

Treat Substance Use Disorders Via Telehealth:

Essential Skills for Assessment, Treatment & Recovery Support at a Distance

LIVE VIDEO WEBCAST
- July 22 or July 29, 2020 -

Webcast Information

Times listed in Pacific Time

Start Time: 8:00am

Lunch: 11:50am - 1:00pm

End Time: 4:00pm

Host: Spokane County Regional Behavioral Health

Contact for questions: Angela Quadry
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Objectives

1. Assess telehealth considerations and their clinical implications, including when its use is contra-indicated and the need for informed consent.
2. Appraise the causes of substance use disorders and factors that reinforce drug use, including factors related to trauma and attachment, as related to case conceptualization.
3. Assess for signs and symptoms of both substance intoxication and withdrawal syndromes for alcohol, methamphetamine, and opioids.
4. Adapt substance use screening and assessment tools for delivery via telehealth.
5. Utilize clinical strategies, such as motivational interviewing, via telehealth to improve client engagement and foster behavioral change.
6. Demonstrate strategies used to improve the efficacy of individual and group therapies through telehealth.

Speaker **Paul Brasler, MA, LCSW**

has been a social worker for 25 years. He is a Behavioral Health Addiction Specialist for the Department of Medical Assistance Services in Virginia, where he conducts training and technical support for SUD treatment providers across Virginia. Prior to this, Paul was the head of Behavioral Health for Daily Planet Health Services, a Federally-Qualified Health Center in Richmond, Virginia.

Paul has extensive experience in working with people with substance use disorders. After finishing school, Paul went to work at an adolescent residential treatment program, where he developed a treatment track for adolescents with substance use disorders. In 2003, he became a senior clinician in the Chesterfield Country Juvenile Drug Court and provided individual, family, adolescent group and multifamily group therapies. After working at the drug court for seven years, Paul moved on to conduct psychiatric and substance misuse evaluations in emergency departments in the Greater Richmond, Virginia area. Paul has also served as adjunct faculty in the school of social work at Virginia Commonwealth University, where he developed a graduate course in substance abuse treatment.

Paul has been a PESI presenter since 2016, and he has presented classes on mental health emergencies and high-risk clients across the county. He recently released his first book, *High-Risk Clients: Evidence-Based Assessment & Clinical Tools to Recognize and Effectively Respond to Mental Health Crises* (PEI Publishing; 2019).

Speaker Disclosures:

Financial: Paul Brasler is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Paul Brasler has no relevant non-financial relationship to disclose.

Program Outline

Telehealth & Substance Use Disorders: What You Need to Know

Basics of telehealth: The do's & don'ts
When telehealth is not appropriate
Virtual privacy concerns
What to tell your clients before starting
Informed consent: Why it's different for telehealth

The Science Behind Substance Use Disorders

Biopsychosocial aspects of substance abuse
The role of trauma & attachment
Compromised immune systems
Using while isolated: The most dangerous substances
Alcohol
Heroin
Fentanyl
Meth

Telehealth Screening & Assessment: How Do You Know if a Client is Using?

Assessment when you can't see or smell
Distance drug screening: Reduce potential harm
How to ask sensitive intake questions
Screening tools you can use at a distance

Remote Treatment Planning & Delivery

Client-reported withdrawal screenings
Making level of care decisions remotely
Withdrawal management alone is not treatment
Withdrawal management protocols & support through telehealth
Inpatient or outpatient treatment?
Medication-assisted treatment

Motivational Interviewing

Stages of change
Key strategies of motivational interviewing
Relapse prevention strategies
What to do when clients relapse

Distance Cognitive-Behavioral Interventions

Apply the A-B-C model to substance abuse
Recognize triggers to use via telehealth
Foster coping skills
Deconstruct negative schemas

Strategies for Group Telehealth

Tailor interventions for virtual groups
Barriers to treatment
Getting people to talk
Referring to virtual 12-step groups

More Strategies to Improve Client Engagement & Get Treatment Buy-In

Showing empathy without nonverbal cues
Case management: Link the client to resources
Medication-assisted treatment

Special Clinical Situations

Pregnancy: Stigma & other challenges
Parents of young children
Vicarious trauma with a high-stress population
Limitations of the research & potential risks

Target Audience: Counselors • Social Workers • Psychologists • Addiction Counselors • Marriage & Family Therapists • Nurses
Nurse Practitioners • Case Managers • Physician Assistants • Physicians • Psychiatrists • Probation/Parole Officers • Clergy

Continuing Education Credits

Addiction Counselors: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.



Chaplains/Clergy: This activity is designed to qualify for 6.25 continuing education hours.

Counselors: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Washington Counselors: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

Marriage & Family Therapists: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

Washington Marriage & Family Therapists: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

Nurses, Nurse Practitioners, and Clinical Nurse Specialists: PESI, Inc. is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.25 contact hours. Partial contact hours will be awarded for partial attendance.



Physician Assistants: AAPA accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credits™ from organizations accredited by ACCME such as PESI. Physician assistants may receive a maximum of 6.0 hours for completing this program.

PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™.

Psychologists & Psychiatrists & Physicians: Psychiatrists & Physicians



PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Psychologists

The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.

Washington Psychologists: CE credit is available. This course consists of 6.25 continuing education credit hours for Washington Psychologists. The Washington Examining Board of Psychology recognizes continuing education activities sponsored by regional or state psychological associations. PESI, Inc. is approved by the Ohio Psychological Association, Provider #263896894, to sponsor continuing education for psychologists. PESI, Inc. maintains responsibility for this program and its content.

Social Workers: PESI, Inc., #1062, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. PESI, Inc. maintains responsibility for this course. ACE provider approval period: January 27, 2020 - January 27, 2023. Social Workers completing this course receive 6.25 Clinical Practice continuing education credits. Course Level: Intermediate. Full attendance is required; no partial credits will be offered for partial attendance. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.



Washington Social Workers: This activity has been submitted to the Washington Licensed Mental Health Counselors, Licensed Marriage and Family Therapists and Licensed Clinical Social Workers Board. Approval pending.

Other Professions: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.