

Telehealth for SUDs Treatment

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Project Director



National Frontier & Rural

ATTC

Addiction Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Outline

- **ATTCs and the Telehealth Resource Centers**
- **Rural/Frontier Issues**
- **Definitions of Telemedicine/Telehealth**
- **Telehealth Technologies**
- **Customer Demands**
- **Reimbursement**
- ~~**Privacy/Security**~~
- ~~**Scope of Practice/License Portability**~~
- **What Other States/Providers Are Doing**
- **NFAR Training/Technical Assistance Opportunities**

Purpose of the ATTCs

- *develop* and *strengthen* the workforce that provides addictions treatment and recovery support services to those in need



2012 – 2017 ATTC Network Coordinating Office



10 Regional Centers

4 ATTC National Focus Centers





Serve as the national subject expert
and key resource to **PROMOTE** the awareness
and implementation of telehealth technologies



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Telehealth

Resource Centers

Home

Operations Tools

Reimbursement

Legal & Regulatory

Marketing

Training

Program Development

Webinars

BUILDING CONNECTIONS BREAKING BARRIERS

APRIL 8-9

CTRC Telehealth Summit 2015 »

Building Connections, Breaking Barriers

April 8, 2015 - April 9, 2015

[California Telehealth Resource Center](#)

[Webinar Slides](#)

TRC National Webinar Series

October 17, 2014

Every month the TRCs present a topic of current interest in telehealth. Join us on the third Thursday of every month.

MAR 19, 2015: Presented by UMTRC

APR 16, 2015: Presented by NRTRC

MAY 21, 2015: Presented by MATRC

[Join us for our webinar series!](#)

[Click here to view past webinars](#)

<http://www.telehealthresourcecenter.org/>

Telehealth Resource Centers

- **Goal of TRCs** to provide assistance, education and information to organizations and individuals who are actively providing or interested in providing medical care at a distance
- **TRCs** are funded by Health Resources and Services Administration (HRSA) Office for the Advancement of Telehealth-part of the Office of Rural Health Policy

Telehealth Resource Centers

- **14 TRCs**
- **12 Regional Centers**
- **2 National Centers**
 - **Technology Assessment**
 - **Telehealth Policy**

TelehealthResourceCenters.org



2 National Resource Centers

NRTRC	gpTRAC	NETRC
CTRC	HTRC	UMTRC
SWTRC	SCTRC	MATRC
PBTRC	TexLa	SETRC

12 Regional Resource Centers

**Over half of the country's land mass is
designated as frontier or rural**



Approximately one quarter of the U.S. population (62 million people) lives in frontier/rural areas



16-20% of those individuals experience substance dependence, mental illness, or co-morbid conditions

Studies show that those residing in rural areas use substance abuse treatment less often than those in urban areas

(Finfgeld-Connett & Madsen, 2008; Oser et al., 2012)



Individuals residing in remote areas have

- higher mortality rates,
- higher suicide rates, and
- more severe alcohol/drug problems

Stigma



Barriers Include

★ Privacy and Confidentiality

(Moyer & Finney, 2004/2005)

★ Travel Costs and Burden

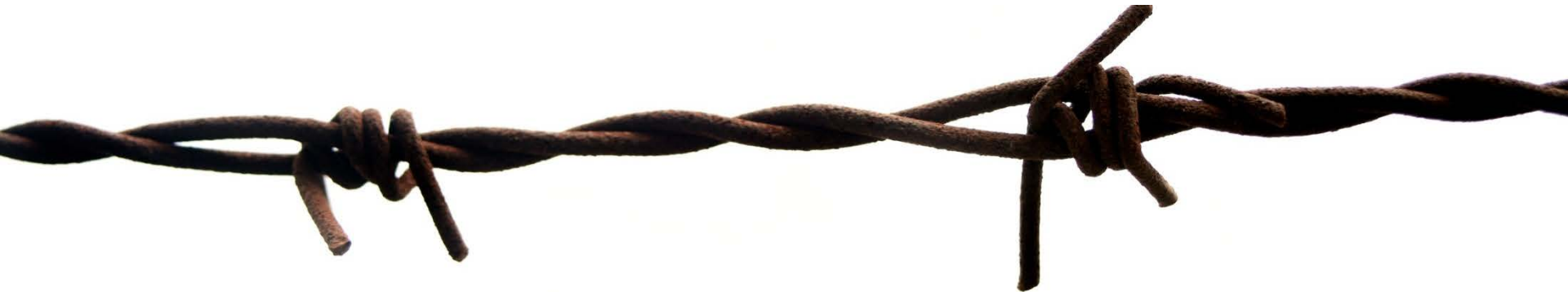
(Rheuban, 2012)

★ Time Away From Work

(Berwick, 2008)

★ Child Care

(Berwick, 2008)



**Rural probationers
were less likely to be involved in peer
recovery support programs or self
help groups (AA or NA) (Oser, et al., 2012)**



**Expand
Access**

**Enhance
Treatment
Services**

Telehealth

‘the use of telecommunications and information technologies to provide access to health information and services across a geographical distance’

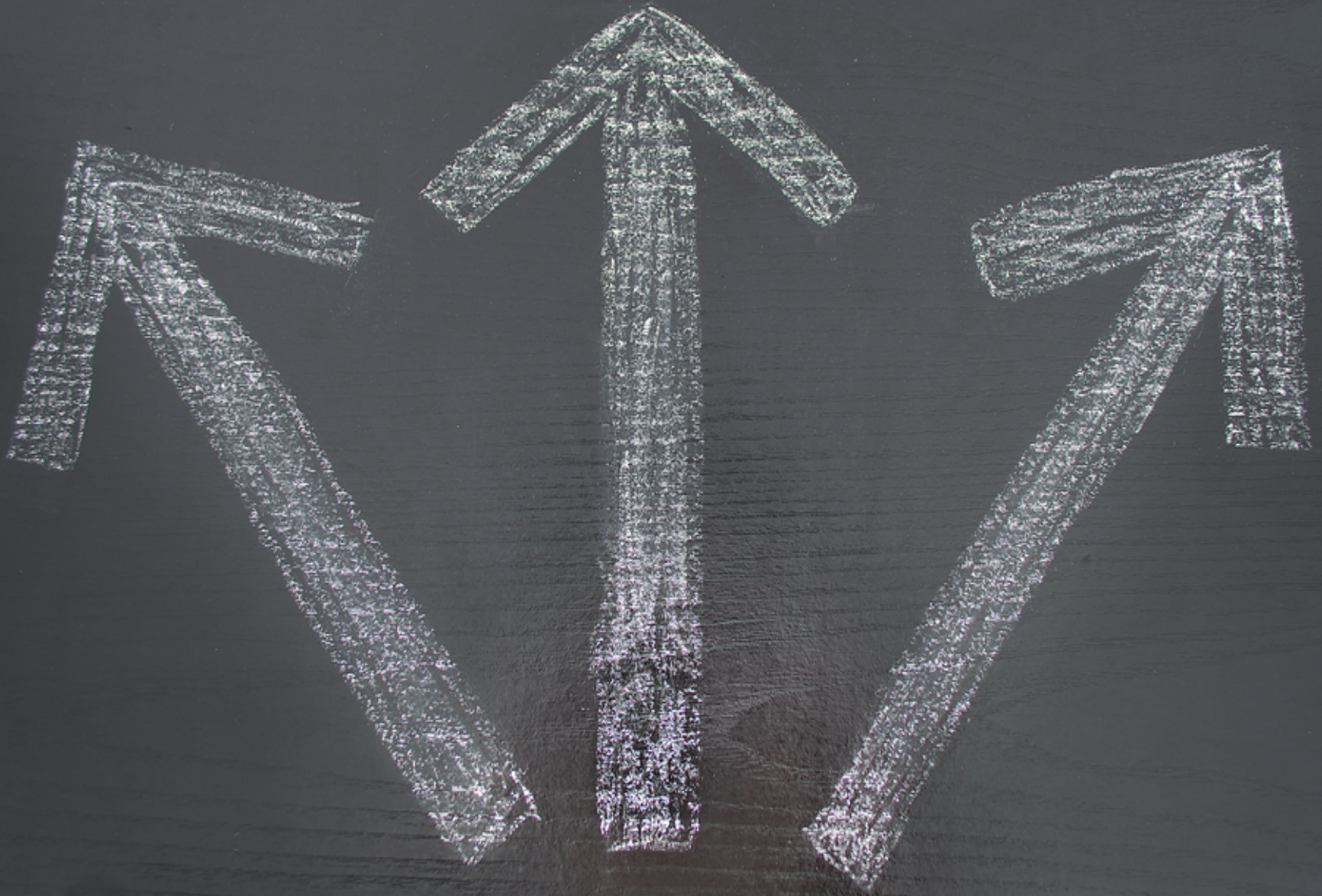
Telemedicine

‘use of medical information exchanged from one site to another via electronic communications to improve patient health status’

Definitions

- Synchronous communications
 - **Videoconferencing**
 - **Telephone**
- Asynchronous Communications
 - **Email**
 - **Web-based programs**
- Some telehealth technologies include both type of communications
 - **Smart phones**

3 Choices



Videoconferencing



Technology-Based Interventions



Telephone

‘The research base for telemental health-related interventions is slightly more than **50 years old’.**



(Richardson et al., 2009; Wittson et al., 1961; Wittson & Benschoter, 1972)

Systematic Review of Videoconferencing Psychotherapy

**Patients and providers
perceived a strong
therapeutic alliance over
videoconferencing**

Addiction Treatment Lags Behind



There are few published works on the use of telehealth to provide or enhance substance abuse services in rural areas.

PRACTICE GUIDELINES FOR VIDEO-BASED ONLINE MENTAL HEALTH SERVICES

May 2013



American Telemedicine Association, 2013



Telephone

Technology-Based Interventions





Web-based Screeners/Support



Technology-Base Interventions

TBIs have been developed to target Substance Use Disorders including:

- Alcohol Use
- Tobacco Cessation
- Gambling
- Illicit Drug Use



Clinician Extenders

(Bickel et al., 2008; Carroll & Rounsaville, 2010; Des
Jarlais et al., 1999; Marsch, 2011)

Examples of EBPs Used by TBIs

- **Cognitive Behavioral Therapy**
- **Community Reinforcement Approach**
- **Contingency Management**
- **Motivational Enhancement**
- **Motivational Interviewing**
- **Brief Intervention**
- **Screening**
- **Relapse Prevention**

2

**Technology-Based Interventions
have been validated recently through
NIDA research
TES and CBT4CBT**

What Do People Say About TES?



Technology-Based Interventions
Enhancing Treatment for Substance Use Disorders
www.sudtech.org





CBT4CBT

Computer Based Training for
Cognitive Behavioral Therapy

Demo



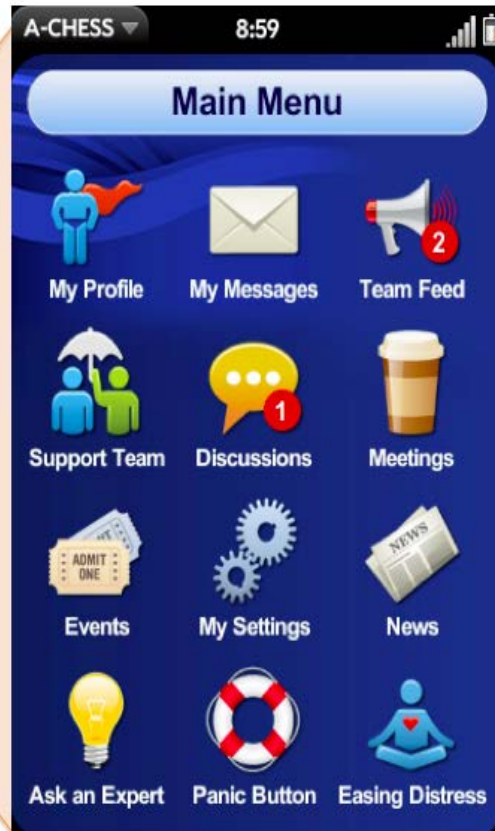
<http://www.cbt4cbt.com>



SMART- #&% PHONE APP

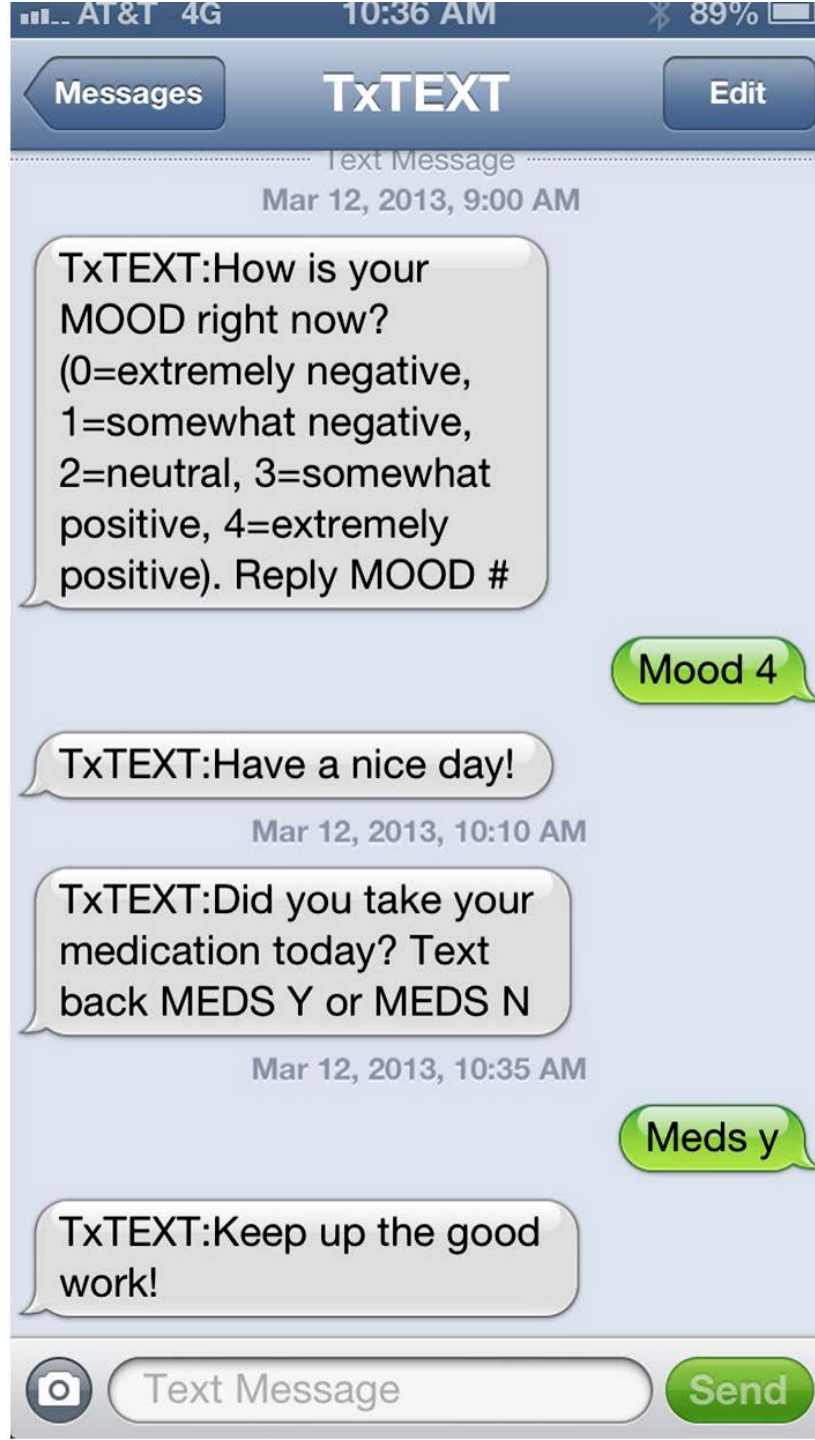
ACHESS

ACHESS



- Monitoring and alerts
- Reminders
- Autonomous motivation
- Assertive outreach
- Care coordination
- Medication reminders
- Peer & family support
- Relaxation
- Locations tracking
- Contact with professionals
- Information

It is operating now!



Ingersoll, et al. 2014



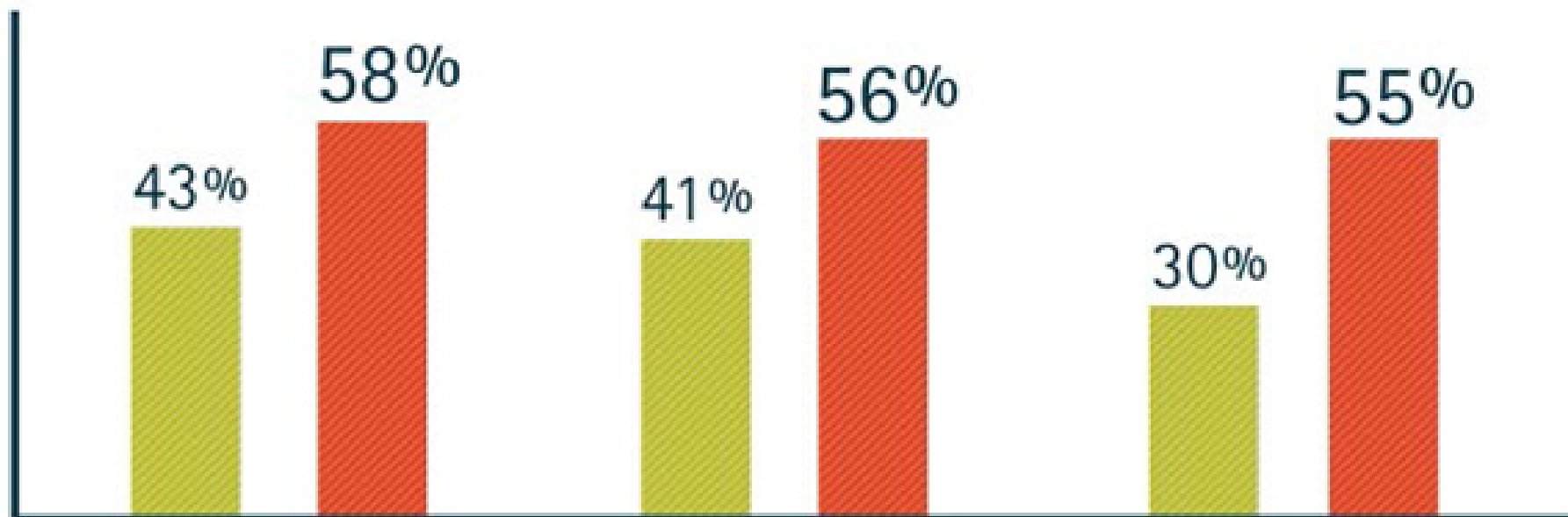
SECOND LIFE

Virtual Reality

Customer Demand



■ 2012 ■ 2015



1. Request
prescription
refills



2. Communicate with
doctor through
secure email



3. Access
their medical
information online

What do we know about clients?

Survey of 8 urban drug treatment clinics in Baltimore (266 patients)



Clients' had access to:

- **Mobile Phone 91%**
- **Text Messaging 79%**
- **Internet/Email/Computer 39 - 45%**

(McClure, Acquanta, Harding,
& Stitzer, In Press)

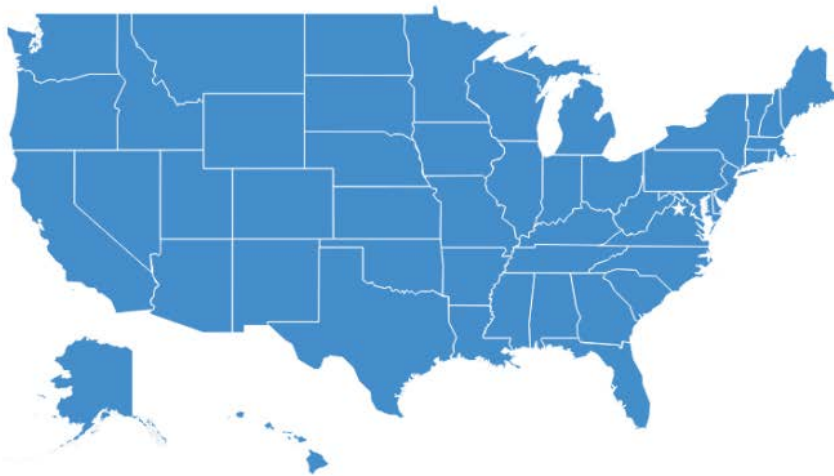


More than **two thirds** of patients at one urban ED used mobile telephones, texting, and other technologies regularly.

The majority were interested
in receiving behavioral interventions
using technology



“Ready to walk the Reimbursement Maze?”



State Telehealth Policies and Reimbursement Schedules
A Comprehensive Plan of the 50 States and District of Columbia

September 2014

<http://cchpca.org/>

Video Most Reimbursed

Rarely Reimbursed

Email

Fax

Phone

Practitioner Requirements

- Physicians
- Nurse practitioners
- Physician assistants
- Nurse midwives
- Clinical nurse specialists
- Registered dietitians or nutrition professionals
- Clinical psychologists (CP)
- clinical social workers (CSW)
- Certified registered nurse anesthetists

**Licensed/Certified
Addiction Counselors
not included**



... the use of **TBI interventions may be incorporated as a value-added service that assists providers in meeting other contractual obligations, such as the use of EBPs.**

States or Providers Implementing Use of Telehealth Technologies

- **Iowa**

- Web-based Computerized Treatment System (Recovery)
- Virtual Worlds
- Telephone-based care

Molfenter, et al., 2015

- **Massachusetts**

- Smart Phones- A-CHESS
- Web Screeners

- **Maryland**

- Videoconferencing (telesuboxone)
- Virtual World

States or Providers Implementing Use of Telehealth Technologies

- **South Carolina**

- Videoconferencing (telepsychiatry & telesuboxone)
- Smartphone Mobile Device (A-CHESS)
- Web Based Computerized Treatment (Brief Intervention)

- **Oklahoma**

- Smartphone Mobile Device (A-CHESS)
- Expanded Videoconferencing
- Web Based Computerized Treatment System (TES)
- Web Screen (SBIRT)
- Virtual Worlds
- Psychiatric Videoconferencing

Providers Using Telehealth Technologies

- **Operation PAR in Florida**
 - Web-videoconferencing and email
- **Tarzana Treatment Centers in California**
 - Web-video conferencing and email
- **Heartview Foundation in North Dakota**
 - Web-based recovery support/private social network-Ning
- **Face it Together in South Dakota**
 - Telephone Recovery Support



TAKE HOME MESSAGES

Telehealth Technologies could serve as a proverbial “foot in the door” for clients who are uneasy about seeking SUD treatment





Clinician Extenders

(Bickel et al., 2008; Carroll & Rounsaville, 2010; Des
Jarlais et al., 1999; Marsch, 2011)

Professionals will need to view
technology as a powerful partner



in improving quality and
productivity of behavioral
healthcare

Whether its Group Counseling

Like This

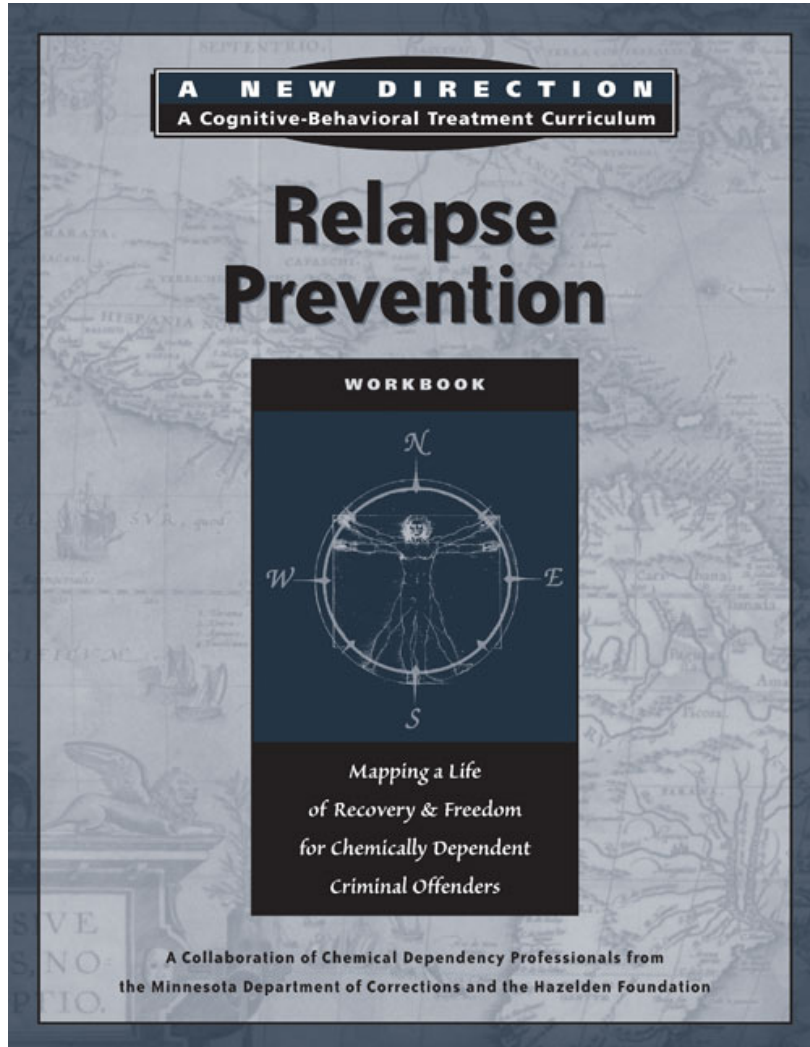


or Like This



or Client Homework

Like This



or Like This



**Expand
Access**

**Enhance
Treatment
Services**

**Telehealth technologies are in Clients'
Best Interest**

National Frontier and Rural ATTC Website

www.nfarattc.org



**Welcome to the
National Frontier and Rural ATTC**

Products and Resources

Learn about products and resources
available in this focus area.



Contact Us

Find contact information for
this National Focus Area Center.



**National Frontier and
Rural Links**

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Trainings & Events

Products & Resources

Special Topics

Telehealth Tuesdays

Subscribe to NFARs mailing list

Subscribe



Telehealth Pioneers







How to Prepare Your Agency for Telehealth: **A Telehealth Capacity Assessment Tool**



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New Ethical Dilemmas in the Digital Age



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Technology-based Clinical Supervision



Extending the Reach of Clinical Supervisors



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2 Upcoming Trainings

- SUD Tech
- Recovery Support Technologies

2nd Tuesday of Every Month



www.nfarattc.org



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

The National Frontier & Rural ATTC Presents

Telehealth ^{MediaSeries} Tuesdays

Join us the **second Tuesday** of every month to gain knowledge about using telehealth technologies.



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NFAR Summit September 2nd & 3rd

SAVE the DATE

NFAR Summit
3rd Annual 2015
September 2 & 3 Austin, TX

Technology Trends in the Behavioral Health Workforce:
Preparing for the Future



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www.nfarattc.org