• Doctoral student projects (DNP, etc)</td>
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<th>Sustainability</th>
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<tr>
<td>• Exploring faculty practice model</td>
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<td>• Interprofessional service learning course</td>
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References


