

2018

List of Local Resources for Substance Abuse Disorders in Burlington, VT

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Substance Abuse Local Resources on Epic

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From July to August 2018

Mentors: Drs. Whitney Calkins and Aaron Reiter

Substance Abuse Disorder in Burlington, VT



In 2017, there was a 5% increase in opioid related death, bringing the total number to 101 deaths in Vermont.



Statewide Incident Reporting network reports Naloxone was distributed to 2,336 people.



Vermont has nine “hubs”, specialized in the medical treatment of opioid use disorder. The patient’s care is then transferred to “Spokes” (primary care setting) for long term treatment of substance abuse.



Need: easy and accessible list of “Hubs and Spokes” patient can go when they are ready to start treatment.

Public Health Cost



A TOTAL OF 930 MILLION DOLLARS, IN 59 DIFFERENT GRANTS, WERE DISTRIBUTED THROUGHOUT THE UNITED STATES.



IN 2016, 66.4% OF DEATHS WERE ACCOUNTED BY OPIOIDS.



A 4 MILLION DOLLARS FEDERAL GRANT WAS GIVEN TO VERMONT TO HELP IN THE FIGHT AGAINST OPIOID ADDICTION THROUGH THE STATE OPIOID RESPONSE GRANTS PROGRAM.

Community perspective

The Howard Center located in Burlington, VT has worked with the community to help address the substance abuse issue, including their crisis number (802-488-7777) for anyone needing immediate help. The many programs available can be assessed on their website howardcenter.org.

Kerry Stanley, social worker at South Burlington Family Medicine practice, indicated a list of resources that she has promptly available for patients and believe it is great for primary care providers to have access to this information, and through them, the patients.

Intervention and Methodology



TO MAKE THE INFORMATION EASILY ACCESSIBLE, A LIST WAS CREATED WITH MOST LOCAL RESOURCES WITH PROGRAMS THAT WORK WITH SUBSTANCE ABUSE DISORDERS.



THE LIST INCLUDE A BRIEF PROGRAM EXPLANATION, THE POPULATION IS ATTENDS (ADULTS, TEENS, PREGNANT WOMEN, AND UVM STUDENTS), ADDRESSES AND PHONE NUMBERS.



THE LIST WAS THEN COPIED TO EPIC AS A SMARTPHRASE (DOT PHRASE) AND ACCESS WAS GIVEN TO ALL PROVIDERS OF THE SOUTH BURLINGTON FAMILY MEDICINE PRACTICE.



THIS LIST CAN BE EASILY ADDED TO THE AFTER VISIT SUMMARY THAT IS GIVEN TO EACH PATIENT, BY TYPING .LOCALSUBSTANCERESOURCES ON EPIC.

Response



THE PROVIDERS WERE IMMENSELY GRATEFUL FOR HAVING THIS RESOURCE EASILY AVAILABLE.



KERRY STANLEY MENTIONED ONE PROVIDER HAD REACHED OUT TO HER FOR A LIST OF RESOURCES, AND SHE RECOMMENDED SEVERAL PROGRAMS THAT ARE NOW PART OF THIS SMARTPHRASE.



PROVIDERS AGREE THEY AREN'T AWARE OF ALL RESOURCES THE COUNTY HAS TO OFFER, AND NEITHER ARE MOST OF THEIR PATIENTS SEEKING HELP.

Evaluation

- ▶ Effectiveness: the after visit summary is available to all patient at the check-out. It specifies the providers recommendations and treatment plans. The resources list can be added to this summary and the patient will have a physical copy of local resources for substance abuse. The process is very effective for sharing information.
- ▶ Limitations:
 - ▶ resources that are not within 30 minutes driving distance were not added to the list, excluding important resources such as the Brattleboro retreat.
 - ▶ Providers need to remembers the list is readily assessible and add it to the patient's after visit summary - labels with the smartphrase were created and added to the practice's computers as reminders.
 - ▶ Only providers at the South Burlington Family Medicine have access to the smartphrase.

Recommendations for the future



CREATE A MORE COMPREHENSIVE LIST, INCLUDING RESOURCES WITHIN A 3 HOURS DRIVING DISTANCE, WHICH WILL THEN INCLUDE THE BRATTLEBORO RETREAT AND OTHER HALFWAY HOMES.



MAKE THE RESOURCE FREELY AVAILABLE IN EPIC THEREFORE, GIVING ACCESS TO ALL UVM PROVIDERS.

Resources

- ▶ Free Press Staff. Vermont to receive \$4M from feds to fight opioid crisis. Burlington Free Press. [Internet] June 19, 2018. <https://www.burlingtonfreepress.com/story/news/local/2018/06/19/vermont-receive-4-m-feds-fight-opioid-crisis/711742002/>
- ▶ Hubs and Spoke [internet]. Blueprint for Health - State of Vermont. [Cited 2018 Aug 9]. Available from: <http://blueprintforhealth.vermont.gov/about-blueprint/hub-and-spoke>
- ▶ Overdose Deaths Involving Opioids, Cocaine, and Psychostimulants – United States, 2015-2016 [internet]. Center for Disease Control. Weekly/ March 30, 2018. 67 (12): 349-358. Available from: <https://www.cdc.gov/mmwr/volumes/67/wr/mm6712a1.htm>