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# Substance Use Disorder Treatment Decision Aid for Adults in Chittenden County Vermont

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# PATIENT & FAMILY EDUCATION: DETERMINING APPROPRIATE LEVEL OF CARE FOR SUBSTANCE ABUSE/MISUSE

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# PROBLEM IDENTIFICATION

- Substance Abuse Disorders (SUDs) are a prevalent public health concern in both the national and local arena.
  - In the United States, approximately 21.5 million people aged 12 or older in 2014 had SUDs in the past year, including 17.0 million people with an alcohol use disorder and 7.1 million people with an illicit drug use disorder.<sup>1</sup>
  - More Vermonters (ages 12 and up) are drinking alcohol compared to the country overall. The number of Vermonters binge drinking is also higher in our state than in the country overall.<sup>2</sup>
  - Vermonters in the 18-25 year-old age group have among the highest use rates of opioids in the country.<sup>2</sup>
- Less than half of Vermont youth and adults with a recent diagnosis of SUDs are seeking out treatment.
  - In 2017 only 44% of youth and adults Medicaid recipients with a new episode of alcohol or other drug dependence initiated treatment through an inpatient alcohol or drug admission, outpatient visit, intensive outpatient encounter or partial hospitalization within 14 days of the diagnosis.<sup>3</sup>
- The secretive and isolative nature of SUDs make identification, diagnosis, and treatment difficult.<sup>4</sup>
  - What types of treatment (inpatient, outpatient, intensive outpatient, partial hospitalization, recovery housing, peer support groups) are available to residents of Chittenden County?
  - Sorting through the mass of information on the internet can be time consuming, difficult, and delay treatment.

## PUBLIC HEALTH COST

- **Nationally:**
  - Substance use is estimated to cost Americans more than \$600 billion each year.<sup>5</sup>
  - In 2009, substance abuse prescription medicine cost \$866 million nationwide.<sup>6</sup>
  - Despite high costs of opioid Medication Assisted Treatment, overall healthcare costs have been found to be 29% lower for those being treated versus those who aren't, demonstrating the ultimate cost-effectiveness of treating addiction.<sup>7</sup>
- **Vermont:**
  - Vermont Medicaid spends \$12,985 annually for each buprenorphine client, and \$13,523 for each methadone client, constituting a grand total of \$34,675,475.<sup>8</sup>
- **Loss of Life:**
  - SUDs lead to considerable loss of life and is a growing public health concern as a treatable disease.
  - In Vermont, there was a 30% increase in opioid-related deaths from 2015 to 2016 (from 74 to 96 deaths among Vermont residents) and there was a 5% increase in deaths from 2016 to 2017 (from 96 to 101 deaths among Vermont residents).<sup>9</sup>
  - In Vermont during 2016 there were 342 deaths attributable to both chronic and acute alcohol consumption.<sup>10</sup>

# COMMUNITY PERSPECTIVE

## MOTHER OF TEEN WITH RECENT OVERDOSE

“I didn’t know where to start. I had no idea my son was struggling with drug addiction, particularly not bad enough that he would end up in the ICU after an overdose. What would be best for him and our family? Our insurance did not cover typical inpatient options, and I had no clue there were non-medical inpatient options such as the Plymouth House available in our region. The amount of information available on the internet was overwhelming.”

## DETOXIFICATION CENTER CLINICIAN

“Often times clients come to detox in crisis. They know that they have a substance abuse problem, they know they need physical detoxification services, but then they don’t know what to do next. Individuals in this type of crisis need it to be kept simple.”

# INTERVENTION & METHODOLOGY

- In order to help guide adult patients and their families in Chittenden County along their journey towards recovery from SUDs, a treatment decision aid was developed for choosing the right level of care.
- The double sided handout also includes a variety of inpatient, outpatient, recovery housing, and peer support groups in Chittenden County and beyond.
- Information provided includes:
  - Facility/organization name
  - Location
  - Contact information
  - Level of care
  - Additional information
- This hand out is ready for use on demand within the clinic or hospital setting.

# INTERVENTION: TREATMENT DECISION AID

## RECOVERY TREATMENT DECISION AID

Revised January 2020

This substance abuse treatment decision aid provides the most up-to-date information for adults in Chittenden County, VT. Our hope is that all persons seeking recovery will find what they need easily, to reduce the time searching for the appropriate resources, and increase the time receiving treatment services. Addiction is a treatable disease.

Name	Location	Contact	Additional Information
<b>Inpatient Detoxification Services:</b>			
Howard Center Act 1	184 Pearl St. Burlington, VT	(802) 488-6425	Typical length of stay is 3-7 days. Provides a clean, safe, supervised setting to regain sobriety from substance abuse.
<b>Inpatient &amp; Residential Services</b>			
Valley Vista	23 Upper Plain Bradford, VT	(802) 222-5201	These traditional inpatient treatment programs offer a variety of services from medically supervised detoxification to discharge and comprehensive aftercare planning. They provide safe physical withdrawal from alcohol and/or other drugs in a medical monitored setting and a therapeutic, chemical-free supportive environment for an intensive educational and treatment experience.
Serenity House	98 Church St, Wallingford, VT	(802) 446-2640	
Conifer Park	79 Glenridge Rd. Glensville, NY	(800) 989-6446	
Phoenix House	106 Roxbury St. Keene, NH	(888) 671-9392	
Plymouth 12 & 12 House	446 Main St. Plymouth, NH	(603) 536-5500	
<b>Intensive Outpatient Services (IOP):</b>			
Howard Center	Burlington, VT * Several locations available	(802) 488-6140 (802) 488-6000	Group and individual therapy for those requiring an enhanced level of care. Generally multiple days per week with reduction in days as levels of program are completed.
UVMMC Day One	1 South Prospect St. Burlington, VT	(802) 847-333	Concentration on group therapy with each group meeting for a minimum of 12 sessions. Three levels of care based on individual needs.
<b>Recovery Housing:</b>			
Oxford House - Women	Bright Street Burlington, VT	(802) 495-9111	Each recovery house has its own set of rules and entry requirements. Most require 30-days of continuous sobriety before being considered, require attendance at 12-step meetings, require certain hours volunteer or paid work, and have varying costs for weekly rent. Some are monitored by individual owners or organizations, and others are peer-run.
Oxford House - Men	North Street Burlington, VT	(802) 355-0010	
1st Step Recovery House – Men	Walnut Street Burlington, VT	(802) 488-4842	
Evolution House – Men	King Street Burlington, VT	(802) 355-0010	
Stonecrop – Women	Manhattan Drive Burlington, VT	(802) 999-6422	
VFOR – Men & Women	Multiple locations divided by sex	(802) 735-4340	

Name	Location	Contact	Additional Information
<b>Medication Assisted Recovery</b>			
Howard Center Chittenden Clinic	75 San Remo Dr. South Burlington, VT	(802) 488-6450 option # 1	An Opioid Treatment Program (OTP) known as a Hub in the Vermont Hub and Spoke system. Provides medication assisted treatment (MAT) to people with Opioid Use Disorder (methadone, buprenorphine and naltrexone). Initiation of treatment through the Hub allows for transition of care to the Spoke, or office-based setting.
<b>Peer Support Services:</b>			
Narcotics Anonymous	Champlain Valley Area Multiple locations	(802) 862-4516 (866) 580-8718	Narcotics Anonymous is a non-profit fellowship of men and women for whom drugs have become a major problem. We are recovering addicts who meet regularly to help each other live drug-free. Free services with multiple meeting locations and times available on website, <a href="http://www.cvana.org">www.cvana.org</a> .
Alcoholics Anonymous	District 2, 11, and 9; Area 70 Multiple locations	(802) 864-1212	Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Free services with multiple meeting locations and times available on website, <a href="http://www.aavt.org/home.html">http://www.aavt.org/home.html</a> .
<b>Additional resources:</b>			
Turning Point Center of Chittenden County	179 S. Winooski Ave Burlington, VT	(802) 861-3150	The Turning Point Center of Chittenden County provides space for peer-to-peer recovery activities, fellowship, events, games, fitness, stress management, recovery related programs, various 12 step meetings, and 1-on-1 Recovery Coaching. The Turning Point Center respects all paths to recovery. Additional information can be found on website, <a href="https://turningpointcentervt.org/">https://turningpointcentervt.org/</a> .

# RESULTS

- Family medicine, inpatient psychiatry, and outpatient providers responded favorably to the simple treatment decision aid and have high hopes it will come in handy for helping guide patients with a new diagnosis of SUDs, or those who have failed lower levels of care, to make decisions about their next steps.
- There was appreciation for the simplicity of the design, as well as the amount of information it contained within a single, double-sided handout.
- Having all the information for recovery services available in Chittenden County and beyond on one simple handout that can be given to patients and/or their families will help ease the fear and anxiety associated with searching out this type of care.

## EVALUATION OF EFFECTIVENESS & LIMITATIONS

- **Assessing Effectiveness:**
  - An assessment could be undertaken comparing the utility the treatment decision aid in helping patients and their families find an appropriate level of care.
    - Does the treatment decision aid simplify the search for treatment?
    - Is the treatment decision aid being utilized?
  - An increase in the number of patients referred to and utilizing these services would be on indication of this projects efficacy.
- **Limitations:**
  - The treatment decision aid only provides information on the services available. It would be up to the patient and/or their family to contact these services and follow through with completing care.
  - The handout will require regular updating as new services become available. or old services change.

## RECOMMENDATIONS FOR THE FUTURE

- Optimize the exposure of the Treatment Decision Aid to those who may need help.
  - Display in the waiting room at primary care offices in Chittenden County rather than only hand out to patient identified by clinicians.
  - Disperse to additional recovery-associated organizations such as the Turning Point Center of Chittenden County.
- Support community efforts to reduce the stigma associated with SUDs.
  - Provide continued education on the disease model of substance use disorders for providers, clinicians, and the local community of Chittenden County.

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