

Technical Information

SAMHSA

Substance Abuse and Mental Health
Services Administration

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LIVE

This webinar is now live.



It is being recorded.



Please remain muted.



Welcome

Central East PTTC Webinar

Introducing: Preventing Polysubstance Use in Primary Care Settings

The Central East PTTC is housed at the Danya Institute in Silver Spring, MD

Renata Henry
Executive Director

Deborah Nixon Hughes
Project Director



Central East (HHS Region 3)

PTTC

Each TTC Network includes 13 centers.*



Network Coordinating Office

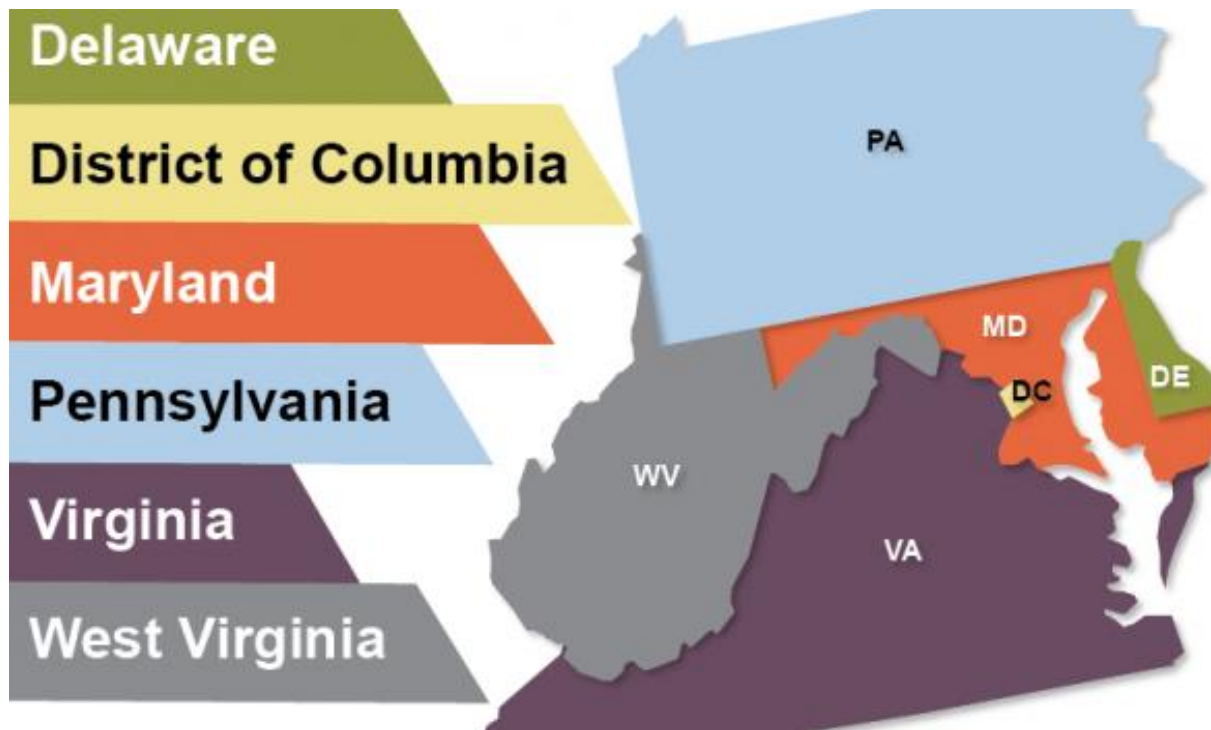
National American Indian and Alaska Native Center

National Hispanic and Latino Center

10 Regional Centers (aligned with HHS regions)

Central East Region

HHS REGION 3



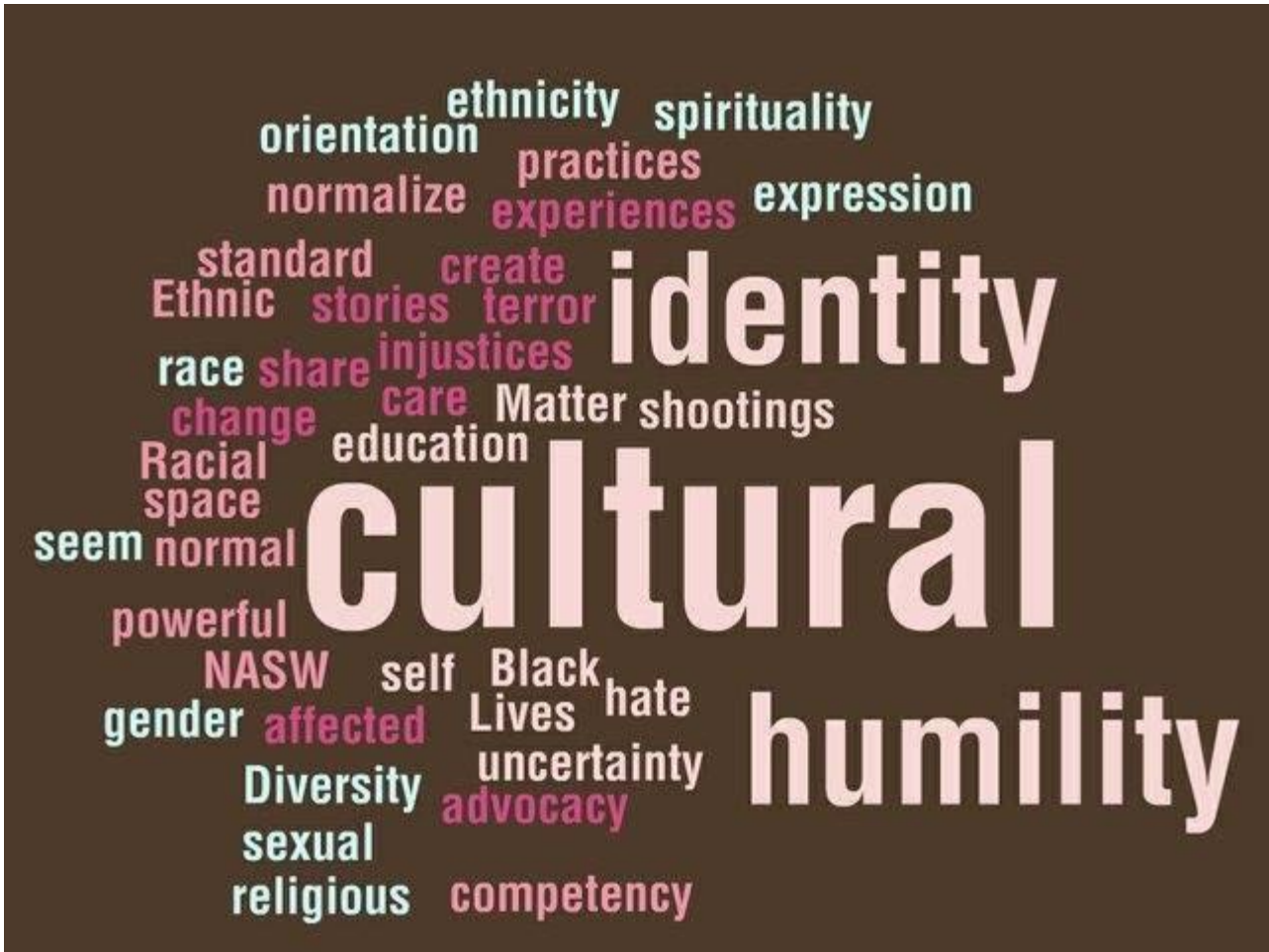
The use of affirming language inspires hope.

LANGUAGE MATTERS.

Words have power.

PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.



PTTC Mission

To Strengthen **the Capacity of the Workforce to Deliver Evidence-Based Prevention Strategies and Facilitate Opportunities for Preventionists to Pursue New Collaboration Opportunities, which include Developing Prevention Partnerships and Alliances**



Central East PTTC Specialty Area

Engaging and Collaborating with Primary Care Providers for Substance Use Prevention



Eligibility

Behavioral health and health care providers, consumers, families, state and local public health systems and other stakeholders

Consistent with
Regional, State
and Local
Needs

No cost

Data Driven

EBPs provided
by Subject
Matter Experts



PTTC Focus Areas

- Opioid/harm reduction strategies
- Suicide prevention and substance use overdoses
- Youth vaping/tobacco
- Youth alcohol and suicide
- Health equity and the elimination of disparities
- Trauma
- Workforce leadership development series-
strategic planning/SPF; data-informed decision-
making; environmental strategies



Other Resources in Region 3



Central East (HHS Region 3)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Central East (HHS Region 3)

MHTTC

Mental Health Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



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Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Introducing: Preventing Polysubstance Use in Primary Care Settings

August 10, 2021

Josh Esrick

PTTC Prevention Specialist

Senior Policy Analyst

Carnevale Associates, LLC



Presenter



Josh Esrick



Learning Objectives

- Summarize the importance of addressing polysubstance use
- Discuss the role of primary care providers in prevention
- Overview primary care prevention strategies for polysubstance use
- Explore ways to use the Central East PTTC Infographic



Why Are We Here Today?

- One of the goals of the Central East PTTC is to improve collaboration between substance use prevention professionals and primary care providers
- Collaboration begins with sharing knowledge
 - Why collaboration is important and what we accomplish
- To that end, we have created a new product on primary care and prevention and are here today to introduce it



Our Process

- The Central East PTTC hosts a biannual Advisory Board meeting which includes primary care providers in the region
- At a meeting last year, these providers displayed an interest in having the PTTC create a prevention-related product or tool
- Follow-up discussions were held with providers to identify specific topic interests
- These interests were synthesized into a product providing education on the role of prevention in primary care
 - Focused through the lens of polysubstance use prevention



Our Process, Part 2

- Conducted literature of recent academic and government publications to scope out key information points
- Reviewed other infographic products on primary care topics
- Developed text and graphics building from past experience
- Multiple rounds of review, including with primary care providers, to ensure accuracy, relevance, and conciseness



Importance of Addressing Polysubstance Use

Preventing Polysubstance Use in Primary Care Settings

Published on June 1, 2021



Polysubstance use is the recurrent use of multiple illicit substances, legalized substances, or prescription drugs in a manner other than as prescribed. Using a single substance significantly increases the risk of using additional substances, and evidence suggests that most people who have substance use disorders are polysubstance users.¹ Polysubstance use can stem from various behavioral cues or demand elasticity and can occur sequentially or concurrently.

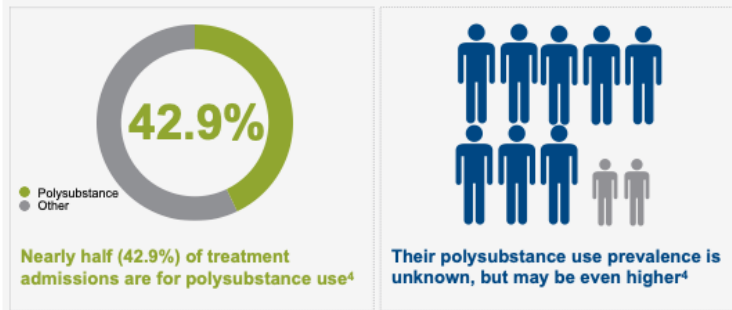
WHY WE NEED TO ADDRESS POLYSUBSTANCE USE

- 1** Polysubstance users face significantly higher risks of co-occurring behavioral disorders, cognitive disorders, and physical health problems.²
- 2** Polysubstance use is more common among minority populations that suffer from discrimination.³
- 3** Preventing polysubstance use can improve health outcomes and reduce inequities.

PREVALENCE OF POLYSUBSTANCE USE

Polysubstance use prevalence is high in substance use treatment admissions

However, over 80% of people in need of substance use treatment do not receive it



- Very common issue
- Increases the risk of serious consequences
- Addressing it can help reduce health inequities



1

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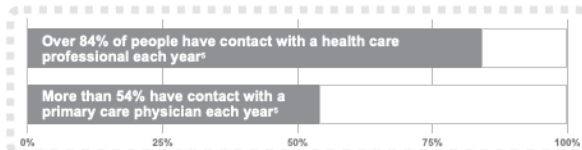
Role of Primary Care in Prevention



Preventing Polysubstance Use in Primary Care Settings

THE IMPORTANCE OF PRIMARY CARE TO PREVENTION

Substance use prevention can occur in many different settings...



THE ROLE OF PRIMARY CARE IN PREVENTION

The scope and influence of primary care providers mean that they can be an essential source of prevention services to people who remain out of reach to substance use prevention professionals. Primary care providers can identify and serve people at risk of engaging in or dependent on substance use. In addition to the health benefits, successful prevention can lead to long-term cost savings for health care systems.

While primary care providers such as physicians and nurses may most directly deliver prevention services, all provider staff can have an important role in prevention. This can range from ensuring that all staff uses non-judgmental, person-centered language that helps reduce stigma to identifying billing codes for insurer reimbursement.



2



- Primary care providers should engage in substance use prevention
 - Including for polysubstance use
- Many people have contact with primary care providers
 - Greater reach than prevention professionals
- Role for all staff, not just service deliverers



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Primary Care Prevention Strategies



Preventing Polysubstance Use in Primary Care Settings

SCREENING

The US Preventative Services Task Force (USPSTF) recommends screening all adults (age 18+) for substance use annually.⁶ There are validated, evidence-based [screening and assessment tools](#)⁷ that primary care providers can use. The Affordable Care Act requires most health insurance plans to provide free coverage of USPSTF-recommended services.⁸

ELICITING SYMPTOMS

Primary care providers can use a validated symptoms checklist to determine if a patient's substance use has progressed to a disorder. Eliciting symptoms can also help determine if polysubstance use is occurring. This can help guide clinical decisions regarding indicated prevention or treatment services.⁹

TREATMENT & SERVICE REFERRALS

Patients may require dedicated treatment services for substance use disorders or related comorbidities such as mental health disorders or intimate partner violence. Providers should determine whether these services may be provided directly or require referral to outside specialists and develop treatment plans in collaboration with patients.

PRIMARY CARE STRATEGIES

BRIEF INTERVENTION

Primary care providers can offer a brief counseling service to patients with positive screenings. If following the [Screening, Brief Intervention, and Referral to Treatment](#)¹⁰ (SBIRT) modality, the brief intervention should build on motivational interviewing techniques and focus on motivating behavioral change.

MANAGEMENT & FOLLOW-UP

Patients with substance use-related symptoms or disorders may require ongoing counseling or support services, such as shared decision-making conversations about treatment options. Regular monitoring may be necessary to assess if risky use progresses to disorders or if the condition worsens.⁹

TIPS FOR PRIMARY CARE PROVIDERS

Preventing polysubstance use requires addressing the root causes of substance use and the unique aspects of each substance.

Evidence-based practices, such as medication-assisted treatment, may effectively address only one aspect of polysubstance use.

Remember that singular substance use can lead to polysubstance use over time, and be prepared to adapt client services as needed.

NOTES

1. Cicero, et al (2019). Polysubstance Use: A Broader Understanding of Substance Use During the Opioid Crisis. *American Journal of Public Health* 110(2): 244-250
2. Connor et al (2014). Polysubstance use: Diagnostic challenges, patterns of use and health. *Curr Opin Psychiatry* 27(4): 269-275
3. Banks et al (2020). Racial identity, discrimination, and polysubstance use: Examining culturally relevant correlates of substance use profiles among Black young adults. *Psychology of Addictive Behaviors*. Advanced Online Publication.
4. SAMHSA (2019). Treatment Episode Data Set (TEDS) 2017: Admissions to and Discharges from Publicly-Funded Substance Use Treatment.
5. CDC (2019). Ambulatory Care Use and Physician Office Visits. Available from: <https://www.cdc.gov/nchs/fastats/physician-visits.htm>
6. USPSTF (2020). Unhealthy Drug Use: Screening.
7. <https://www.drugabuse.gov/ndamed-medical-health-professionals/screening-tools-resources/chart-screening-tools>
8. CDC (2020). Preventative Services Coverage
9. The National Council for Behavioral Health (2018). Implementing Care for Alcohol & Other Drug Use in Medical Settings: An Extension of SBIRT. Available at https://www.thenationalcouncil.org/wp-content/uploads/2018/03/3021519_NCBH_ASPTReport-FINAL.pdf daf=375a1ad56
10. <https://www.samhsa.gov/sbirt>

- Screenings
- Eliciting Symptoms
- Brief Interventions
- Management & Follow-Up
- Treatment & Service Referrals



3



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Ways to Use the Infographic

- It is free and publicly available, feel free to use however you see fit!
- Can be used by primary care provider organizations or anyone else!
- Some possible ideas:
 - Part of an orientation/training packet for new hires
 - Starting point for additional staff education
 - Include in briefing materials for potential collaborative partners
 - Handout at various awareness/educational events



Contact Us



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Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

a program managed by



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