



MAT MONTHLY

*A Newsletter for Primary Care Providers participating in the Rural Oklahoma MAT Expansion Project
January 2019 Issue*

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**Provider Voices: Does Harm
Reduction Fit into Primary Care?**

The term harm reduction has gained increased attention in recent years as the opioid crisis continues to escalate. [Harm reduction](#) is defined as a set of practical strategies aimed at reducing negative consequences of drug use. It is a term often used to include practices such as syringe service programs (aka needle exchanges) and community naloxone distribution. Sometimes harm reduction is viewed as the opposite of abstinence, when in fact, harm reduction includes a spectrum of strategies ranging from supporting safer use all the way to abstinence and focuses on “meeting people where they’re at.” In the words of my late friend, [Dan Bigg](#), who was the pioneer of naloxone distribution in the United States- harm reduction is “any positive change.”



Elizabeth Salisbury-Afshar, MD, MPH
Director, [Center for Multi-System
Solutions to the Opioid Epidemic](#)
American Institutes for Research

When I think about THIS approach to working with people –one of acceptance and recognition that most people are not going to be able to reduce 100% of their risk 100% of the time, and one that engages people in a respectful and supportive way – I realize that harm reduction is the majority of what I do as a family physician. Harm reduction comes in many forms- it is recommending seat belts instead of suggesting people never travel by car because it’s too risky; it is recommending condoms to reduce risk of STIs as opposed to recommending complete abstinence; it is recommending diet, weight loss and exercise to with people with hypertension and type 2 diabetes and recognizing that many will not meet these goals. While I hope that my patients with hypertension could follow the DASH diet, lose 50 pounds, exercise daily and eventually stop taking all antihypertensives, I also realize that this will not be

attainable for many. I do not withhold their hydrochlorothiazide when they don't meet these goals, but instead try to celebrate the successes along the way and provide all the tools I can access in working with them to reduce harm.

“Continued use despite negative consequences is a symptom of the disease of addiction.”

So- does harm reduction fit in primary care? YES! I also use a harm reduction approach when I work with patients with opioid use disorder. Continued use despite negative consequences is a symptom of the disease of addiction. So, when people continue to use drugs, they are displaying symptoms of their disease. When possible, I again try to increase the support that I am offering the patient and to make a plan that seems achievable. If a patient goes from using heroin 7 days a week to using heroin only one or two days a week- that is a positive change! Studies have shown that being engaged in buprenorphine treatment not only reduces the risk of overdose-related mortality, but also the risk of all-cause mortality. Keeping people in treatment is one of the best things we can do to support them- especially during times when they may continue or resume use. Each day, with each patient, I'm working to support them in making “any positive change.”

You can begin to use harm reduction strategies in your office by:

- Affirming the person using drugs is the primary agent of change,
- Working with the person to help identify their unique obstacles and generate strategies that meet their conditions of use,
- Helping to empower and support the person in their change,
- Celebrating change, however small it may be, and

- Understanding most people will have periods of resumed use and taking steps to help minimize the impact, such as providing them with a naloxone kit and information on overdose prevention

OklahomaMAT Website

The [OklahomaMAT website](#) is updated regularly to provide you with current training opportunities, physician mentorship Q&A, new resources and tools on opioid use disorder for providers and their patients, as well as additional supports. Check back often!



Motivational Interviewing: Fundamentals of Addiction Medicine

ECHO Series



Providers often find that one of the main barriers to effective treatment is the patients' perceived lack of motivation to make changes. Without motivation on the patient's part, making or sustaining progress regarding treatment goals can be difficult.

Motivational Interviewing is one technique providers can use to encourage patients to explore, recognize and overcome ambivalence to make positive changes. Motivational Interviewing will be offered as part of the Fundamentals of Addiction Medicine ECHO Series.

Upcoming sessions:

- **February 5, 2019 - Motivational Interviewing, Part 1**
- **February 12, 2019 - Motivational Interviewing, Part 2**

These two sessions will introduce and expand providers' knowledge on utilizing motivational interviewing in addiction treatment. Providers will be introduced to the key concepts and skills of MI and explore ways to effectively promote positive patient outcomes.

This **FREE** series is held weekly on Tuesdays, 10:00 AM – 12:00 PM CT and hosted by The American Society of Addiction Medicine (ASAM) and the University of New Mexico Project ECHO. [Register Here!](#)

New Year's Resolution: Get Waivered!

Make a goal to obtain your waiver by this month! Follow these steps:

Step 1: Register with ASAM at <https://elearning.asam.org/>

To register click on the link labeled “Create a New Account”. Login using your newly created account information. Email ASAM to let them know that you have registered and are with the OklahomaMAT Project.

Step 2: Take the MAT Online Waiver Course

The ASAM Treatment of Opioid Use Disorder Course is now online. Physicians can take the 8-hour course needed to receive a waiver to prescribe buprenorphine in an office-based setting. NPs and PA’s can take the 24-hour online course to become waived.

Step 3: Complete your Notice of Intent (NOI) Form

Once you have finished your course(s) send your NOI form to Substance Abuse and Mental Health Services Administration (SAMSHA) for review.

Step 4: Forward your Certificate of Completion to SAMSHA

When you complete your training ASAM will email you a certificate of completion and provide you with the directions on how to forward your certificate to SAMSHA.

Have Questions? Contact ASAM at mgrant@asam.org

Upcoming Events/Conferences

The below ASAM workshops and conferences are available to Oklahoma MAT participants at 25% reduced price. Please contact ASAM at mgrant@asam.org to receive the discount.

- [The ASAM Motivational Interviewing Workshop](#)
 - **Date:** April 4, 2019
 - **Location:** Hilton Orlando - 6001 Destination Parkway, Orlando, FL, US
 - **Time:** 8:00 am - 5:30 pm
- [The ASAM Fundamentals of Addiction Medicine – Live Workshop](#)
 - **Date:** April 4, 2019
 - **Location:** Hilton Orlando - 6001 Destination Parkway, Orlando, FL, US
 - **Time:** 8:00 am - 5:30 pm
- [The ASAM Pain and Addiction Common Threads Course XX](#)
 - **Date:** April 4, 2019

- **Location:** Hilton Orlando - 6001 Destination Parkway, Orlando, FL, US
- **Time:** 8:00 am - 5:30 pm
- [The ASAM Annual Conference: Innovations in Addiction Medicine in Science](#)
 - **Date:** April 4-7, 2019
 - **Location:** Hilton Orlando - 6001 Destination Parkway, Orlando, FL, US
- [The ASAM Review Course in Addiction Medicine](#)
 - **Date:** July 25-27, 2019
 - **Location:** Hilton Anatole - 2201 N Stemmons Fwy, Dallas, TX 75207

ASAM Fundamentals of Addiction Medicine 40-Hour CME Program is Available!

As an OklahomaMAT provider, you can access the ASAM Fundamentals of Addiction Medicine 40-Hour CME Program **at no cost**. Participants will learn how to recognize, screen, treat and refer patients with substance use disorders. OklahomaMAT providers can take advantage of the full 40-hour program or sections of interest. You should have received an email to confirm your registration. If you have not received this information, please email: OklahomaMAT@air.org

Resources of Interest

[Motivational Interviewing: Informative Links](#)

Providers Clinical Support Systems provides webinars, resources and tools on motivational interviewing geared towards providers.

[Harm Reduction Coalition](#)

This national coalition challenges the stigma faced by people who use drugs and advocates for policy and public health reform. Resources include description of and strategies on harm

reduction as well as tools to use.

[The Words We Use Matter. Reducing Stigma through Language](#)

This two-page fact sheet was developed by the National Alliance of Advocates for Buprenorphine Treatment on non-stigmatizing language to use with patients.

[Seeking Safety: A Treatment Manual for PTSD and Substance Abuse](#)

This manual presents an integrative treatment approach developed specifically for co-occurring PTSD and substance abuse.

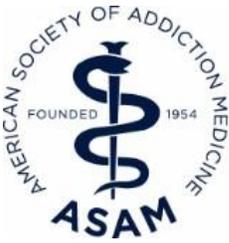
[PTSD Coach](#)

PTSD Coach is designed for those who have, or may have, posttraumatic stress disorder (PTSD). This app provides education about PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD. This app was created by VA's National Center for PTSD and DoD's National Center for Telehealth & Technology.

If you have any questions or would like to share something in our monthly newsletter, please contact the AIR team at OklahomaMAT@air.org or by phone at 866-236-4285.

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**Oklahoma Department of Mental Health
and Substance Abuse Services**



ASAM American Society of
Addiction Medicine