



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).

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.

## TREAT ME 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
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*This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Maine Medical Education Trust and Maine Chapter of the American Academy of Pediatrics. The Maine Medical Education Trust is accredited by the Maine Medical Association Committee on Continuing Medical Education and Accreditation to provide continuing medical education for physicians.*

*The Maine Medical Education Trust designates this live activity for a maximum of 27 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.*

*This activity qualifies for 3 credits of the 3 CME credit requirement for opioid medication education found in P.L. 2015, Chapter 488, Maine's legislation to address the opioid drug crisis.*

## Welcome

# 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

Adolescent Substance Use and the  
Emergency Department I

#### 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  
Adolescent Substance Use and  
the Emergency Department II  
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

Fred Muench, PhD

### Live Webinar

July 13, 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

Camille Broussard, MD, MPH

# 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 Use & Adolescents

#### Speaker

Modar “Mo” Sukkarieh, 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 12th, 2023

12pm-1pm

#### Topic

Opioid Use Disorder

#### Speaker

Scott Hadland, MD, MPH

# 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

October 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