

# **On The (Gravel) Road To Recovery: Rural Strategies To Address Substance Use Disorder**

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# Speaker Disclosures

- None

# Learning Objectives

- Learn about individuals living with substance use disorders in rural areas
- Understand unique barriers to treatment in rural areas
- Appreciate creative integrated strategies to treatment

# Welcome to Northeastern Washington





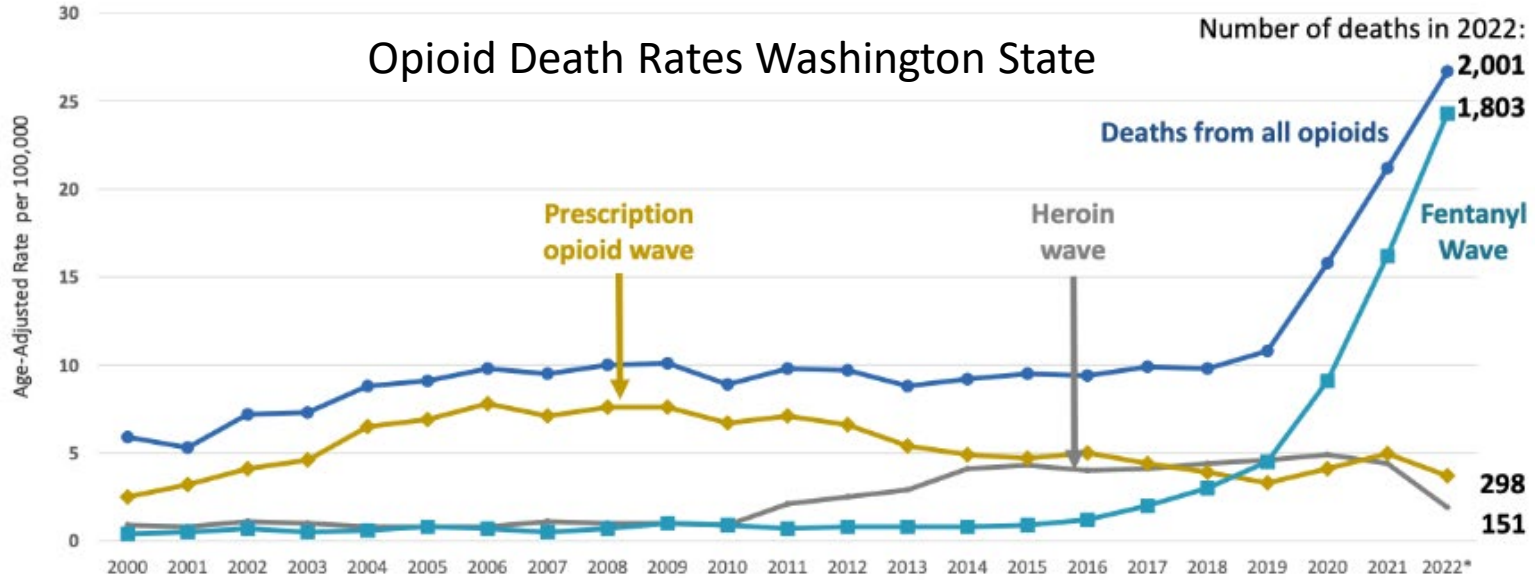
 **Integrated Care Training Program**

# A short history of opioids in our region



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# A short history of opioids in our region



Data Source: Washington State Department of Health, Center for Health Statistics, Death Certificate Data.

Washington State Department of Health |

Data last updated: July 24, 2023.  
\*2022 data is preliminary and may change.

## Washington State Standard

<https://washingtonstatestandard.com/2024/01/25/was-opioid-epidemic-and-the-states-effort-to-fight-it-by-the-numbers/#:~:text=There%20were%20%2C001%20opioid%20overdose,Washington%20Department%20of%20Health%20data.>

## Integrated Care Training Program

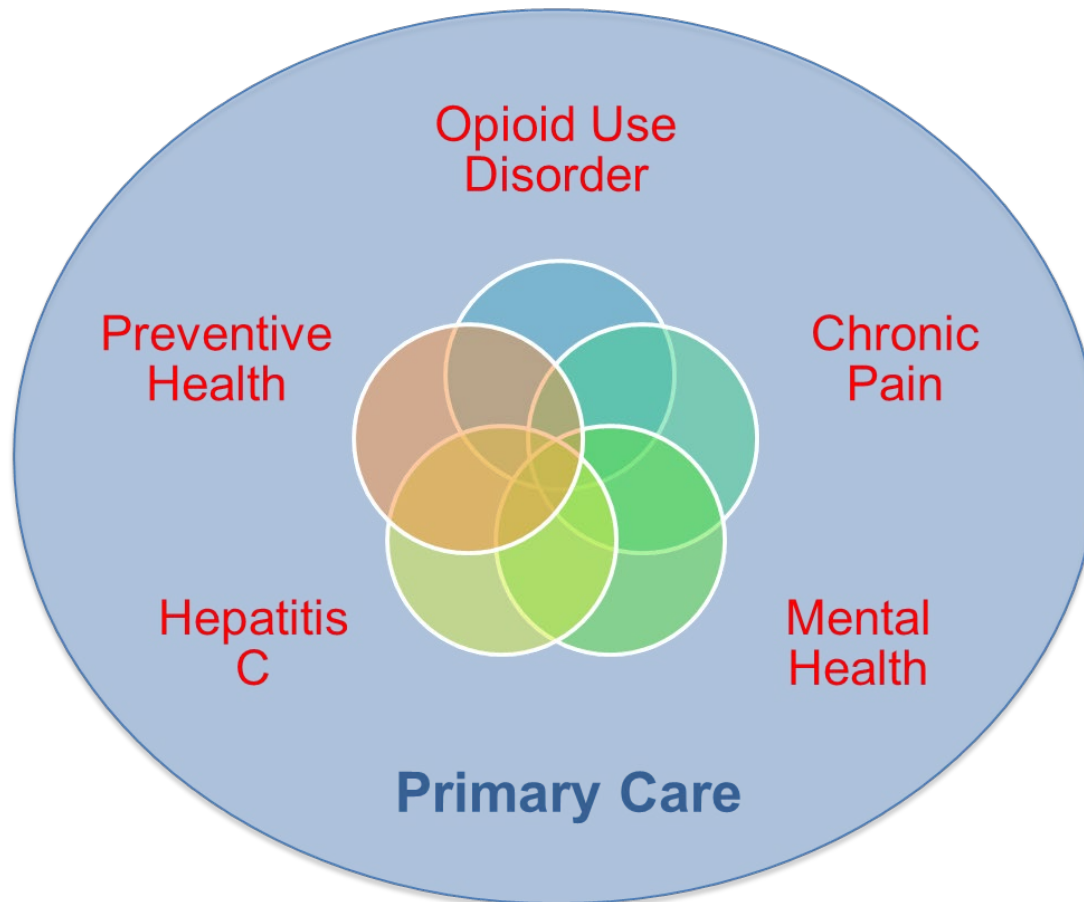
# Treatment Landscape



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# Who Can Respond?



# Rural Barriers to Treatment

## Provider



- Lack of institutional support
- Time Constraints/equity
- Specialty Backup, Confidence
- Fear of needy patients/Comorbidities

## Patient



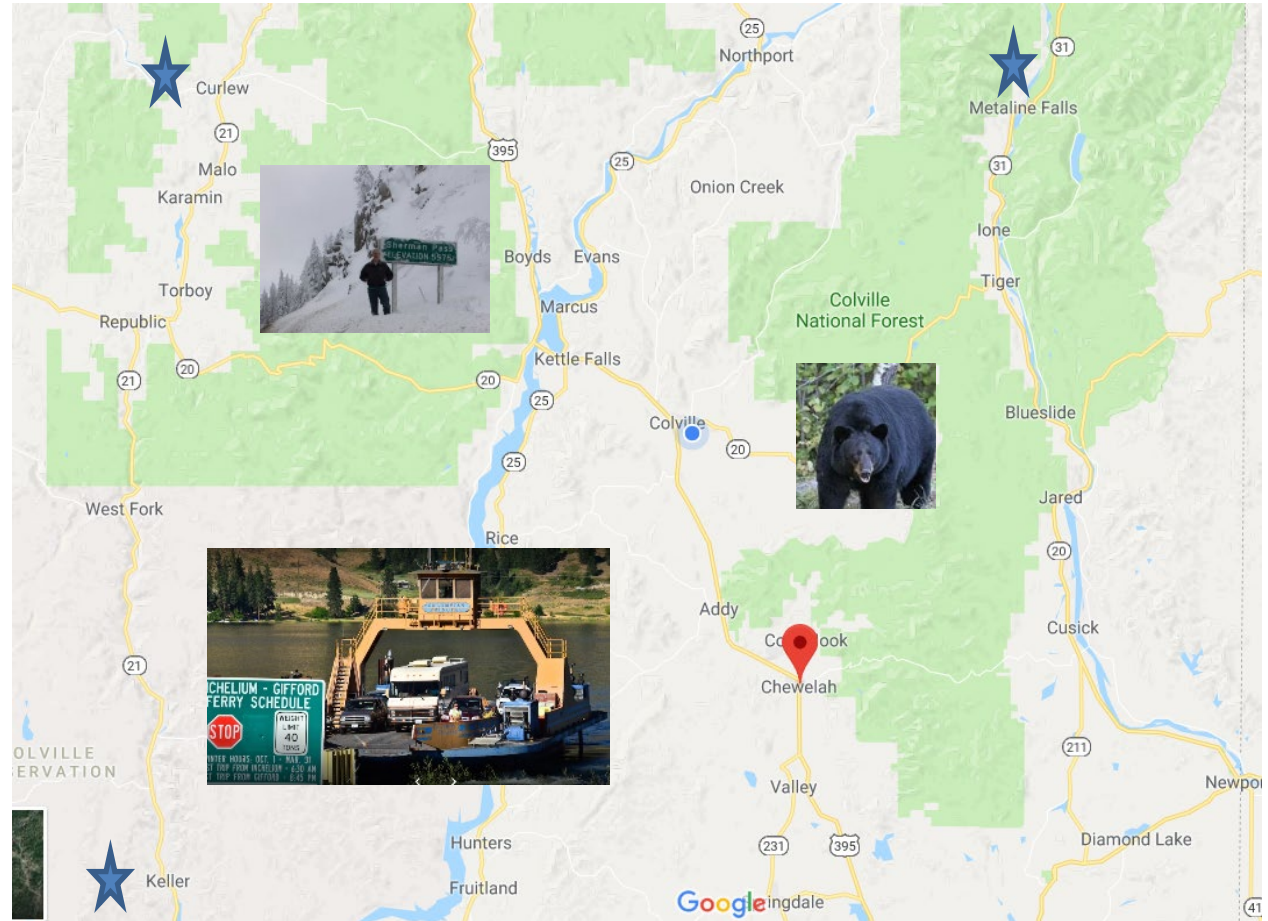
- Stigma
- Scheduling, transportation
- Complex medical issues
- Support

# Distance

Curllew: 150 miles, 3h.  
\$34 gas. Highest pass in Washington

Keller: 162 miles, 4h30 min.  
\$36 gas. Ferry boat ride

Metaline Falls: 120 miles, 3h. \$31 gas. High mountain road



# Designing a Rural Response to Overcome Barriers

## Clinic Level

### Treatment Team

Nurse Care Manager  
Social Work  
Care Navigator  
Administrator  
Primary Care Provider

## Community Level

### Rural Treatment Network

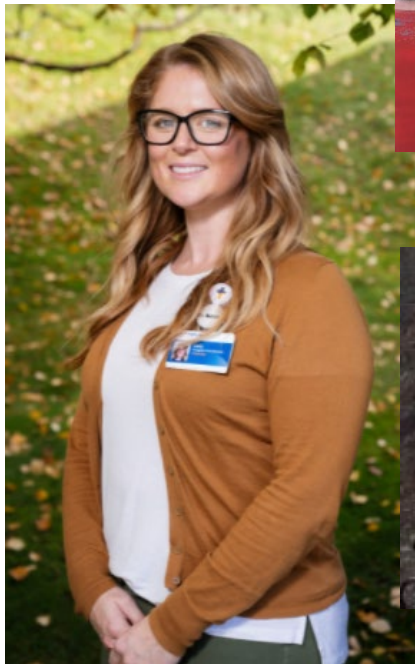
Care Navigators  
Multiple Treatment Locations  
Knowledge Center  
PCP Peer Support  
ER coordination  
Justice System  
Social Services

# Rural Treatment Network



## Integrated Care Training Program

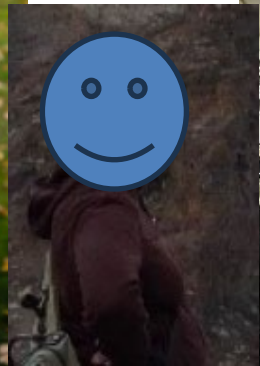
# The Clinical Team



Cally



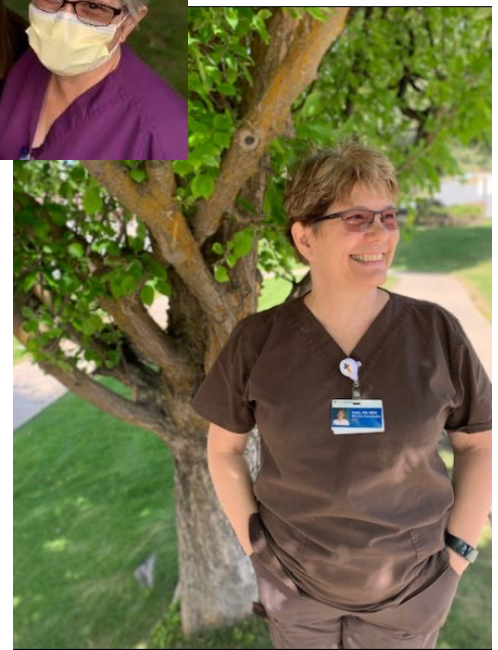
Megan



Social Work?



Andrea Coordinator  
Patient Navigator



Kathy  
Nurse Care Manager

# Overcoming Distance Barrier

- Take public health approach (harm reduction)
- Focus on minimizing barriers to medications not on UDS
- Tolerate no shows and drop ins
- Incorporate telephone visits
- Use Sublocade



# Overcoming Lack Of Specialists/inpatient facilities

- Call upon primary care roots
- Local waiver training
- Develop local expertise
- Care navigators
- Teleconsults
- Collaborative care





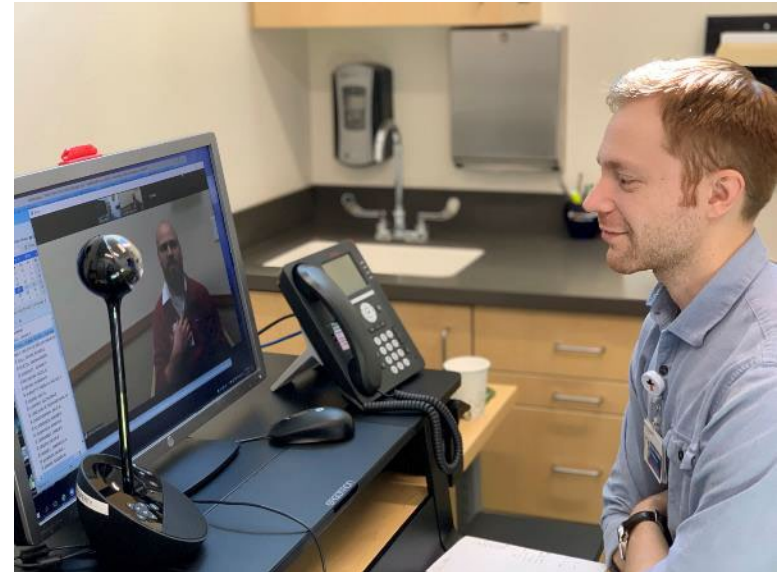
# Overcoming Stigma

- Community Presentations
  - Including native communities
- Advertisements
- Justice system education
- Provider/staff education
- Pharmacy education
- Perseverance



# Overcoming Complex Mental Health Comorbidities

- Improve PCP knowledge
  - UW PACC
- Implement Collaborative Care
- Telemedicine psychiatry
- Community Partnerships



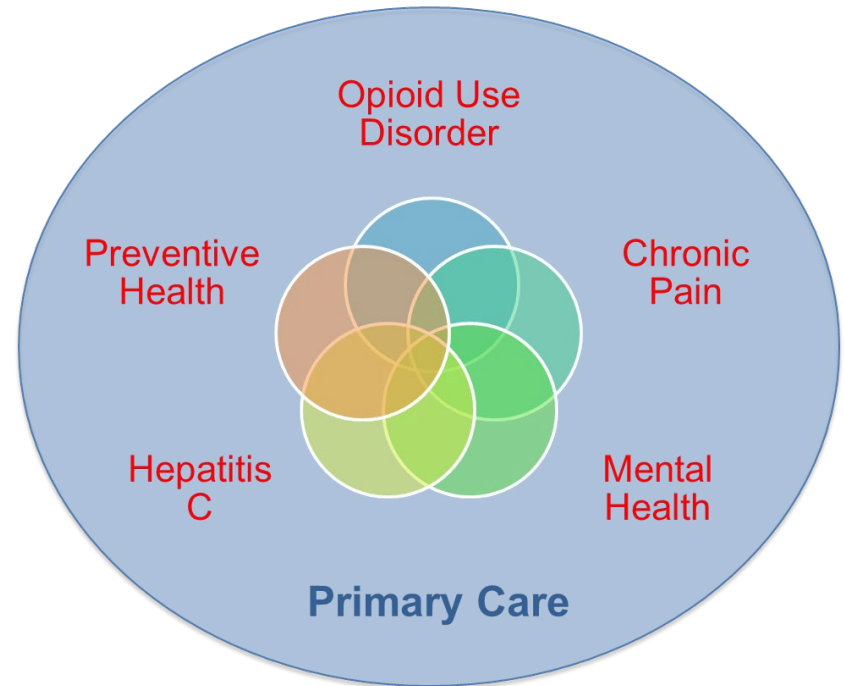
# Overcoming Complex Pain Management Challenges

- Help providers identify OUD in chronic pain patients
- Use buprenorphine early
- Use adjuncts SNRI, pregabalin, TCA
- Aggressively treat depression
- focus on quality of life
- Get physical therapy on board
- Research



# Overcoming lack of PCP prescribers

- Primary care approach
- Develop the team
  - Fund Nursing, CHW, Navigators
- Local expertise, peer support
  - Nursing Navigators and Providers
- Keep your phone on
- Train Rural Residents



# Treatment Success

## State Hub and Spoke Enrollment and Client Characteristics

Reporting Period: August 2018 - February 2024

Hub & Spoke

Providence Northeast Washington Medical Group

**796**

Total Events

**529**

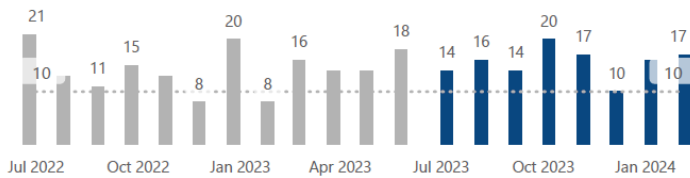
Distinct Clients

**378**

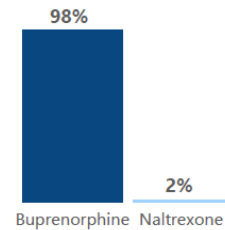
Active Client Count

### Monthly Enrollments

Funding Year ● FY2023 ● FY2024 ● Target



### MOUD at Induction



### Client Characteristics

Gender	#	%
Female	203	38%
Male	324	61%

Average Age	Median Age
38	36

Age Groups	#	%
Under 20	11	2%
20-35	248	40%
36-55	241	38%
56+	38	6%

Race/Ethnicity	#	%
American Indian/Alaska Native	36	7%
Hispanic/Latino	64	12%
White	441	83%
Refused/Missing	43	8%

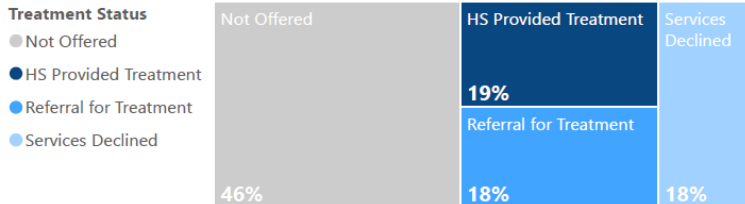
### Stimulant Use Disorder

**134** Total  
**17%** with Stim Use Disorder  
**23** Contingency Mgmt

### Testing or Referral for Testing

**44%** Hepatitis  
**36%** HIV

### Stimulant Use Treatment Status



Note: Client characteristic categories with fewer than 11 observations has been suppressed. Race categories are not mutually exclusive.

## Integrated Care Training Program

# Takeaways

- *Substance use disorders are found in rural areas*
- *There are unique barriers to treatment*
- *Positive outcomes are possible using integrated, community-based care*

# Additional Free Resources for Washington State Healthcare Providers

\*No cost

## EDUCATIONAL SERIES:

- [AIMS Center office hours](#)
- [UW Traumatic Brain Injury](#) – Behavioral Health ECHO
- UW Psychiatry & Addictions Case Conference ECHO [UW PACC](#)
- UW TelePain series [About TelePain \(washington.edu\)](#)
- TeleBehavioral Health 101-201-301-401 [Telehealth Training & Support - Harborview Behavioral Health Institute \(uw.edu\)](#) | [bhinstitute@uw.edu](mailto:bhinstitute@uw.edu)

## PROVIDER CONSULTATION LINES

- UW Pain & Opioid Provider Consultation Hotline [Consultation \(washington.edu\)](#) – 844-520-PAIN 7246)
- [Psychiatry Consultation Line](#) - (877) 927-7924
- [Partnership Access Line \(PAL\)](#) (pediatric psychiatry) - (866) 599-7257
- [PAL for Moms](#) (perinatal psychiatry) - (877) 725-4666

# Questions and Discussion

- Ask questions in the chat or unmute yourself



# Registration

- If you have not yet registered, please email [uwictp@uw.edu](mailto:uwictp@uw.edu) and we will send you a link