

treat ME

MMA Center for Quality Improvement / Maine Chapter, AAP

LEARNING COLLABORATIVE CATALOG

- **T**reatment
- **R**ecovery
- **E**ducation
- **A**dvocacy for
- **T**eens with SUD
- In **ME** (Maine)

Program Structure

This will be a hybrid structure with asynchronous and virtual/in-person participation. Each block will contain an asynchronous component (short videos) accompanied by a live webinar (1 hour).

Pandemic permitting, there will be 2 in-person sessions allowing participants to learn, exchange ideas, network and plan future work to sustain caring for teens with these issues.

TreatME Learning Objectives:

Increase knowledge of primary care practitioners about prevalence, risks, comorbidities, and management of problematic substance use and Substance Use Disorder (SUD) in the adolescent population.

- Build a network of primary care clinicians and practitioners who will manage these issues in the medical home.
- Begin to cultivate more champions in the field of adolescent addiction medicine.
- Identify support in the community for adolescents and families with a SUD.
- Create ongoing system of support (financial, educational, emotional) for practices/clinicians who work with youth with SUD

Estimated Time to Complete:

1.5 hours per month for 12 months

24 total category 1 AMA CME credits

(if all sessions are completed)

**Satisfies Opioid Medication CME
Credit Requirements**

Maintenance of Certification Part 2

**Special Recognition from Maine AAP for
participating practices**

Welcome

Nuts & Bolts of the Collaborative

Deb Hagler, MD, MPH

Block One

Foundational - Prepping You and Those Around You

Preparing the team: reviews many of the issues that make this work challenging and outlines the unique vulnerabilities of the adolescent brain that make this work compelling, necessary, and critical during this wonderful developmental period.

Objectives

Create a safe space for teens to discuss issues pertaining to substance misuse and addiction by:

- Understanding Issues of Confidentiality
- Identifying aspects of the office environment that create safety and make a space welcoming
- Identifying and beginning to address barriers specific to the care of adolescents with SUD

Asynchronous

October 2022

Topics

Welcome to the Collaborative
Adolescent Confidentiality in Maine
Confidentiality for Adolescents Seeking SUD
Addressing Barriers to Adolescents Seeking Treatment
Working with Youth who Use Substances

Speakers

Nirav Shah, MD, JD
Andrew Maclean, JD
Deepa Camenga, MD, MHS
Amy Yule, MD
Ariel Botta, PhD, MSW, LICSW
Shannon Mountain-Ray, LCSW

Live Webinar

November 17th, 2022

12pm-1pm

Topic

Adolescent Addiction 101

Speaker

Sarah Bagley, MD, MS

Block Two

Recognition - How Do We Find Youth?

Early Intervention Is Prevention: Youth with problematic use and dependence often do not recognize need for intervention - how can we recognize so we are able to begin an intervention

Objectives

- Understand Screening principles and tools available to screen for SUD and problematic use in youth
- Recognize presentation of substance misuse in other environments

Asynchronous

December 2022

Topics

Screening, Brief Intervention, Referral to
Treatment (SBIRT) Part One

SBIRT Part Two

Speaker

Rich Brown, MD, MPH

Live Webinar

January 19th, 2023

12pm-1pm

Topic

Acute Emergency Room Presentations
of SUD

Speaker

Elizabeth Samuels, MD, MPH, MHS

Block Three

How Do We Identify youth With Substance Disorders and Use Available Laboratory Tools to Manage Substance Misuse in Teens?

Objectives

- Understand the limitations of Urine Drug Screens (UDS)
- Understand the role of UDS in Adolescent SUD
- Describe presentations that may be influenced by substances
- Understand role of specific substances in distinct presentations (cannabis/sub acute bacterial endocarditis (SBE)/recurrent sexual transmitted infections (STI))

Asynchronous

January 2023

Topic

Urine Drug Testing in Adolescents

Speaker

Miriam Schizer, MD, MPH

Live Webinar

February 16th, 2023

12pm-1pm

Topic

Substance Use Presenting as or Exacerbating Physical or Mental Illness

Speaker

Omar Shah, BCH

Block Four

Treatment - Beginning to Explore the Many Facets of Treatment

How do we approach identified youth and create a plan to for patients struggling with Substance Misuse or SUD? Considering family supports and challenges and occurring mental illness will be focus of this block.

Objectives

- Describe role of family in SUD treatment
- Describe 2 family supports for coping with youth SUD
- Describe common co-occurring mental and behavior illnesses linked with SUD

Asynchronous

February 2023

Topic

Working with Families Impacted by Substance Use

Speaker

Sarah Bagley, MD, MS

Live Webinar

March 16th, 2023

12pm-1pm

Topic

Co-Occurring Mental Illness

Speaker

Kevin Simon, MD

Block Five

Treatment - Taking Care of Multiple Needs Beyond the SUD

Objectives

- Describe social drivers of health that may impact youth SUD treatment
- Identify local/state resources to support youth and families
- Understand McKinney-Vento Homeless Assistance Act
- Understand common co-occurring medical illnesses youth with SUD may be at risk for
- Describe candidates for Pre-exposure Prophylaxis (PrEP)
- List other considerations for the medical management of youth with SUD (dental, nutrition, gastritis, constipation, Hep C)

Asynchronous

March 2023

Topic

Social Considerations (Housing, School, Work, Juvenile Justice Involvement)

Speaker

Adrienne Carmack, MD

Live Webinar

April 20th, 2023

12pm-1pm

Topic

Co-Occurring Medical Illness

Speaker

Emily Nields, DO

Block Six

Treatment - Treatment Planning

Approaching the youth in the moment, you will be faced with planning to keep them safe and the most appropriate intervention mixed with the reality of what is available - initiate treatment! Harm reduction is always a place to start.

Objectives

- Understand theory and principles of harm reduction
- Identify specific mechanisms of harm reduction
- Evaluating appropriate levels of care

Asynchronous

April 2023

Topic

Harm Reduction

Speaker

Haner Hernandez, PhD

Live Webinar

May 18th, 2023

12pm-1pm

Topic

Level of Care

Speaker

Marc Fishman, MD

Block Seven

Treatment - Planning and Motivating Engagement

We will have the opportunity to meet in person to learn more about treatment opportunities and bolstering resilience to help keep people engaged in treatment.

Objectives

- Understand how strength and resilience influence treatment and recovery
- Identify mechanisms to support patient strengths and resilience
- Identify 3 evidence based psychotherapies for treating adolescent SUD
- Recognize intoxication in the ER and develop strategy to initiate intervention
- Begin outlining frameworks for intervention

Asynchronous

May 2023

Topic

Bolstering Resilience

Speaker

Leslie Green, LCSW

Live In-Person

1/2 Day Event

June 22nd, 2023

Location: Maple Hill Farm
Conference Center (Hallowell)

Topics

Evidence Based Psychotherapies

Intoxification in the ER

Getting Started Managing Treatment

Case Study Reviews

Speakers

Jesse Hinckley, MD, PhD

Elizabeth Samuels, MD, MPH, MHS

Jason Reynolds, MD, PhD

Amy Mayhew, MD, MPH

Josh Newman, MD

Dylan McKenney, MD

Block Eight

Treatment - Focus on Specific Disorders

The internet and apps offer additional support that may be especially helpful in more rural places. This block will begin to focus on individual use disorders.

Objectives

- Identify 1-2 web based sites or apps that may help support recovery for adolescents.
- Identify 1-2 apps or web based sites that may support parents of teens struggling with SUD.
- Identify 2 interventions for youth with nicotine use disorder.

Asynchronous

June 2023

Topic

Online Resources for Treatment and Recovery for Youth SUD

Speaker

Alex MacLean, MPH

Live Webinar

July 20th, 2023

12pm-1pm

Topic

Nicotine Use Disorder

Speaker

Sue Tanski, MD, MPH

Block Nine

Treatment - Inhalants and Alcohol Use

We will continue to focus on specific use disorders/misuse

Objectives

- Recognize signs of inhalant use
- Understand how party drugs are used and risk
- Have an approach to discuss use of party drugs and inhalants with youth
- Understand mechanisms to evaluate severity of alcohol use
- Understand treatment of acute withdrawal and appropriate setting
- Understand outpatient treatments for Alcohol Use Disorder (AUD) in youth

Asynchronous

July 2023

Topic

Party Drugs and Inhalents: A Primer

Speaker

Deepa Camenga, MD, MHS

Live Webinar

August 17th, 2023

12pm-1pm

Topic

Alcohol Use Disorder

Speaker

TBD*

(*pending speaker confirmation)

Block Ten

Treatment - Use of Multiple Substances and Cannabis Use Disorder

We will continue to focus on specific use disorders/misuse

Objectives

- Understanding which substances are most commonly used together
- Understand best approaches to intervention with poly substance use
- Understand signs of cannabis dependence and withdrawal
- Understand best approaches to intervening in youth with Cannabis Use Disorder (CUD)

Asynchronous

August 2023

Topic

Use of Multiple Substances

Speaker

Sarah Bagley, MD, MS

Live Webinar

September 21st, 2023

12pm-1pm

Topic

Cannabis

Speaker

Jennifer Ross, MD

Block Eleven

Treatment - Stimulants & OUD

We will continue to focus on specific use disorders/misuse

Objectives

- Understand signs of stimulant misuse
- Understand interventions of stimulant misuse
- Understand risk associated with stimulant use and Opioid Use Disorder (OUD)

Asynchronous

September 2023

Topic

Stimulants: What do I Need to Know
and What do I do?

Speaker

Tom Freese, PhD

Live Webinar

October 19th, 2023

12pm-1pm

Topic

Opioid Use Disorder

Speaker

TBD*

(*pending speaker confirmation)

Block Twelve

Treatment - Planning for recovery: Wrap Up Onward

As we wrap up, we will gather to discuss schools, recovery and community support and sustain the efforts of this group to engage primary care.

Objectives

- Understand role of schools in supporting recovery in youth with SUD
- Identify recovery supports for youth relapse

Asynchronous

September 2023

Topic

Schools and Recovery

Speaker

Haner Hernandez, PhD

Live In-Person

1/2 Day Event

November 9th, 2023

Location: Hilton Garden Inn
(Freeport)

Topics

Sustainability in your Primary Care Office

Recovery Supports for Youth to Prevent Relapse

Speakers

Jason Reynolds, MD, PhD

Amy Mayhew, MD, MPH

Josh Newman, MD

Dylan Mckenney, MD

Jon Fanburg, MD, MPH