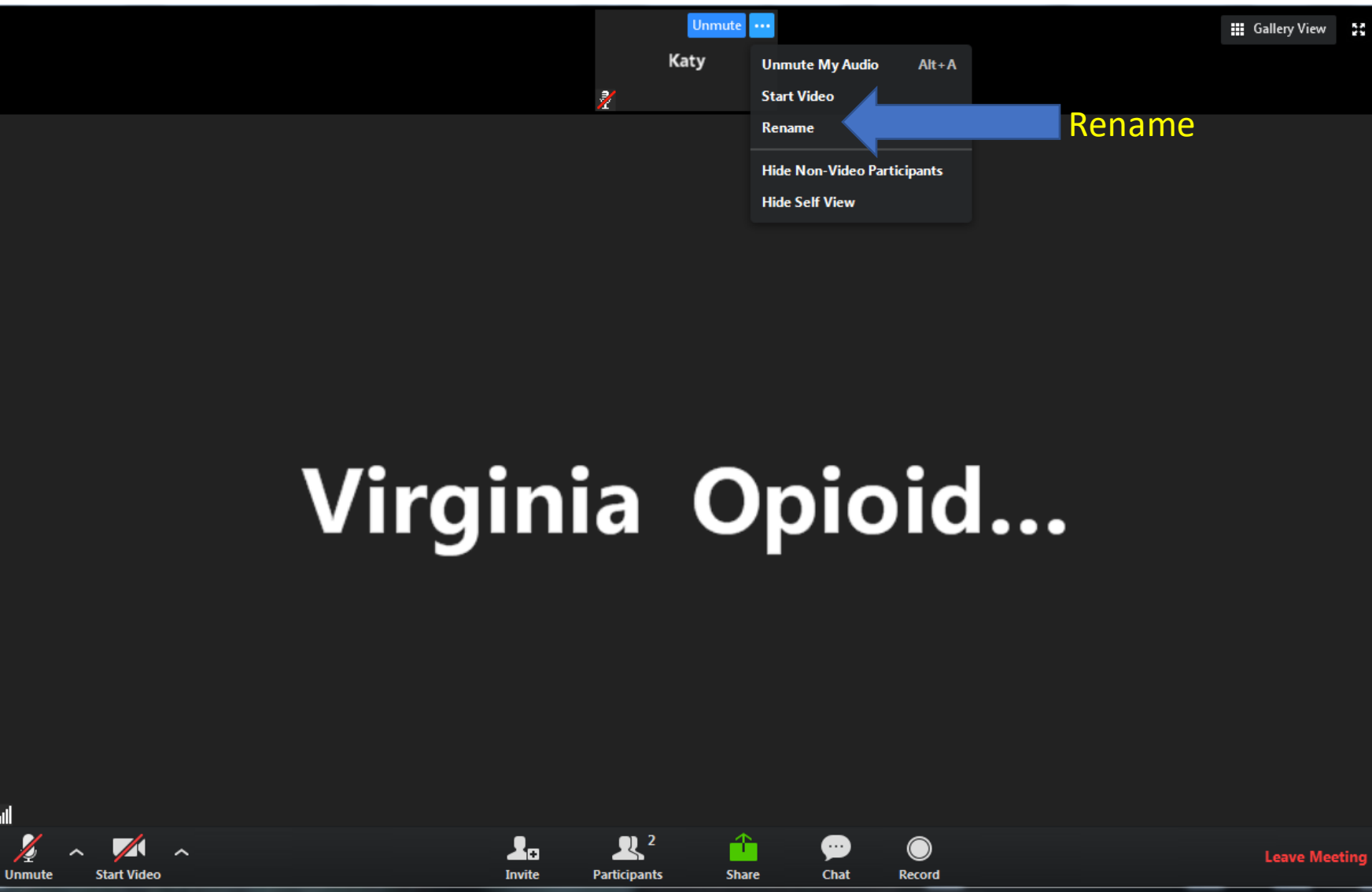


Virginia Opioid Addiction ECHO* Clinic

June 24, 2022

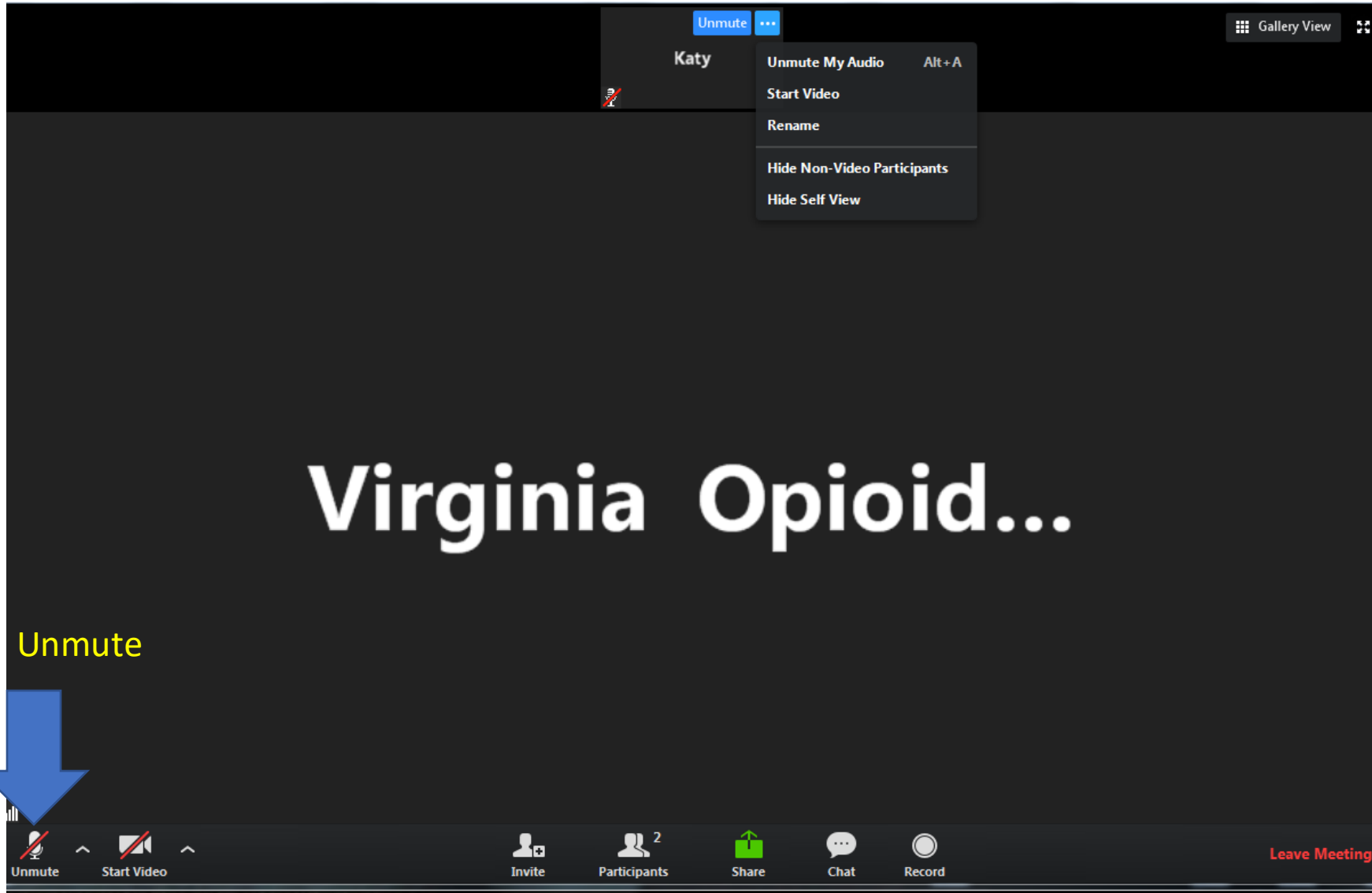
*ECHO: Extension of Community Healthcare Outcomes

Helpful Reminders



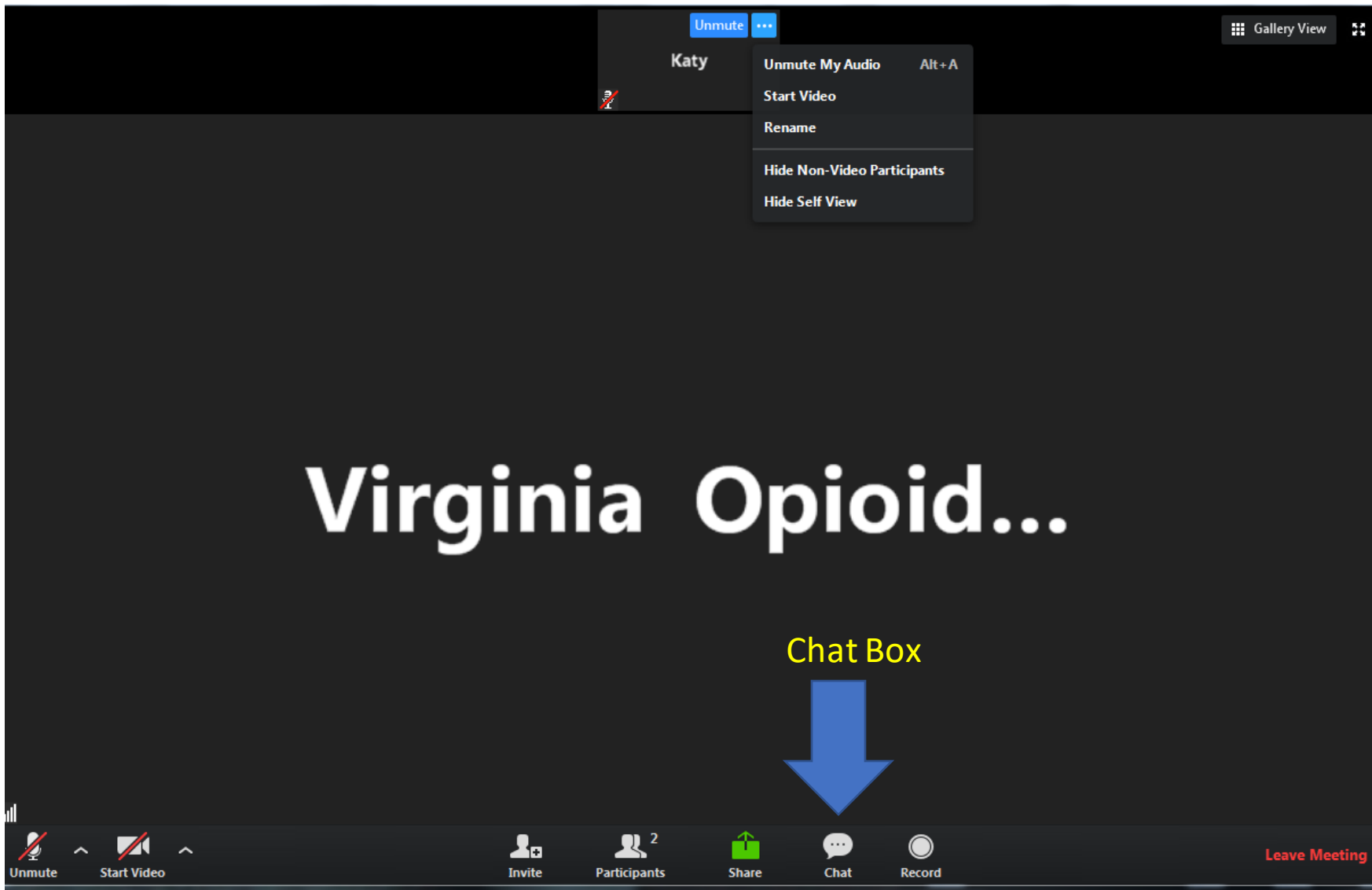
- Rename your Zoom screen, with your name and organization

Helpful Reminders



- You are all on **mute** please **unmute** to talk
- If joining by telephone audio only, ***6** to mute and unmute

Helpful Reminders



- Please type your full name and organization into the chat box
- Use the chat function to speak with IT or ask questions

VCU Opioid Addiction ECHO Clinics



- Bi-Weekly 1 hour tele-ECHO Clinics
- Every tele-ECHO clinic includes a 30 minute didactic presentation followed by case discussions
- Didactic presentations are developed and delivered by inter-professional experts
- Website Link: www.vcuhealth.org/echo

Hub and Participant Introductions



VCU Team

Clinical Director	Gerard Moeller, MD
Administrative Medical Director ECHO Hub	Vimal Mishra, MD, MMCI
Clinical Experts	Lori Keyser-Marcus, PhD Courtney Holmes, PhD Albert Arias, MD Megan Lemay, MD Katie Adams, PharmD
Didactic Presentation	Jason Lowe, MSW
Program Manager	Bhakti Dave, MPH
Senior Program Coordinator	Laura Porter
Acute Telehealth Manager	Tamera Barnes, MD
IT Support	Vladimir Lavrentyev, MBA

- Name
- Organization

Reminder: **Mute** and **Unmute** screen to talk

***6** for phone audio

Use **chat** function for Introduction

What to Expect

- I. Didactic Presentation
 - I. Jarrod Reisweber, Psy.D., Ed.S
- II. Case presentation
 - I. Case 1
 - I. Case summary
 - II. Clarifying questions
 - III. Recommendations
- III. Closing and questions



Lets get started!

Didactic Presentation



Disclosures

Jarrood Reisweber, Psy.D., Ed.S. has no financial conflicts of interest to disclose.

There is no commercial or in-kind support for this activity.

Transcending Self Therapy: Group, Individual, and Virtual Reality Treatments



Brief Overview

Presenter: Jarrod Reisweber, Psy.D.

Coauthors: Kate Polak, M.S. & Brian Meyer, Ph.D.



Disclosure

- Jarrod Reisweber, Psy.D., Brian Meyer, Ph.D., David Pomm, M.S., and Kathryn Polak, M.S. at times receive a percentage of the royalties from sales of Transcending Self Therapy books. Please know that Virginia Commonwealth University (VCU) and Veterans Affairs (VA) staff have free access to electronic versions of all books if using books and/or materials when working for VCU or the VA.
- transcendingselftherapy.com
- bfagg@vcu.edu



The Opioid Epidemic

8

The average number of times an individual with Opioid Use Disorder goes through treatment before long term recovery.

In 2018, an estimated

2.1M

Americans needed treatments for Opioid Use Disorder.

Opioid Related Deaths rose up to

42%

nationally in 2020 compared to the same months in 2019.

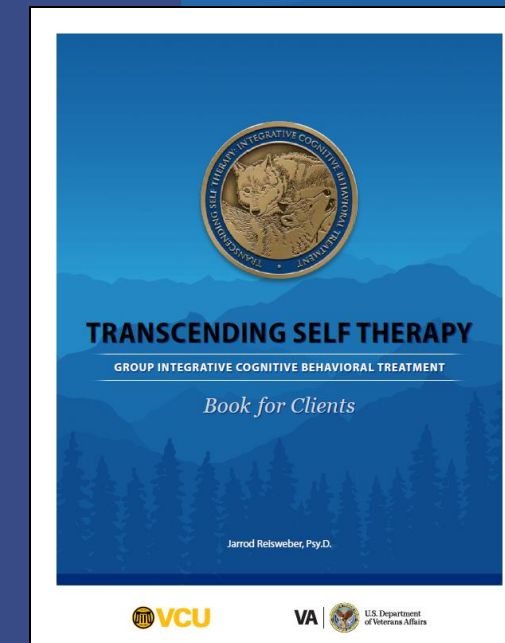
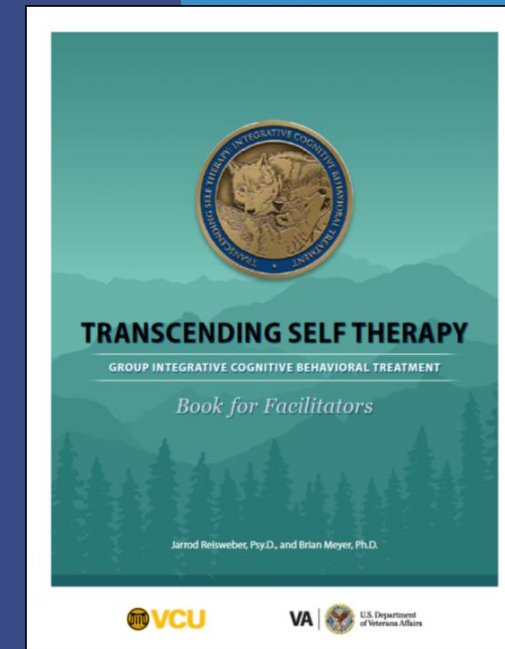
Source: ODMAP

Group Transcending Self Therapy Program Evaluation Results

- Compared to TAU participants, group TST participants were significantly less likely to have a positive UDS during treatment and at one month post-discharge.
- Group TST patients showed knowledge gains about CBT skills, with correct answers across items ranging from 92-100%.
- Among Group TST patients, quality of life scores significantly increased by 14 points from pre- to post-treatment.

Variable	TAU	TST	<i>p</i> -value
Positive UDS during treatment	17.6%	0%	<i>.01</i>
Positive UDS at one month post-discharge	50%	17.6%	<i>.044</i>

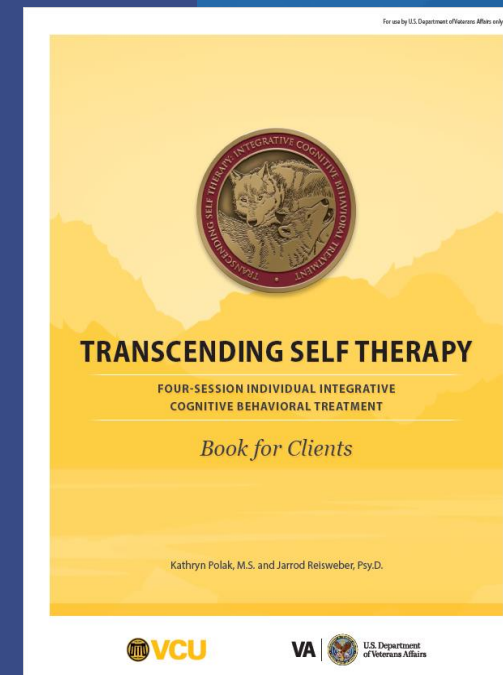
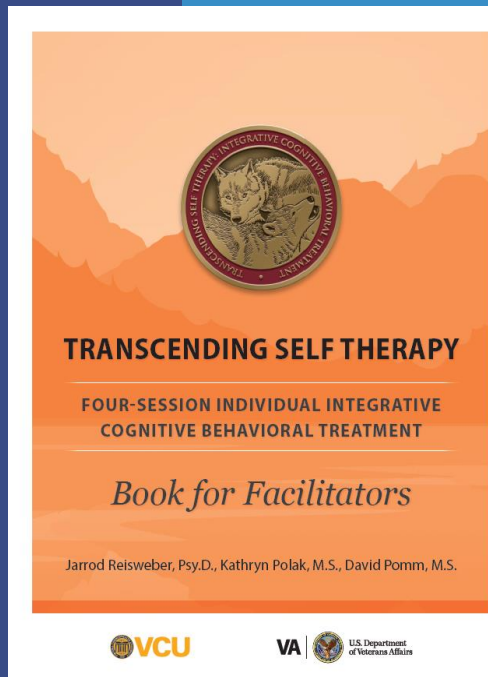
- **Patient Feedback:**
 - *"...gave me confidence and gave me the ability to not only act and contemplate being sober but that I would have the ability to be sober."*
 - *"...I had situations to where I would usually handle it incorrectly. But being that I'm thinking on my thought patterns and I'm seeing what's motivating my actions, I can stop them before they become negative."*



Individual Transcending Self Therapy Pilot Clinical Trial Results

- Significant reduction in depression for those in Transcending Self Therapy (TST) group compared to Treatment as Usual (TAU) group.
- One estimate, if extrapolated across the year, was that this program could save McGuire VAMC over \$500,000 per year.

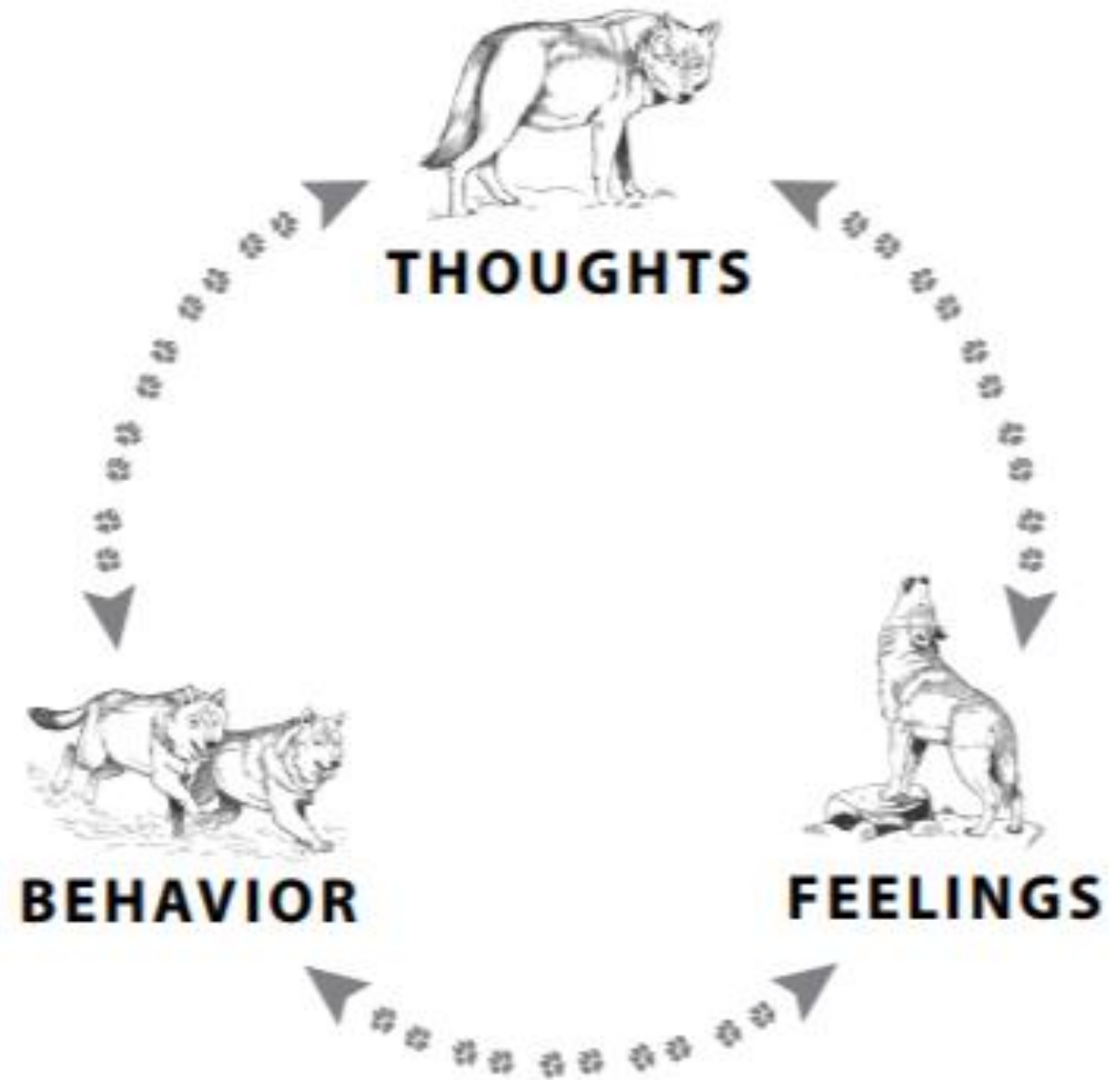
Variable	TST	TAU	p-value
Treatment retention (% completed)	100%	50%	.002
Transitioned to higher level of care	0%	22.7%	.06
Proportion of UDS positive (toxicology verified abstinence)	.25 (.38)	.51 (.46)	.10
Abstinent final week of IOP treatment	84.6%	40.9%	.01



Binomial logistic regression analyses examining substance use and treatment variables by treatment group ($N=169$).

Variable	% TAU ($n=81$)	% Individual TST-I-CBT ($n=88$)	p -value	OR
Treatment retention (% completed)	71.6%	81.6%	.12	.57
Transition to a higher level of care	17.3%	9.3%	.13	2.04
Positive UDS during treatment	35.9%	21.8%	.046	2.00

Cognitive Behavioral Therapy (CBT)



TST Adds an emphasis on helping the client live life in accordance with their moral compass.

- TST takes an integrative/holistic approach
- Pulls elements from different theoretical approaches and evidence-based interventions
- Tailors treatment to individual needs

"Religion had forgotten the mind and 20th century psychology had forgotten the soul" (Hayes, 2001, p. 18).

One of the TST—Integrative CBT Sessions

SESSION 1E

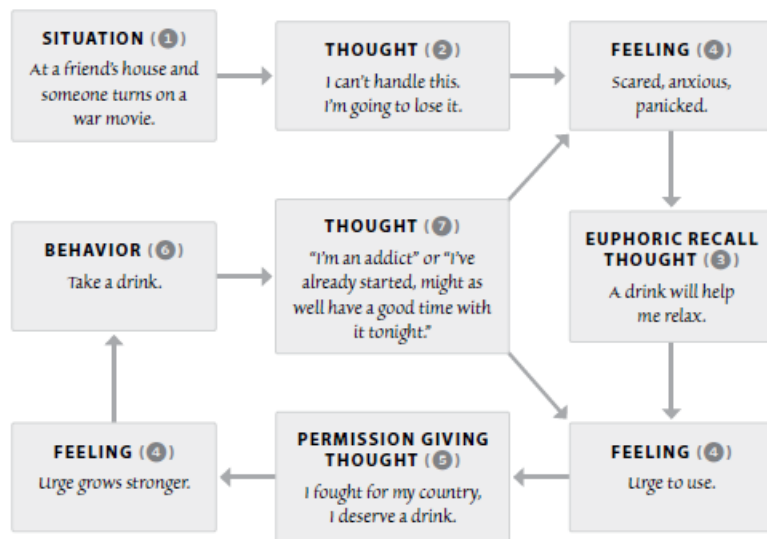
CHAIN ANALYSIS OF SUBSTANCE USE AND INTERVENTION POINTS

INTERVENTION POINTS

- 1 People, places, and things
- 2 Challenge negative core beliefs
- 3 Contamination thoughts
- 4 Urge surfing
- 5 Replacement behaviors
- 6 Decrease access
- 7 Stopping the cycle before it takes out values

VALUES

Family	Morals
Passionate Pursuits	Dignity



Similar to Beck, Wright, Newman, & Liese (1993) & Linehan (2015).

SESSION 1E

OUTSIDE PRACTICE: CONTAMINATION THOUGHTS

One of the challenges in addressing problems with substance use is that the good feelings (relaxation, pain relief, etc.) are often immediate, but the consequences (health problems, relationship problems, legal trouble, etc.) are often delayed. We tend to remember the good things in the moment when a craving hits, but do not think about the downside. One way to transcend this problem is to practice using contamination thoughts.

Instructions: When you experience a craving or urge to use, think about the worst thing that has ever happened because of your substance use. How did this interfere with what you value in life (family, friends, romantic relationship, job, passionate pursuit) and disrupt your moral compass?

My contamination thought is...

Craving intensity: Before (0-10)	Situation Where were you?	Contamination thought used? Yes / No	Craving intensity: After (0-10)
8	Example: BBQ at brother's house, everyone else is drinking	Yes	3

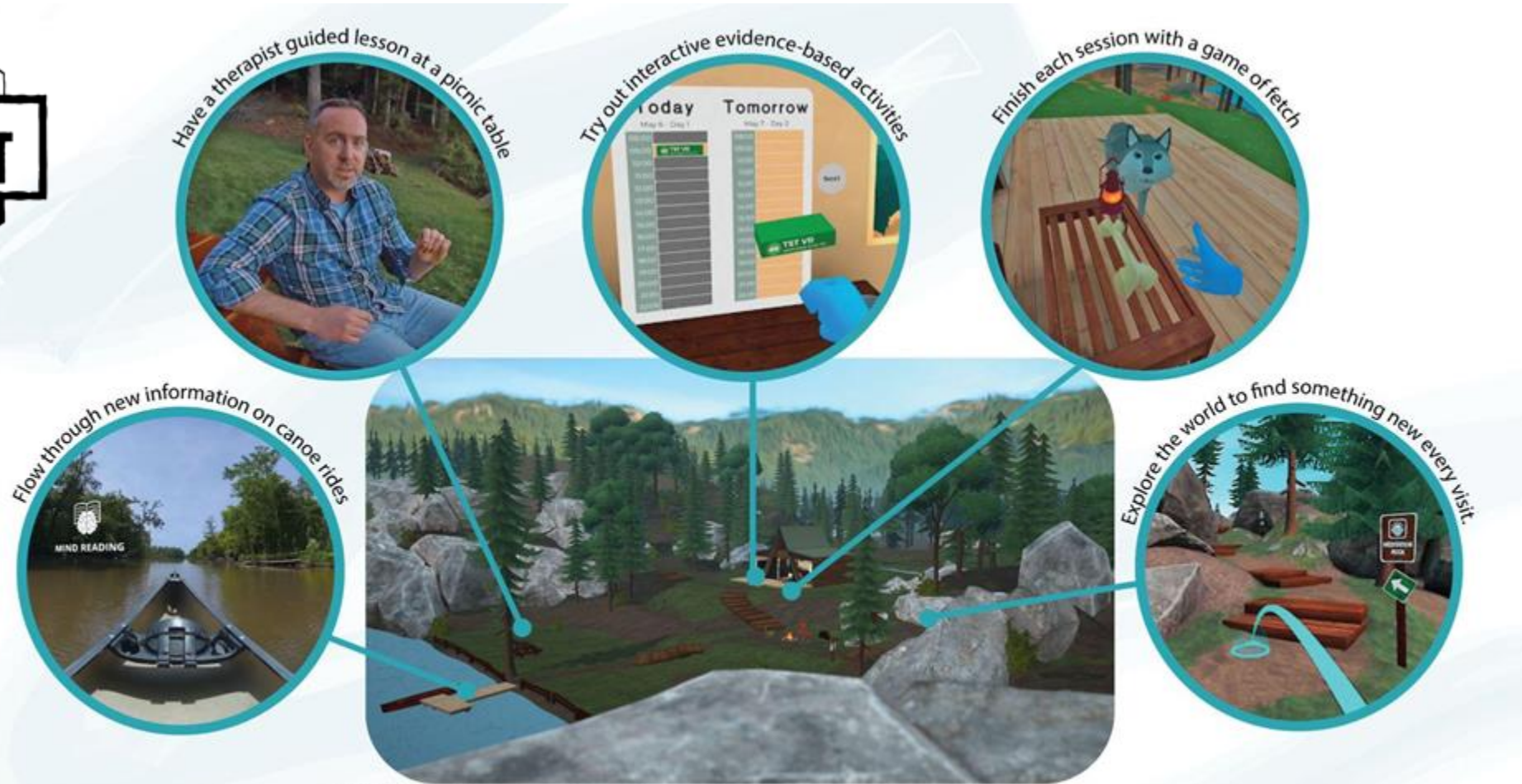
The Effects of COVID-19 on Opioid Overdose Deaths

- A recent American Medical Association review of news reports from 40 states found that opioid overdoses have increased in 29 states in 2020 (AMA, 8/14/20)
- A just-completed *Wall Street Journal* survey found that 21 of 30 of the largest counties in the country have increases in overdose deaths (WSJ, 9/8/2020)
- A CDC survey found that 13.3% of respondents in the week June 24-30 either started or increased their substance abuse in response to COVID-19 stresses (MMWR, CDC, 8/14/20)
- The White House Office of Drug Policy found an 11.4% increase in year-over-year opioid fatalities in the first four months of 2020 (Politico, 7/2/20)

Transcending Self Therapy Virtual Reality



Supplementary Virtual Reality platform that extends the therapeutic reach of a research supported Integrative CBT for patients that abuse substances.



Multiply the efforts of providers, enhance patient experience, and improve treatment outcomes



Hypotheses—TST VR will result in:

1

Improved homework motivation

2

Increased homework completion

3

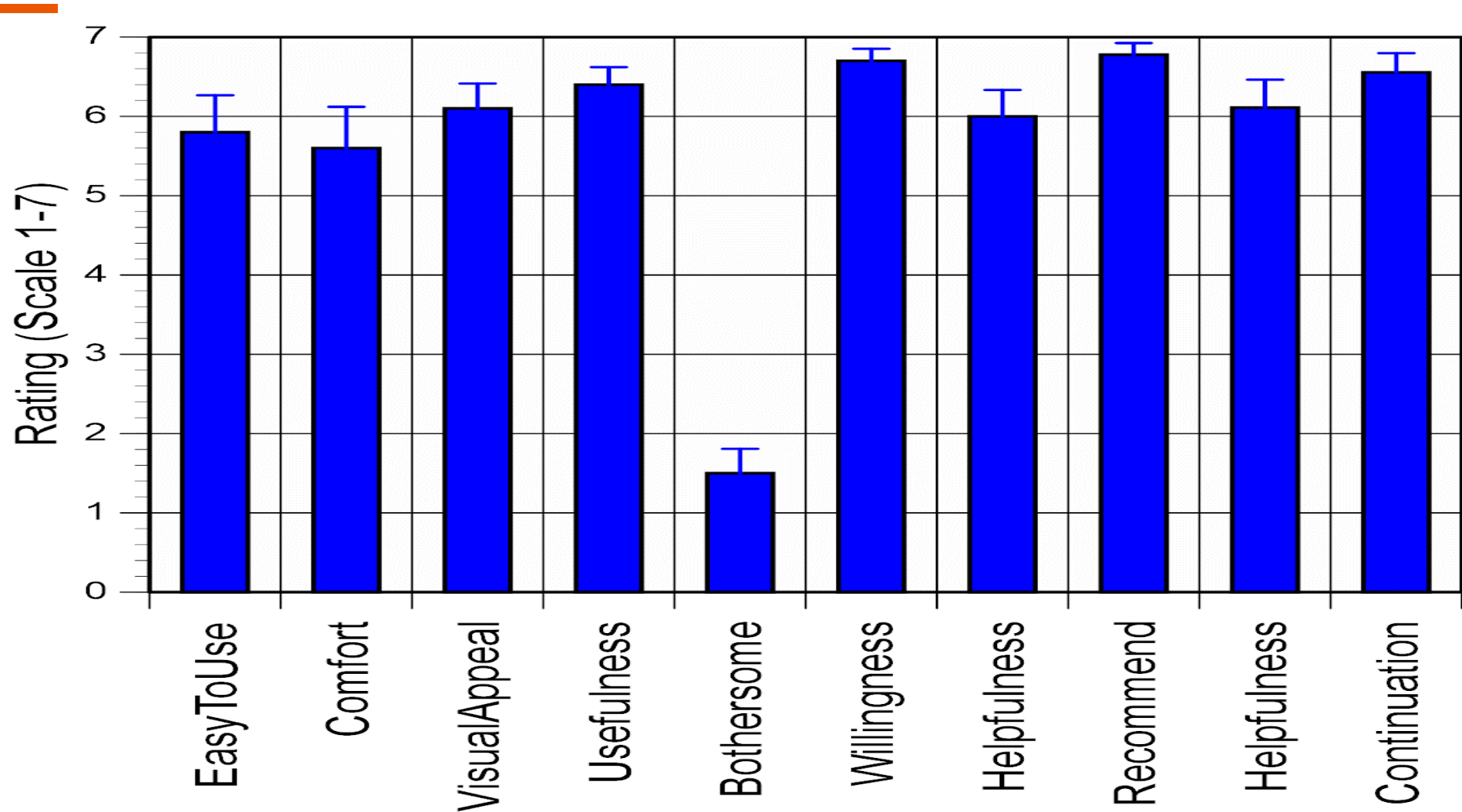
In turn, TST VR will result in increased program completion, decreased substance abuse, and long-term recovery

4

TST VR is being refined and improved and spread to three additional hospitals across the country.



Veteran VR Data on a Scale of 1 to 7 with 7 Being the Highest



TST Training had Very Positive Reviews!



**Conducted TST
Non-VR Original
Protocol Training
for Over 1,000 VA
Providers in two
Months Earlier This
Year.**

Program Evaluation Results

Participant Satisfaction (Standard Questions)	Strongly Disagree	Disagree	Neither Disagree nor Agree	Agree	Strongly Agree	N/A	Statistics
Overall, I was satisfied with this learning activity.	2 (0.77)	3 (1.15)	6 (2.30)	83 (31.80)	167 (63.98)	0 (0.00)	Mean: 4.57 A+SA: (95.79)
I would recommend this training course to others.	1 (0.38)	4 (1.53)	6 (2.30)	81 (31.03)	169 (64.75)	0 (0.00)	Mean: 4.58 A+SA: (95.79)
I learned new knowledge and skills from this learning activity.	2 (0.77)	2 (0.77)	5 (1.92)	94 (36.02)	158 (60.54)	0 (0.00)	Mean: 4.55 A+SA: (96.55)
The scope of the learning activity was appropriate to my professional needs.	1 (0.38)	0 (0.00)	7 (2.68)	78 (29.89)	175 (67.05)	0 (0.00)	Mean: 4.63 A+SA: (96.93)
The content was presented in a manner that was fair and unbiased. If not, please elaborate in comments.	1 (0.38)	0 (0.00)	7 (2.68)	79 (30.27)	174 (66.67)	0 (0.00)	Mean: 4.63 A+SA: (96.93)
I will be able to apply the knowledge and skills learned to improve my job performance.	2 (0.77)	1 (0.38)	8 (3.07)	89 (34.10)	161 (61.69)	0 (0.00)	Mean: 4.56 A+SA: (95.79)
The training environment (face to face, video conference, web based training) was effective for my learning.	3 (1.15)	3 (1.15)	11 (4.21)	96 (36.78)	148 (56.70)	0 (0.00)	Mean: 4.47 A+SA: (93.49)
	1.37%			95.89%			



Research supporting TST—Integrative CBT for Substance Misuse

James M. Bjork, Jarrod Reisweber, Jason R. Burchett, Paul E. Plonski, Anna B. Konova, Silvia Lopez-Guzman & Clara E. Dismuke-Greer (2021): Impulsivity and Medical Care Utilization in Veterans Treated for Substance Use Disorder, Substance Use & Misuse.

Polak, K., Reisweber, J., Bjork, J. (2021). Multi-Site Dissemination of Four-Session Individual Transcending Self Therapy: An Integrative Cognitive-Behavioral Therapy for Substance Use Disorders. HSOA Journal of Addiction & Addictive Disorders.

Polak, K., Reisweber, J., & Meyer, B. L. (2021, November 4). Transcending Self Therapy: Four-Session Individual Integrative Cognitive-Behavioral Treatment: A Case Report. *Psychological Services*. Advance online publication. <http://dx.doi.org/10.1037/ser0000539>

Polak, K., Kelpin, S., Reisweber, J., Svikis, D. (2020). Evidence-based behavioral therapies for Substance Use Disorders. Primer on Substance Use Disorder. Oxford Press.

Polak, K., Meyer, B.L., Neale, Z., Reisweber, J. (2020). Program Evaluation of Group Transcending Self Therapy: An Integrative Modular Cognitive-Behavioral Therapy for Substance Use Disorders. Substance Abuse: Research and Treatment.

Polak, K., Burroughs, T., Reisweber, J., Bjork, J. (2019) Four-Session Transcending Self Therapy for substance use, depression, and treatment retention among Veterans with Substance Use Disorders: A pilot study. Journal of Addiction Research and Therapy.



Thank you for participating!

transcendingselftherapy.com
bfagg@vcu.edu
jarrodreisweber@gmail.com



A grandfather was teaching
his grandson about life:

“A fight is going on inside me,” he said to the boy.

“It is a terrible fight and it is between two wolves.
One is evil—he is anger, jealousy, sorrow, regret,
greed, arrogance, self-pity, guilt, resentment,
inferiority, lies, false pride, superiority, and ego.”

He continued, “The other is good—he is joy,
peace, love, hope, serenity, humility, kindness,
benevolence, empathy, generosity, truth,
compassion, and faith. The same fight is going on
inside you—and inside every other person, too.”

The grandson thought about it for a minute and
then asked, “Grandfather, which wolf wins?”

The grandfather quietly replied,
“The one you feed.”



Questions?

Case Presentation

Gwen Gilbert, LCAS, LCMHC



- 12:35-12:55 [20 min]
 - 5 min: Presentation
 - 2 min: Clarifying questions- Spokes
 - 2 min: Clarifying questions – Hub
 - 2 min: Recommendations – Spokes
 - 2 min: Recommendations – Hub
 - 5 min: Summary - Hub

Reminder: **Mute** and **Unmute** to talk
*6 for phone audio
Use **chat** function for questions

Main Question

I would love feedback on how best to support this patient.

How do we keep her safe with polysubstance use? Meth, Buprenorphine, Adderall

Resistance to peer support and group services, how can we provide additional support?

How do we clinically provide EBP with her making little to no progress regarding her SUD.



Demographic Information

31 year old Caucasian female. Currently unemployed living with her parents and daughter. Currently involved in heterosexual relationship with a person other than child's father. Reports social support from friends, some of whom are still using substances. Financially supported by parents.

Background Information

Opioid Use Disorder, Severe, in sustained remission, on maintenance therapy

Major Depressive Disorder, recurrent episode with anxious distress

Attention Deficit Hyperactivity Disorder, combined type

Methamphetamine Use

Hypertension

Tachycardia

Cushing's Disease

Prescribed narcotics at age 18-19 for kidney pain. Gradually required more medication and when unable to get it from prescribers, began using pills illicitly. Mother and father admitted patient to detox facility and she began treatment for SUD. Patient reports continued Meth use, initially to enhance sexual activity at request of her partner, now reports does not know why she continues to use.

Currently prescribed: Wellbutrin XL 150 mg, Suboxone 8-2 mg (2.5 daily), and Zofran 15 mg. Adderall 10 mg prescribed by another provider.

Patient is actively involved in therapy.

Last UDS: Expected findings- Bup, Norbup, Naloxone, Amphetamines (Adderall 10 mg prescribed by another provider for symptoms of ADHD; Unexpected findings: Methamphetamines, THC.

Patient is resistant to peer supports or group therapy.

Has no interest in refraining from Meth use.

Barriers to patient care is continued Meth use, not engaged in primary care (schedules and misses appointments).

Previous Interventions

Individual therapy, psychiatric evaluation, referral to primary care and endocrinology, medication management, psychoeducation.

Plans for Future Treatment/ Patient's Goal

Patient provided goals: Reduce substance use, engage in therapy, take medication.

We are unsure of where we will go with this patient. Patient continues to test positive for Meth even after continued services and support.

Main Question (repeated)

I would love feedback on how best to support this patient.

How do we keep her safe with polysubstance use? Meth, Buprenorphine, Adderall

Resistance to peer support and group services, how can we provide additional support?

How do we clinically provide EBP with her making little to no progress regarding her SUD.

Case Studies

- Case studies
 - Submit: www.vcuhealth.org/echo
 - Receive feedback from participants and content experts
 - Earn **\$100** for presenting

Thank You



The success of our telehealth program depends on our participants and those who submit case studies to be discussed during clinics. We recognize the following providers for their contributions:

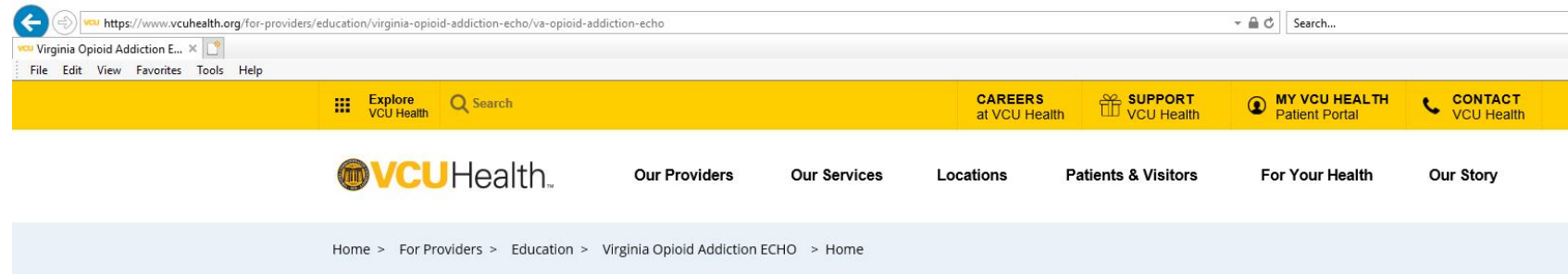
- **Ademola Adetunji, NP** from Fairfax County CSB
- **Tara Belfast-Hurd, MBA-PA** from Department of Behavioral Health and Developmental Services
- **Michael Bohan, MD** from Meridian Psychotherapy
- **Ramona Boyd, NP** from Health Wagon
- **Diane Boyer, DNP** from Region Ten CSB
- **Melissa Bradner, MD** from VCU Health
- **Kayla Brandt, B.S.** from Crossroads Community Service Board
- **Candace Fletcher, PharmD Candidate** from Hopkins Medical Association
- **Susan Cecere, LPN** from Hampton Newport News
- **Kimberly Dexter, DNP** from Hampton Newport News CSB
- **Shokoufeh Dianat, DO, MAS** from Virginia League from Planned Parenthood
- **Candace Fletcher, PharmD** from Hopkins Medical Association
- **Michael Fox, DO** from VCU Health
- **Shannon Garrett, FNP** from West Grace Health Center
- **LaShawna Giles, MSW** from Hampton Newport News CSB
- **Sharon Hardy, BSW, CSAC** from Hampton-Newport News CSB
- **Kara Howard, NP** from Southwest Montana Community Health Center
- **Sunny Kim, NP** from VCU Health
- **Heidi Kulberg, MD** from Meridian Health
- **Thokozeni Lipato, MD** from VCU Health
- **Caitlin Martin, MD** from VCU Health
- **Jennifer Melilo, FNP** from Chesapeake Integrated Behavioral Health
- **Dawn Merritt, QMHP** from Eastern Shore CSB
- **Maureen Murphy-Ryan, MD** from AppleGate Recovery
- **Faisal Mohsin, MD** from Hampton-Newport News CSB
- **Jeromy Mullins, PharmD Candidate** from Hopkins Medical Association
- **Stephanie Osler, LCSW** from Children's Hospital of the King's Daughters
- **Davina Pavie, QMHP** from Hanover County CSB
- **Winona Pearson, LMSW** from Middle Peninsula Northern Neck CSB
- **Jennifer Phelps, BS, LPN** from Horizons Behavioral Health
- **Crystal Phillips, PharmD** from Appalachian College of Pharmacy
- **Jashanda Poe, MA** from Rappahannock Area CSB
- **Tierra Ruffin, LPC** from Hampton-Newport News CSB
- **Manhal Saleeby, MD** from VCU Health Community Memorial Hospital
- **Jenny Sear-Cockram, NP** from Chesterfield County Mental Health Support Services
- **Elizabeth Signorelli-Moore, LPC** from Region 1 CSB
- **Amber Sission, QMHP** from Eastern Shore CSB
- **Daniel Spencer, MD** from Children's Hospital of the King's Daughters
- **Linda Southall, QMHP** from Alleghany Highlands CSB
- **Heather Stone, PhD, LCSW** from Central Virginia Health Services of Petersburg
- **Cynthia Straub, FNP-C, ACHPN** from Memorial Regional Medical Center
- **Saba Suhail, MD** from Ballard Health
- **Michelle Tanner, LPC** from Hanover County CSB
- **Barbara Trandel, MD** from Colonial Behavioral Health
- **Bill Trost, MD** from Danville-Pittsylvania Community Service
- **Art Van Zee, MD** from Stone Mountain Health Services
- **Ashley Wilson, MD** from VCU Health
- **Sarah Woodhouse, MD** from Chesterfield Mental Health
- **Susan Mayorga, BA, CBIS** from Community Health Center of the New River Valley
- **Jordan Siebert, Peer Recovery Specialist** from Daily Planet Health Services





Claim Your CME and Provide Feedback



- www.vcuhealth.org/echo
- To claim CME credit for today's session
- Feedback
 - Overall feedback related to session content and flow?
 - Ideas for guest speakers?


Access Your Evaluation and Claim Your CME





Virginia Opioid Addiction ECHO

Welcome to the Virginia Opioid Addiction Extension for Community Health Outcomes or ECHO, a virtual network of health care experts and providers tackling the opioid crisis across Virginia. [Register now for a TeleECHO Clinic!](#)



Network, Participate and Present

- Engage in a collaborative community with your peers.
- Listen, learn, and discuss didactic and case presentations in real-time.
- Take the opportunity to [submit your de-identified study](#) for feedback from a team of addiction specialists. We appreciate [those who have already provided case studies](#) for our clinics.
- Provide [valuable feedback & claim CME credit](#) if you participate in live clinic sessions.

Benefits

- Improved patient outcomes.
- **Continuing Medical Education Credits:** This activity has been approved for **AMA PRA Category 1 Credit™**.

Telehealth

- About Telehealth at VCU Health ▾
- For Patients ▾
- For Providers ▴
- Virginia Opioid Addiction ECHO ▴
 - Register Now!
 - Submit Your Case Study
 - Continuing Medical Education (CME)
 - Curriculum & Calendar
 - Previous Clinics (2018)
 - Previous Clinics (2019)
 - Resources
 - Our Team

Access Your Evaluation and Claim Your CME



https://redcap.vcu.edu/surveys/?s=KNLE8PX4LP Project ECHO Survey

File Edit View Favorites Tools Help

ECHO
Virginia Commonwealth University

Please help us serve you better and learn more about your needs and the value of the Virginia Opioid Addiction ECHO (Extension of Community Healthcare Outcomes).

First Name
* must provide value

Last Name
* must provide value

Email Address
* must provide value

I attest that I have successfully attended the ECHO Opioid Addiction Clinic.
* must provide value

Yes

No

reset

_____, learn more about Project ECHO

Watch video

How likely are you to recommend the Virginia Opioid Addiction ECHO by VCU to colleagues?

Very Likely

Likely

Neutral

Unlikely

Very Unlikely

reset

What opioid-related topics would you like addressed in the future?

What non-opioid related topics would you be interested in?

Access Your Evaluation and Claim Your CME



- www.vcuhealth.org/echo
- To view previously recorded clinics and claim credit

Access Your Evaluation and Claim Your CME



Education

Contact Us

Diabetes and Hypertension Project ECHO

+

Nursing Home ECHO

+

Palliative Care ECHO

+

Virginia Opioid Addiction ECHO

-

Contact Us

Curriculum Calendar and Registration

Our Team

Previous Clinics - 2021

Previous Clinics - 2022

Resources

Thank You

Virginia Opioid Addiction ECHO Continuing Medical Education

Virginia Opioid Addiction ECHO Evaluation

Virginia Sickle Cell Disease ECHO

+

Child Abuse Project ECHO

+

Early Intervention Project ECHO

+

Previous Clinics - 2021

Review topics we covered in previous Virginia Opioid Addiction ECHO clinics.

January 15, Buprenorphine Taper

Presented by Masaru Nishiaoki, MD

- [View Presentation](#)
- [View Video](#)

January 29, Panel Discussion: COVID and Chronic Conditions

Panelists: Albert Arias, MD, Alex Krist, MD and Katherine Rose, MD

- [View Presentation](#)
- [View Video](#)

February 12, Grief Impacting Recovery

Presented by Courtney Holmes, PhD

- [View Presentation](#)
- [Video Video](#)

February 26, Virginia Drug Court System

Presented by Melanie Meadows

- [View Presentation](#)
- [View Video](#)

March 12, COVID and Recovery: Panel Discussion

Presented by Tom Bannard, MBA Omri Morris, CPRS Raymond Barnes, CPRS Erin Trinh, CPRS

- [View Presentation](#)
- [View Video](#)

March 26, Effects of Pharmacology on Cognitive Function

Presented by Gerry Moeller, MD

- [View Presentation](#)
- [View Video](#)
- [View Resource](#)

April 9, PropER Clinic and SUD Virtual Bridge Clinic: Linking Patients from ED to PCP and SUD Care

Presented by Taruna Aurora, MD and Brandon Wills, MD

- [View Presentation](#)

VCU Virginia Opioid Addiction TeleECHO Clinics

Bi-Weekly Fridays - 12:00 - 1:00PM

Mark Your Calendar --- Upcoming Sessions

****Last 2 sessions until Fall!****

July 8: *Considering Supervised Consumption Sites in the U.S.*
Beau Kilmer, PhD

July 22: *Buprenorphine Home Induction*
Brandon Wills, MD & Theresa Davis, FNP

Please refer and register at vcuhealth.org/echo

THANK YOU!

Reminder: **Mute** and **Unmute** to talk
*6 for phone audio
Use **chat** function for questions