TELEHEALTH LEARNING AND CONSULTATION (TLC) TUESDAYS

April 14: Telehealth Tools

PRESENTED BY:

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Dulcinea Rakestraw, BSW, MPH
JK Costello, M.D., MPH, The Steadman Group
Disclaimer

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Shane Hudson, MS, LCP, LCAC
Shane is the President & CEO of CKF Addiction Treatment. He is a member of numerous local and state committees in order to provide advocacy for Kansans suffering from addiction as well as the field of addiction treatment as a whole. Shane is a recognized leader in promoting screening in medical settings, medication assisted treatment, and the use of technology to improve access to services. CKF serves nearly 2,000 patients annually through its detoxification, residential, outpatient, and telehealth services in Kansas. Through hospital-based services at Salina Regional and Stormont Vail, CKF serves an additional 5,500 patient annually. CKF has been the recipient of a federal Opioid Grant through SAMHSA to serve eligible individuals in 65 Kansas counties for the past 3 years.

Dulcinea Rakestraw, MPH, BSW
Dulcinea has worked in the fields of child welfare, addiction treatment & prevention and behavioral health care for almost 20 years. She is currently a doctoral candidate in community psychology at Wichita State University. She is passionate about providing safety and stability for children along with opportunities for treatment and recovery for individuals facing addiction.
Presenters

JK Costello, MD, MPH is a physician/consultant who develops population health models for substance use disorder. He works with publicly-funded health care and public health systems to improve addiction prevention, treatment and recovery. He helps expand medication-assisted treatment (MAT) in Colorado jails, develops value-based payments for MAT for Medicaid health plans, and, improves recovery options in rural Colorado. He is an expert on the payment and regulatory landscape for substance use disorder treatment.
Presenter

Telehealth Tools: Utilizing myStrength for Telehealth Addiction Groups

Shane Hudson, MS, LCP, LCAC
Traditional In-Person Outpatient Treatment Groups: Structure

**Intensive Outpatient (Level 2)**
- 9 hours per week minimum
- Monday, Wednesday, Thursday evening (3 hours per)
- Tuesday, Thursday, Friday morning (3 hours per)

**Outpatient (Level 1)**
- Less than 9 hours per week (6 hours typical)
- Monday, Wednesday evening (3 hours per)
- Tuesday, Thursday morning (3 hours per)
Traditional In-Person Outpatient Treatment Groups: Curriculum

Didactic Sessions including Evidence Based Curriculum
- Curriculum varies by agency
- CKF utilizes Living in Balance

Group Counseling Sessions
- Check-In
- Processing
- Discussion
- Readings
- Worksheets
- Activities
How well does this translate to telehealth?

Can work and has worked

What’s missing?

• 24/7 access to support and resources when patient needs it most
• Ability to work at own pace Curriculum exists inside and outside of treatment groups
• Self guided exploration of additional resources
• Staff monitoring of patient engagement in between sessions
PATIENT FEEDBACK

"I THINK THE MEETINGS ARE GREAT. EVERYONE IS OPEN AND HONEST WITH EACH OTHER. I FEEL VERY COMFORTABLE IN OUR GROUP. THE FACILITATOR IS GREAT."

"I LOVE THE TELEHEALTH SYSTEM. I AM SO LUCKY TO BE A PART OF SUCH A WONDERFUL GROUP OF PEOPLE WHO CARE."

"VERY CONVENIENT AND EFFECTIVE FORM OF COMMUNICATION FOR TREATMENT SERVICES."

"IF I DIDN'T HAVE THIS I DON'T KNOW WHAT I WOULD DO!"

Giving patients the ability to access CKF TELEHEALTH Addiction Treatment from anywhere!

Call or visit our website to learn more about CKF TELEHEALTH Addiction Treatment

785-825-6224
WWW.CKFADDICTIONTREATMENT.ORG

Providing quality, effective, and innovative substance use disorder prevention & treatment since 1967.
CKF Telehealth Addiction Treatment

Opioid Grant (2017)
  • Support Groups and MAT

Kansas Connecting Communities (KCC)(2019)
  • Assessment and Treatment

Hoxie Medical Clinic (2020)
  • Assessment and Treatment

COVID-19 response
  • 100% telehealth for all outpatient services
Began using myStrength in 2018 to incorporate into treatment groups and engage patients referred to Opioid Grant

Available to patients, patients’ family members, and employees

Whole Health

Goal Setting

Evidence Based Curriculum
Intended Purpose

Preparing for the First Session
Get client registered with myStrength to start self-examination process during wait times

Initial Assessment
Discuss baseline wellness assessment results and treatment goals

Individual Treatment Session
Share appropriate myStrength condition-specific handouts

Skill-Building/Homework
Assign eLearning modules, tools, and resources to align with treatment plan

Group Session
Use videos to start a group discussion or work through an eLearning module together

Client Self-Management after Discharge
Reinforce myStrength as a resource clients can use to continue self-management skills
Clinician Perspective
# Clinician Perspective: The Curriculum

<table>
<thead>
<tr>
<th>Programs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Managing Depression</td>
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<tr>
<td>Controlling Anxiety</td>
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<tr>
<td>Reducing Stress</td>
</tr>
<tr>
<td>Drug or Alcohol Recovery</td>
</tr>
<tr>
<td>Managing Chronic Pain</td>
</tr>
<tr>
<td>Improving Sleep</td>
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</tbody>
</table>
Clinician Perspective: The Curriculum

Module 1: Getting Started
Stages of Change

Module 2: Understanding Your Use
Patterns of Use
Your Decision System
The Stage of Your Mind
The Old Way
A New Way
Why Change is Hard

Module 3: Putting You in Charge
Choose a Title
Face It
Replace It
Connect
Putting It All Together

Module 4: Making it Stick
Eating and Sleeping
Relationships
Boundaries
What’s Next
Clinician Perspective: The Curriculum

Welcome to ProviderConnect™
Tools for succeeding with myStrength

Library

- Handout - Getting the Most From Your Therapeutic Group Experience.pdf
- Handout - Starting Therapy.pdf
- Handout - Graduating From Therapy.pdf
- ACT Made Simple - Worksheets.pdf
- Mindfulness and Meditation Guide BW.pdf
- Tools from the Drug & Alcohol Program.pdf
- Tools from the Depression Modules.pdf
## Clinician Perspective: Patient Progress

![User Dashboard](ckfaddictiontreatment.org)

### User Dashboard

<table>
<thead>
<tr>
<th>User</th>
<th>DOB/Age</th>
<th>Referrer</th>
<th>Current Focus</th>
<th>Last Interaction</th>
<th>Last Review</th>
<th>Assessment</th>
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Click on a user row to view a snapshot of their recent data.
Clinician Perspective: Patient Progress

Tracker History

- Emotional Health

Graph showing tracking history from 7/22/17 to 11/21/17.
Clinician Perspective: Reports

PHQ9 Outcomes Report

- Minimal Depression
- Mild
- Moderate
- Moderately Severe
- Extremely Severe

PHQ9 Outcomes - BoB

- Minimal Depression
- Mild
- Moderate
- Moderately Severe
- Extremely Severe

Users with Baseline:
- 23
- 19
- 15
- 10
- 8
- Grand Total: 75

Users with A Follow Up:
- 5
- 2
- 8
- 0
- 3
- Grand Total: 18
Patient Perspective
EMOTIONAL HEALTH

How is your emotional health today?

POOR  EXCELLENT

Tap the face that represents how you feel right now. Visit your Tracker to notice changes over time.

LEAVE A NOTE IN YOUR TRACKER

How are you feeling today?

[optional]

Leaving a note is optional. Press save to continue.
Learn strategies for coping with stress with our new COVID-19 resources.

Choose Your Focus for Today

"Forgiveness is a virtue of the brave."
- Indira Gandhi

Popular Activities

- Improve the Moment
- COVID-19 and Mental Wellness
Learn strategies for coping with stress with our new COVID-19 resources.

What would you like to do, Shane?

Guide Me
Reducing Stress
Continue

OR

Discover
Something New
Search

“A successful person is one who can lay a firm foundation with the bricks that others throw at him or her.”

DAVID BRINKLEY
What Can I Do About Stress?
An overview of three techniques that will lower your stress.

Begin Activity
A visual tool to relax your mind.
Research shows that deep, calm breaths can reduce stress and anxiety. This animation is a great way to center yourself and get your breathing under control.

TAKE DEEP BREATHS IN SYNC WITH THIS
## Activities

### Community Inspirations

<table>
<thead>
<tr>
<th>Popular</th>
<th>New</th>
<th>My Inspirations</th>
<th>Manage</th>
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</tbody>
</table>

- To get through the hardest journey, we need time only one step at a time. But we must keep on stopping.
- Sometimes goodness falls apart. So, never things can fall together.
- In charge of how I feel and today I am choosing happiness.
- Don't look back, you're not going that way.
- You can't live a positive life with a negative mind.
- Remind yourself that it's okay not to be perfect.
- Who's awesome you are. awesome.
- "Don't forget what hurt you. Don't ever forget. Don't forget it taught you."
- "Life is like a camera. Focus on what's important. Capture the good times. Develop from the negatives. And if things don't work... Take another shot."
- Worry is a total waste of time. It doesn't change anything. All it does is steal your joy and keeps you very busy doing nothing.
- A battle of two wolves inside us. All. Growth is painful. But nothing is as painful as staying stuck.
- One of the happiest moments in your life is when you find the courage to let go of what you can't.
References

- myStrength
  - www.myStrength.com
Confidentiality of Substance Use Disorder Patient Records

42 CFR Part 2

Dulcinea Rakestraw, BSW, MPH
History of 42 CFR Part 2

• Passed in the early 1970’s as a set of regulations developed by the Federal government to establish specific parameters protecting substance abuse patients
• The law says treatment information cannot be obtained or released against the patient’s will or without their consent
• Stricter than most other fields (including HIPAA)
• State Law can be more restrictive, but not less
Importance of 42 CFR Part 2

- Counters stigma
- Protects reputation, privacy and civil rights
- Encourages people to enter treatment
Scope

• Restricts Disclosure of:
  • Client identifying information as a recipient of or applicant for substance abuse treatment
  • By Federally assisted alcohol/drug programs
• Applies whether or not the person seeking information:
  • Already has the information
  • Has other means to obtain it
  • Enjoys official status
  • Has obtained a subpoena or warrant
  • Is authorized by State Law
Exceptions

- No Patient Identifying Information (PII)
- Proper Consent
- Internal Communication
- Qualified Service Organization Agreement
- Child Abuse/Neglect
- Research and Audit
- Court Order
- Medical Emergencies
- Crime on Premises or Against Program Personnel
How is 42 CFR Part 2 more restrictive than HIPAA?

• Consents are required for when disclosures are for purposes of coordinating an individual's treatment for other health conditions.

• HIPAA’s standards are more relaxed when it comes to affording law enforcement access to treatment records.
  • 42 CFR, Part 2 requires a special court order that depends on the satisfaction of higher standards before disclosure can be made to law enforcement.
Q&A With Presenters

Shane Hudson MS, LCP, LCAC

Dulcinea Rakestraw, BSW, MPH

JK Costello, MD, MPH