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

Elizabeth V. McLeod

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

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Family Medicine Clerkship, Dec 2018 – Jan 2019
Thomas Chittenden Clinic, Williston, VT
Project Mentor: Dr. Dan Donnelly & Dr. Adrianne Trout
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.\(^1\)
  - 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.\(^2\)
  - Vermonters in the 18-25 year-old age group have among the highest use rates of opioids in the country.\(^2\)
  - 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.\(^3\)
  - The secretive and isolative nature of SUDs make identification, diagnosis, and treatment difficult.\(^4\)
    - 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.
• Nationally:
  • Substance use is estimated to cost Americans more than $600 billion each year.\(^5\)
  • In 2009, substance abuse prescription medicine cost $866 million nationwide.\(^6\)
  • 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.\(^7\)

• 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.\(^8\)

• 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).\(^9\)
  • In Vermont during 2016 there were 342 deaths attributable to both chronic and acute alcohol consumption.\(^10\)
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 nor 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.”

COMMUNITY PERSPECTIVE
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 handout is ready for use on demand within the clinic or hospital setting.
# Recovery Treatment Decision Aid

**INTERVENTION: 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. Addition is a treatable disease, and treatment through the hub allows for transition of care to the clinic, or office-based setting.

### Treatment Services

**Injectable Detoxification Services**
- **Howard Center**
  - Location: 384 Pearl St, Burlington, VT
  - Contact: [802] 666-6425
  - Additional Information: Typical length of stay is 3-7 days. Provides a clean, supervised setting to support recovery from substance abuse.

**Inpatient & Residential Services**
- **Valley Vista**
  - Location: 21 Upper Plain Rd, Bradford, VT
  - Contact: [802] 227-5291
  - Additional Information: 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 therapists, chemical free supportive environment for an intensive educational and treatment experience.

- **Security House**
  - Location: 98 Church St, Burlington, VT
  - Phone: [802] 494-2649
  - Address: 75 Shilling Rd, Stowe, VT
  - Phone: [802] 593-6468
  - Address: 266 Redway Rd, Keene, NH
  - Phone: [603] 877-6395

- **Plymouth 12 & 12 House**
  - Location: 609 Main St, Plymouth, NH
  - Contact: [603] 536-5590

**Intensive Outpatient Services (IOP)**
- **Howard Center**
  - Location: Burlington, VT
  - Contact: [802] 486-6240
  - Additional Information: Group and individual therapy for those requiring increased level of care. Generally multiple days per week with escalation in days as levels of programs are completed.

**CRAIC: Day One**
- Location: 5 South Main St, Burlington, VT
  - Contact: [802] 847-121

**Recovery Housing**
- **Church House - Women**
  - Location: 780 Church St, Burlington, VT
  - Contact: [802] 847-1531
  - Additional Information: Group and individual therapy for those requiring increased level of care. Generally multiple days per week with escalation in days as levels of programs are completed.

- **Crosswinds**
  - Location: King Street, Burlington, VT
  - Contact: [802] 350-6523

- **Stimulus**
  - Location: Williamstown Drive, Burlington, VT
  - Contact: [802] 666-642

- **VTO - Men & Women**
  - Location: Multiple locations
  - Contact: [802] 735-4396

**Peer Support Services**
- **Narcotics Anonymous**
  - Location: Capital House
  - Contact: [802] 845-0215

- **Alcoholics Anonymous**
  - Location: Downtown Clubhouse
  - Contact: [802] 864-1211

**Additional Resources**
- **The Turning Point Center of Chittenden County**
  - Contact: [802] 665-1955

The Turning Point Center of Chittenden County provides access to peer to peer recovery activities, education, events, and more. Visit their website for up-to-date information on the latest events and resources available in the community.

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**Medication-Assisted Recovery**

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
<th>Contact</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Howard Steven Chittenden Center</td>
<td>505 Main St, Burlington, VT</td>
<td>[802] 841-1955</td>
<td>More Information</td>
</tr>
<tr>
<td>Chittenden House</td>
<td>505 Main St, Burlington, VT</td>
<td>[802] 841-1955</td>
<td>More Information</td>
</tr>
</tbody>
</table>

**Additional Information**

- For more information on the Turning Point Center, please visit their website: [https://turningpointcenter.org/](https://turningpointcenter.org/)
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 an indication of this project's 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.
• 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 sigma associated with SUDs.
  • Provide continued education on the disease model of substance use disorders for providers, clinicians, and the local community of Chittenden County.
REFERENCES


