

# *Culturally Competent Approaches to Opioid Use Disorder Treatment*

February 23, 2021 | 11AM-12PM

# The IPRO QIN-QIO: Where We Are



- Healthcentric Advisors
- Qlarant

## The IPRO QIN-QIO Region

### **IPRO:**

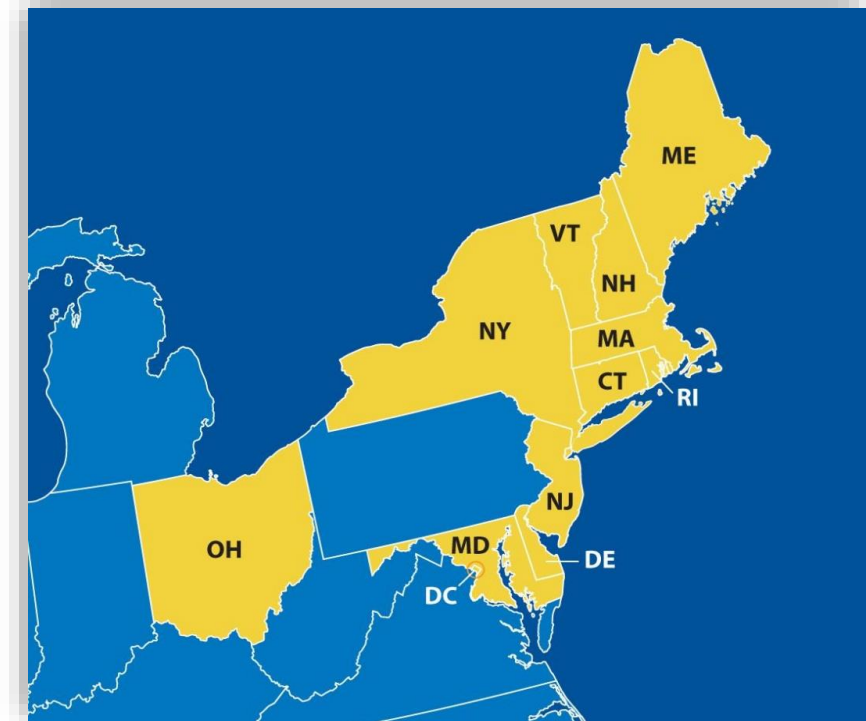
New York, New Jersey, and Ohio

### **Healthcentric Advisors:**

Connecticut, Maine, Massachusetts, New Hampshire, Rhode Island, and Vermont

### **Qlarant:**

Maryland, Delaware, and the District of Columbia



Working to ensure high-quality, safe healthcare for  
**20% of the nation's Medicare FFS beneficiaries**



**Thank you for joining our  
SWEEP**



■ Healthcentric  
Advisors  
■ Qlarant

## **SWEEP: Strategic Web-based Education & Engagement Plan**

- A virtual, multi-event learning program.
- Brings together technology, education, and support.
- Consists of virtual events delivered over a period of time.

# About This SWEEP



## Addressing Health Disparities to Reduce Opioid Use Harm

- Identify, prioritize, monitor, and eliminate health disparities
- Improve patient and organizational health literacy
- Promote culturally & linguistically appropriate services
- Discuss perceptions of addiction, stigma, implicit bias
- Screen & address social determinants of health



# Our Presenters



- Healthcentric  
Advisors
- Qlarant

**Ricardo Cruz, M.D., M.P.H.**



[Biography](#)

**Edwin Chapman, Sr., M.D.,  
DABIM, FASAM**



[Biography](#)

# Making the Case for Recovery Coaching

Culturally Competent Approaches  
to Opioid Use Disorder Treatment

Ricardo Cruz, MD, MPH

February 23, 2021



**Boston University** School of Medicine



# Disclosures

I have no conflicts to report

# Learning Objectives



Define Recovery Coaching and its role in the recovery process



Describe the background and evidence supporting Recovery Coaching



Describe Project RECOVER, a Recovery Coaching model



# Case: Mr. M

36 y/o Spanish-speaking Latinx male presented to detox for opioid withdrawal management

## Addiction History

- Severe opioid use disorder/injection drug use approx. 2-3gm per day heroin/fentanyl
- Multiple detox admissions in the past and never prescribed medications for OUD

## Medical History

- Chronic visual impairment with recent acute vision loss

## Psychiatry History

- Mood disorder

## Social History

- Homeless- staying with a friend
- Recent history of incarceration, released 6 months prior to his detox admission

# What Is Coaching?

- “Coaching” used in multiple areas: sports, business, career, academics and overall life.
- Professional and personal coaches assist in achieving goals.
- Coaching defined:



Takes a valued person from where they are to where they want to be



Form of development in which an experienced person, called a ***coach***, supports a learner or client in achieving a specific personal or professional goal by providing training and guidance



**NOT** fixing people – its helping them be their best selves

# What is Recovery?

SAMHSA:

- **Recovery** is a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.

Connecticut Community For Addiction Recovery (CCAR):

- One of five foundational principles – You are in **Recovery** if you say you are.



**R IS FOR  
RECOVERY**

# What is Recovery Coaching?



Promotes recovery and assists to remove barriers and obstacles to recovery



Serves as a personal guide and mentor for people seeking or already in recovery



Provides strengths based support for positive change and reaching future goals in life and recovery

# Goals of The Recovery Coach



Help individuals create recovery wellness plan and develop recovery pathway



Provide support

- Emotional support
- Information - connect to health and wellness community resources
- Assist in addressing Social Determinants of Health (SDoH)
- Connect to recovery community, activities and events



Recovery Coaches are **NOT**

- Sponsor, counselor, healthcare provider, legal counsel, spiritual guide

# Recovery Wellness Plan

- Tool utilized by Recovery Coaches to guide individuals on ultimate goal and pathway for their recovery.
- Consists of Overall Recovery Wellness Goal
- **Covers 8 domains:**
  - Connection to Recovery Community
  - Physical health
  - Emotional health
  - Spiritual health
  - Living accommodations
  - Job/Education
  - Personal daily living management
  - Other

# Evidence on Recovery Coaches



Reduced substance use and relapse rates



Improved relationships with treatment providers and social supports



Increased treatment retention



Greater treatment satisfaction

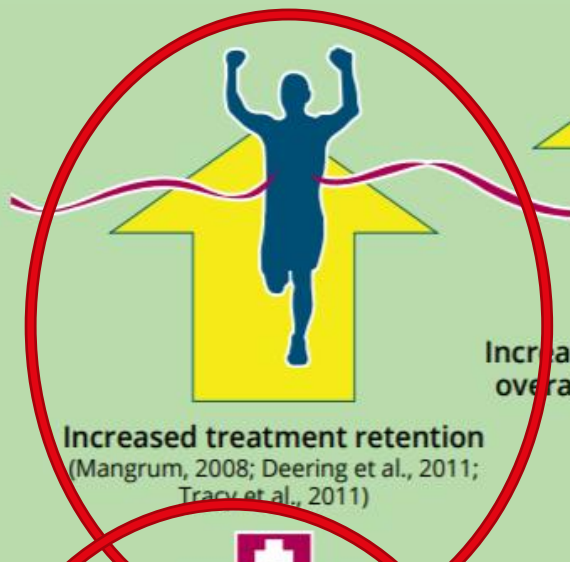


Two rigorous systematic reviews examined the body of published research on the effectiveness of peer-delivered recovery supports published between 1995 and 2014. Both concluded that there is a positive impact on participants (Bassuk, Hanson, Greene, Richard & Laudet, 2016; Reif et al, 2014) ...Taken as a whole, the current body of research suggests that people receiving peer recovery support may experience:



**Improved relationship with treatment providers**

(Sanders et al., 1998; Andreas et al., 2010)



**Increased treatment retention**

(Mangrum, 2008; Deering et al., 2011; Tracy et al., 2011)



**Increased satisfaction with the overall treatment experience**

(Armitage et al., 2010)



**Improved access to social supports**

(O'Connell, ND; Boisvert et al., 2008; Andreas et al., 2010)



**Decreased emergency service utilization**

(Kamon & Turner, 2013)



**Reduced re-hospitalization rates**

(Min et al., 2007)



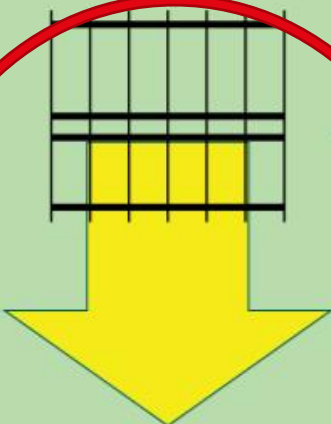
**Reduced substance use**

(Bernstein, et al., 2005; Boyd et al., 2005; Kamon & Turner, 2013; Mangrum, 2008; O'Connell, ND; Rowe, et al., 2007; Armitage et al., 2010)



**Greater housing stability**

(Ja et al., 2009)



**Decreased criminal justice involvement**

(Rowe, et al., 2007; Mangrum, 2008)



**Reduced relapse rates**

(Boisvert et al., 2008)



# PROJECT RECOVER

A Peer Recovery Coaching Model



**Boston University** School of Medicine



Funded by Department of Health and Human Services Office of Minority Health 5 CPIMP171150-03-00

# Project Background



Detox is a critical touchpoint to prevent opioid overdose<sup>1</sup>



Transition to long term treatment after detox low<sup>2,3</sup>



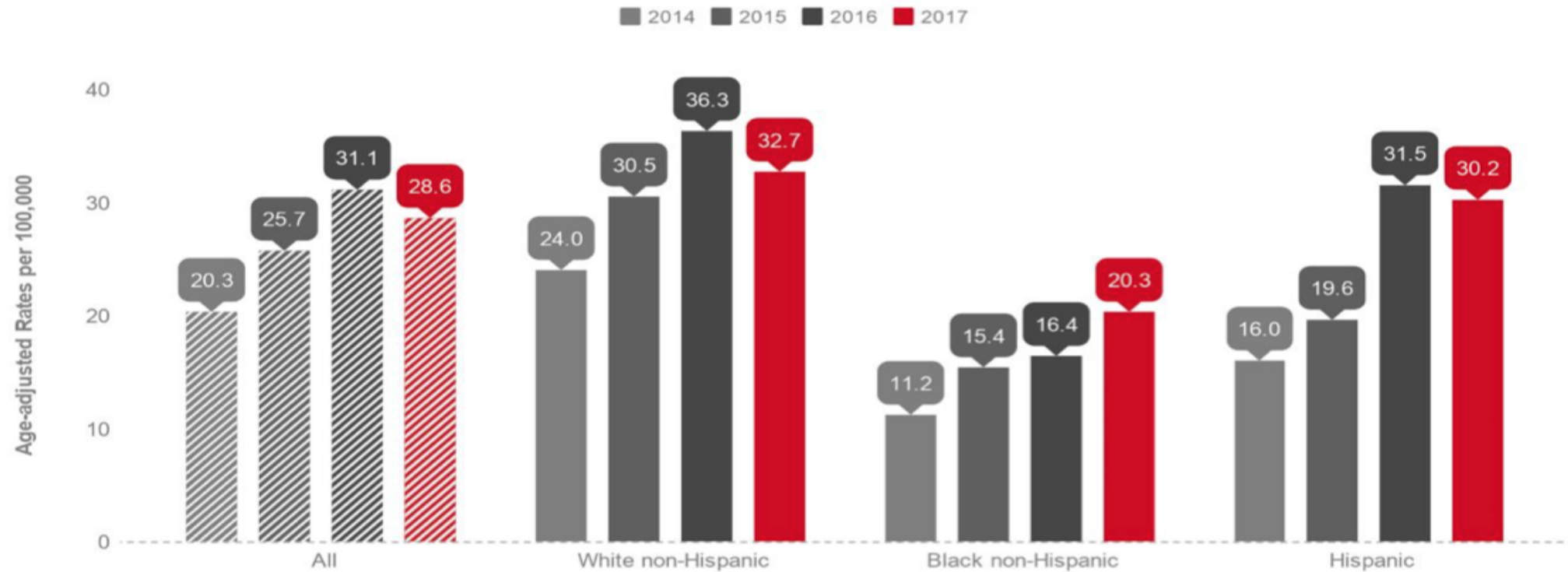
Opioid related mortality nearly double in Black and Latinx communities, less likely to receive and engage in MOUD



Recovery Coaches used to support engagement with SUD treatment and transition between levels of care<sup>4</sup>

1. Larochelle MR, et al. Drug and alcohol dependence 2019, Vol.204, pp.107537; 2 Bailey GL, et al. J Subst Abuse Treat. 2013; 45: 302-305; 3 Stein MD, et al. J Subst Abuse Treat. 2015; 59: 99-103; 4. Eddie D, et al. Frontiers in Psychology June 2019 , Volume 10 Article 1052

## Confirmed Opioid-Related Overdose Death Rates, All Intents, by Race and Hispanic Ethnicity



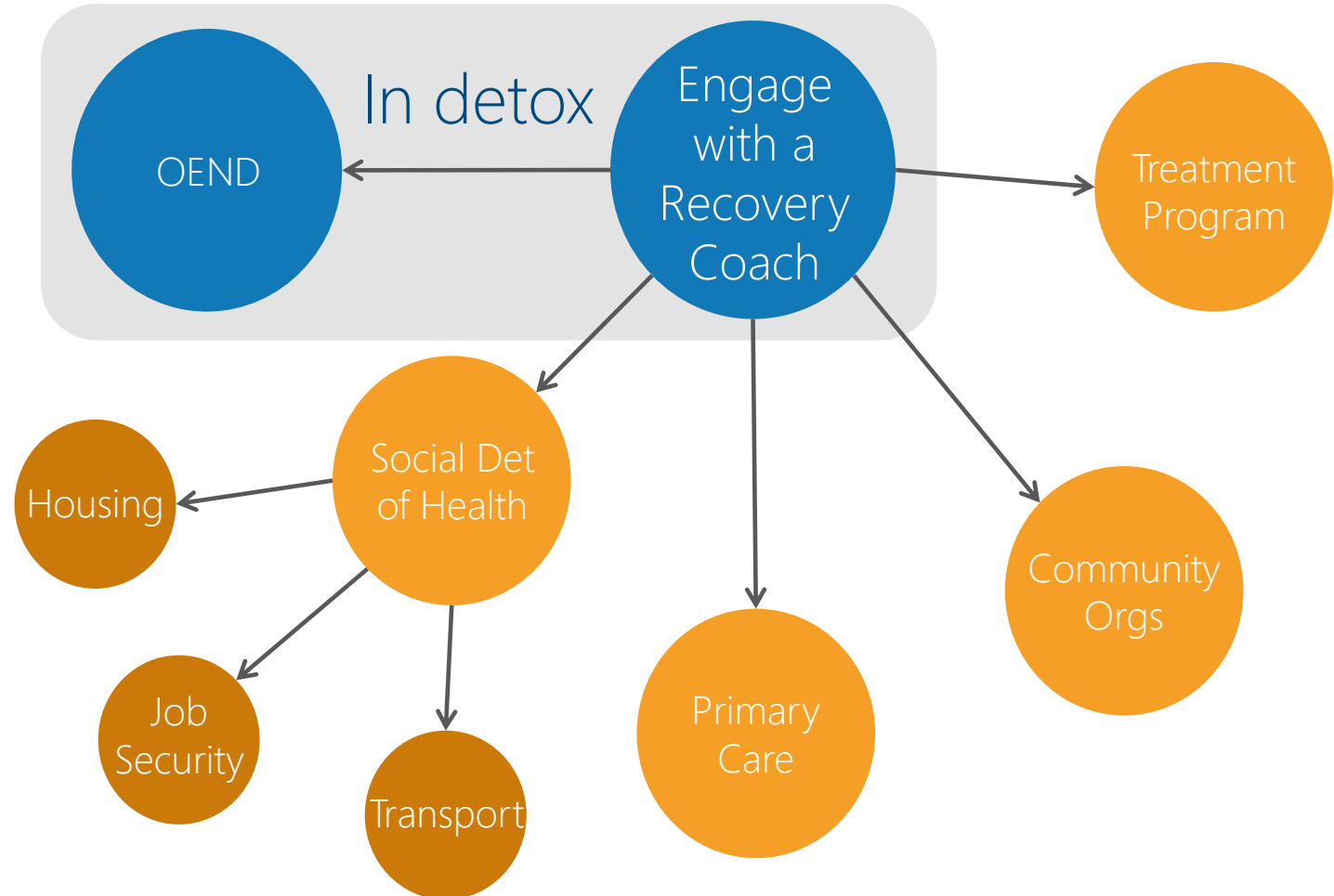
## Confirmed Opioid-Related Overdose Death Rates, All Intents, by Gender and Race and Hispanic Ethnicity

Legend: 2014 (light gray), 2015 (medium gray), 2016 (dark gray), 2017 (red)

# Project Objective

To examine if culturally and linguistically diverse Recovery Coaches help individuals completing detox engage in

- Long term treatment for OUD
- Harm Reduction by providing overdose prevention education and distributing naloxone rescue kits (OEND)
- Primary care services

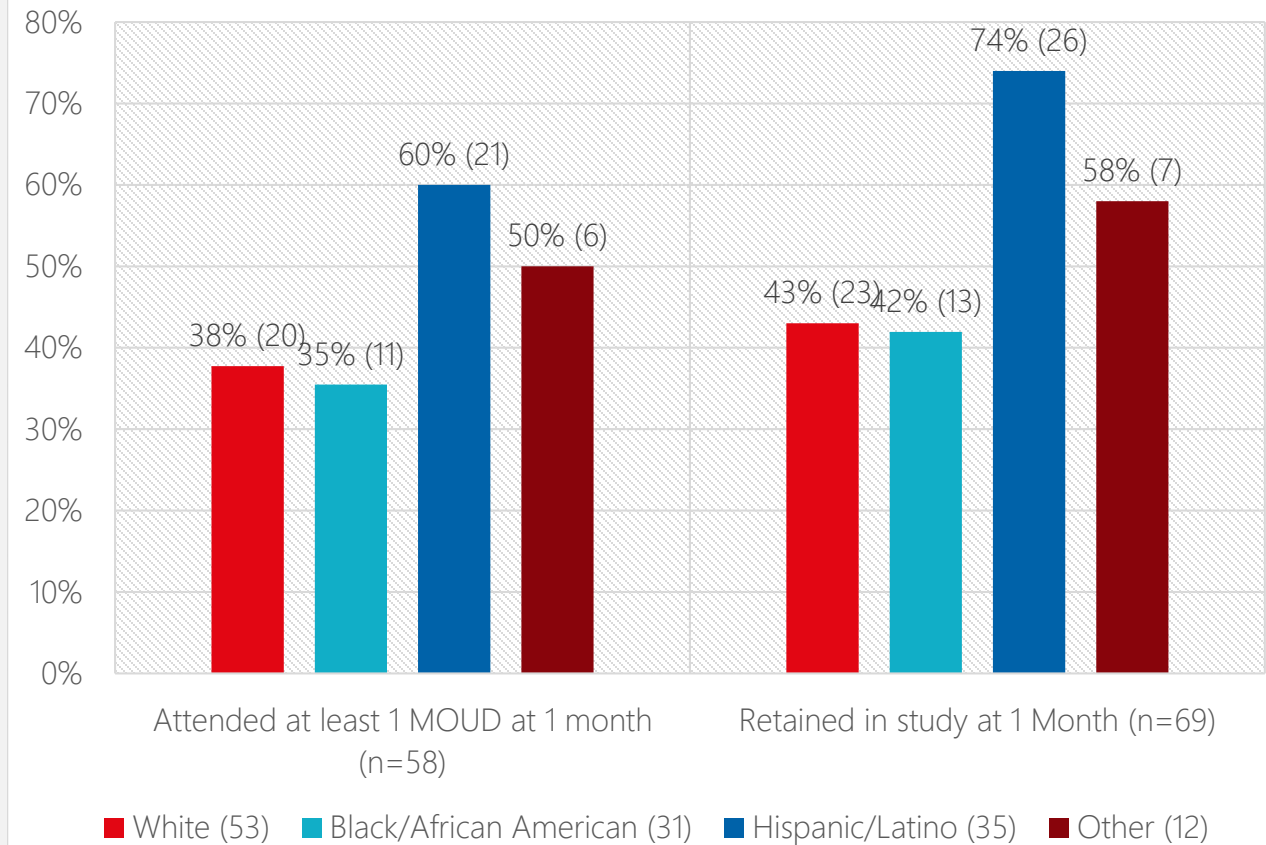


# Preliminary Results: as of March 2020, N=134

Characteristic	%
<b>Gender</b>	
Male	66%
Female	34%
Transgender	0%
<b>Race</b>	
White	40%
Black/Af Am	23%
Hisp/Lat	27%
Other	10%
<b>Age</b>	
25-34	38%
35-44	37%
45+	25%

Characteristic	%
<b>Hep C Status</b>	
Positive	42%
Negative	51%
No data	7%
<b>Housing Status</b>	
Own a home/apt.	11%
Residential Program	13%
Shelter, motel, street or car	44%
Someone else's home	31%
<b>Past Incarceration</b>	
Yes	76%
No	22%

## Engaged in services at 1 month



# Lessons Learned



Culturally and linguistically diverse coaches can engage individuals completing detox in MOUD, primary care services and provide harm reduction services



Loss to follow up high due to complex social issues



Detoxes accepting of coaches, feasible to implement Recovery Coaching in a detox setting



Strong interest by patients in receiving these services, interest in receiving Recovery Coaching services exceeded project capacity

# Back to Mr. M

He enrolled with Project RECOVER and connected with our Spanish Speaking Recovery Coach (RC) to obtain Recovery Coaching services

## Addiction Treatment Support

- Provided harm reduction services and given a Narcan Rescue kit
- Linked to long term MOUD treatment and enrolled in residential treatment services.

## Medical Support

- RC attended healthcare appointment with patient
- Received testing for HIV, Hep B and C
- Referred for evaluation of vision impairment
- Assistance finding supportive services needed due to progressing visual impairment

## Psychiatric Support

- Referred to Behavioral Health Services

## Social Support

- Housing insecurity and outstanding legal issues prioritized by patient
- Gained transportation access through discounted subway pass
- Referred to community organizations to help with housing application
- Legal assistance through Harvard Legal services
- RC accompanied patient to court proceedings – outstanding court cases ultimately dismissed!

# Key Points

- We can all use a helping hand in the Opioid Crisis
- Recovery Coaches can help:
  - Identify and prioritize needs
  - Access treatment and needed services
  - Break down barriers and address factors that impact recovery i.e. legal, housing, jobs
- Recovery Coaches working as peers can build trusted relationships
- Recovery Coaching is effective





# Discussion

**We welcome your  
questions and  
comments!**



# Stigma Kills: Addressing Opioid Use Disorder by Changing Culture

**Richard Bottner, DHA, PA-C**

Department of Internal Medicine  
Dell Seton Medical Center

**Tuesday, March 23, 2021**

**11:00 AM – 12:00 PM**

**[Register](#)**

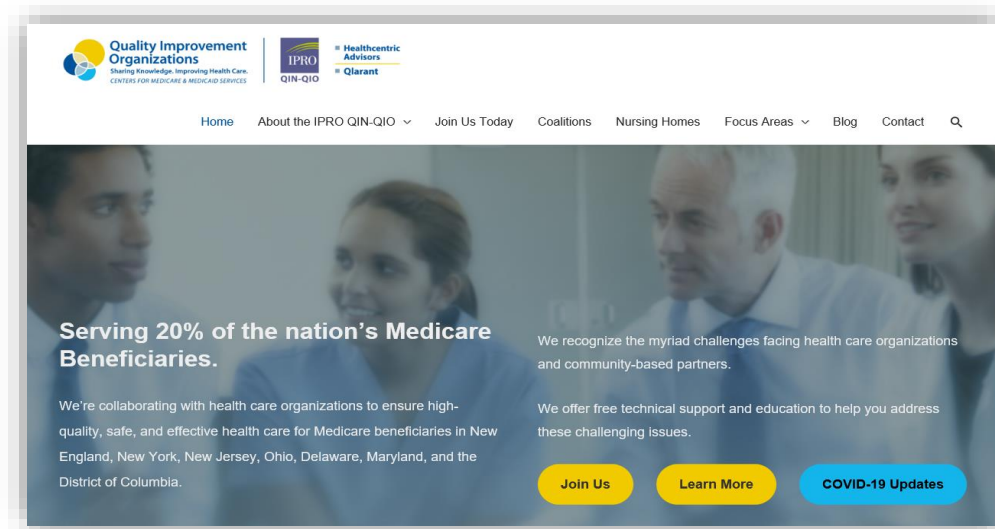
**Have a question? Contact us!**

Anne Myrka  
[amyrka@ipro.org](mailto:amyrka@ipro.org)

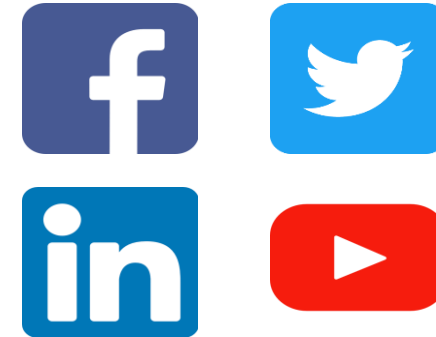
Laura Benzel  
[benzell@qlarant.com](mailto:benzell@qlarant.com)

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<https://qi.ipro.org/>



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