CASAT
Center for the Application of Substance Abuse Technologies
Division of Health Sciences
University of Nevada, Reno
The ATTC is a nationwide, multidisciplinary resource for professionals in the addictions treatment and recovery services fields.
Purpose of the ATTCs

- develop and strengthen the workforce that provides addictions treatment and recovery support services to those in need.
Emphasis is on increasing knowledge and improving skills in using evidence-based and promising treatment/recovery practices in recovery-oriented systems of care.
Working in *partnership* with

- Single State Authorities,
- treatment provider associations,
- addictions counselors,
- multidisciplinary professionals,
- faith and recovery community leaders,
- family members of those in recovery, and
- other stakeholders
The counselor workforce does not have uniform preparation ... and that training is variable and inconsistent.

(Improving the Quality of Health Care for Mental and Substance-use Conditions, Institute of Medicine, 2005)
ATTC Network
Coordinating Office

2012 – 2017

10 Regional Centers
Northwest ATTC
http://www.nattc.org/northwest
Alaska, Washington, Oregon, & Idaho

About the Northwest Addiction Technology Transfer Center

Welcome to the Northwest region of the national Addiction Technology Transfer Center Network. The NWATTC, which serves Oregon, Washington, Idaho and Alaska, is one of the ATTC's 10 regional Centers.

What the NWATTC does

Like all ATTC Network members, we raise awareness of evidence-based treatment and recovery practices among health care providers, administrators and others who help clients with substance use disorders. We improve the quality of addictions treatment and recovery by helping providers and organizations build skills and offer services.
Central Rockies ATTC
http://www.nattc.org/centralrockies

Wyoming, Montana, & Utah

About the Central Rockies ATTC

The Central Rockies ATTC is managed by the Utah Addiction Center at the University of Utah Health Sciences Center. Through a collaborative partnership with the University of Nevada, Reno, and the University of Iowa, the Central Rockies ATTC facilitates workforce development for treatment professionals providing training and technical assistance on evidence-based practices, the National Institute on Drug Abuse (NIDA) Blending Products, and the Substance Abuse and Mental Health Services Administration (SAMHSA) Initiatives.
4 ATTC National Focus Centers

- National American Indian & Alaska Native ATTC
- National SBIRT ATTC
- National Frontier & Rural ATTC
- National Hispanic & Latino ATTC
National Focus Areas ATTCs reflect SAMHSA’s commitment to reduce health disparities.
SAMHSA’s Perspective

• Creation of the National Focus Area ATTCs increases the level of focus to specific areas related to the Strategic Initiatives

• As stated in the RFA ...

“The National Focus Area ATTCs will focus their activities primarily on nation-wide initiatives involving the entire ATTC Network.”
National Focus Area ATTCs

• National American Indian and Alaska Native ATTC
  – University of Iowa

• National Frontier and Rural ATTC
  – University of Nevada, Reno

• National Hispanic-Latino ATTC
  – Universidad Central del Caribe

• National Screening and Brief Intervention ATTC
  – Institute for Research Education and Training in Addictions (IRETA) Pittsburg, PA
The availability of behavioral health services is limited in rural and frontier communities. Adults in rural areas were more likely than urban adults to rate their mental health status as fair or poor.
Serve as the national subject expert and key resource to PROMOTE the awareness and implementation of telehealth technologies.
Create addiction treatment telehealth competencies and develop policy recommendations for national license portability to encourage the addiction treatment and recovery workforce to ADOPT the use of telehealth services.
Use state-of-the-art culturally-relevant training and technical assistance activities to help the frontier/rural addiction treatment and recovery workforce IMPLEMENT telehealth services.
Prepare pre-service addiction treatment and allied health students on using telehealth technologies by DEVELOPING and DISSEMINATING academic curricula for infusion into existing courses.
Advisory Board Work Group Members

- NASADAD- Executive Director
- SAAS- Executive Director
- NAADAC- Executive Director
- IC&RC-Executive Director
- HRSA’s Telehealth Resource Centers
- ATTCs
- Telehealth Experts
- Frontier/Rural Addiction Treatment Providers
- Researchers
- National Focus Area ATTC
Telehealth Technologies

Enhance treatment services

Expand treatment access
USE of TECHNOLOGY
2 REASONS
People are using technology
Majority (95%) of persons with SUDs have not entered treatment. 20.2 million in 2013 (NSDUH, 2013)
‘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)
2000 – 2008
the number of telemental health publications TRIPPLED from the previous 30 years

(Backhaus et al., 2012; Richardson et al., 2009)
Systematic Review of Videoconferencing Psychotherapy

- Patients and providers perceived a strong therapeutic alliance over videoconferencing.
- Studies that compared videoconferencing to in-person psychotherapy reported similar satisfaction levels between the conditions.
- High levels of satisfaction and acceptance with telemental health have been consistently demonstrated among patients across a variety of clinical populations and for a broad range of services.

(Backhaus, et al. 2012)
Addiction Treatment Lags Behind

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

(Balas & Boren, 2000; Benavides-Vaello et al., 2013; Ryan & Gross, 1943)
2 Choices
VIDEOCONFERENCING
Technology-Based Interventions
Videoconferencing Studies in Addiction Treatment

• Opioid Treatment-group counseling
  (King et al., 2009)

• Alcohol Treatment
  (Postel et al., 2005)

• Alcohol Treatment
  (Frueh et al., 2005)

• Teleconferencing Supervision (TCS) - MI
  (Smith et al., 2012)
Use of technology devices to deliver some aspects of psychotherapy or behavioral treatment directly to patients via interaction with a web-based program.
TBIs are **FLEXIBLE** in their ability to provide automated and tailored information...

(Moyer & Finney, 2004/2005; Fotheringham et al., 2000)
... are Cost Effective

(Marsch, 2012)
Transcend Geographical Boundaries

(Marsch, 2012)
To date, more than 100 different computer-assisted therapy programs have been developed for a range of mental disorders and behavioral health problems.

(Klein et al., 2012; Moore et al., 2011)
Technology-Based Behavioral Health Interventions

- may consist of text, audio, video, animations, and/or other forms of multimedia
- use information from medical records, physiological data capture devices, or other sources
- may be interactively customized, or tailored, to an individual user’s needs

(Aronson, Marsch, & Acosta, 2013)
In general, technology-based behavioral health interventions have been shown to be well accepted, efficacious and cost effective, especially when compared to standard care.

(Aronson, Marsch, & Acosta, 2013)
TBIs have been developed to target Substance Use Disorders including:

- Alcohol Use
- Tobacco Cessation
- Gambling
- Illicit Drug Use
TBIs are embedded within other Systems of Care
• Medical Settings
  – emergency rooms
  – primary care offices
  – health clinics

• Criminal justice Settings
  – probation and parole offices
  – jails
  – prisons

• Educational Settings
  – schools
  – colleges
Emergency Rooms
Using IVR or Web-based SBIRT

(Choo et al., 2012)
Prison Settings

TES Computer-Based Intervention
• used in 10 prisons in 4 states
  *(Chaple, 2012; Blenko, 2012; Chaple et al., 2013)*

MAPIT Computer-Based Intervention

*(Walters et al., 2014)*
Public Schools
SBIRT- Web-Based

(Curtis, McLellan, & Gabellini, 2014)
Technology-Based Interventions have been validated recently through funded research studies TES, CBT4CBT, and ACHESS
Therapeutic Education System (TES)

An interactive, web-based psychosocial intervention for SUDs, grounded in: Community Reinforcement Approach (CRA) + Contingency Management Behavior Therapy + HIV Prevention
Components of TES

- Includes **65** interactive, multimedia modules
- Self-directed, evidence-based program includes skills training, interactive exercises, and homework
- All module content includes accompanying audio
- Electronic reports of patients’ activity available to therapists
- Contingency Management Component - Tracks earnings of incentives dependent on urine results or other behavior
- New content can be readily added
Watch the following video and try to pick out the refusal skills.
Findings suggest that TES can be substituted for a portion of face-to-face counseling and produce better outcomes (i.e., abstinence and retention)
What Do People Say About TES?
CBT4CBT

• A computer-based version of cognitive behavioral therapy (CBT)
• Designed to use in conjunction with clinical care for current substance users
• Multimedia presentation, based on elementary level computer learning games, requires no previous computer experience

(Carroll et al., 2008; 2009; 2011; 2014; Olmstead, Ostrow, & Carroll, 2010)
Six modules and follow up assignments focus on key concepts in substance use, including cravings, problem solving, and decision making skills.
CBT participants were...

- Significantly more likely to attain 3 or more consecutive weeks of abstinence from cocaine
- had significantly more negative urines for all drugs but only among those who completed the 8-week trial
- had greater reduction in cocaine use at 6 months follow up, showing durability of the intervention
Demo

http://www.cbt4cbt.com
ACHESS

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

65 proposals accepted for presentation at professional conferences/meetings (e.g., National Council; ATA; CPDD; AHSR; NARMH; NCAD; NASW; NAADAC; TRCs)

12 invitations since 2014 to present at professional meetings, including:

- Substance Abuse Research Consortium
- TRC meetings
- TCE-TAC Grantee meetings
- 3rd Annual Region III HHS-Supported Training Programs meeting
- IC & RC meetings
- South Carolina Licensing Board
- Delaware Health & Social Services Collaborative Practices Conference
Social Media & Websites
Telehealth Tuesdays

The National Frontier & Rural ATTC Presents

Media Series

Join us the second Tuesday of every month to gain knowledge about using telehealth technologies.
<table>
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<tr>
<th>Date</th>
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| March 8, 2016    | BSAFER: A Tablet Computer Intervention for Women with Interpersonal Violence & Drug Use in the ER  
                         Presenter: Esther Choo, MD, MPH                                                                                                           |
| February 9, 2016 | Increasing the Capacity to Address Behavioral Health through Technology – an update from SAMHSA  
                         Presenter: James Wright, LPC Public Health Advisor, Center for Mental Health                                                                   |
| January 12, 2016 | Understanding Security Risks video from the NFAR-ATTC 3rd Annual Summit  
                         Presenter: David Trepp, MS, President and Chief Executive Officer, Info@Risk, Inc.                                                            |
| December 8, 2015 | Using Technology to Enhance Service Delivery and Supervision in Criminal Justice Settings – Part II  
                         Presenters: Mike Chaple, PhD, Executive Director, NDRI-USA & Director, Northeast & Caribbean ATTC  
                         Annie Schachar, JD., Associate Director, Drug Court Programs, Center for Court Innovation   |
Extending the Reach of Clinical Supervisors
A Discussion with Lic/Certification Boards

Nancy A. Roget, MS
PI/Project Director
Two Meetings

December 2014 in Denver - Regions 6-10

April 2015- in Old Alexandria-Regions 1-5
Workgroup Meeting in KC, MO
August 2015
... bring together representatives from Regions 1-10 to identify the top guidelines for Technology-based Clinical Supervision
Guidelines Revisions
(all member of workgroup agree)
COMPETENCE WITH TECHNOLOGIES
Develop a supervision contract/agreement that includes TBCS
Demonstrate knowledge and practice of privacy and security issues, and relevant laws or codes specific to the jurisdiction where services are being provided.
Next Steps

- Meetings with other National Associations
- Report from two regional meetings created and disseminated
- Appoint a NFAR TBCS Work Group
- Create a Document on TBCS for Providers and Boards
- Provide additional trainings that are more skill-based
- Develop a group of Clinical Supervisors that use TBCS
Technology-based Clinical Supervision

Extending the Reach of Clinical Supervisors
A Discussion with Lic/Certification Boards

Nancy A. Roget, MS
PI/Project Director
Review of SCAADAC’s Certification Guidelines and its Relationship to TBCS
New Product

Technology-Based Clinical Supervision

This NEW NFAR Initiative will include:
- Trainings
- Curriculum
- Webinar Series
Technology-Based Supervision: Extending the Reach of Clinical Supervisors

New Ethical Dilemmas in the Digital Age

PART 1. OVERVIEW OF RECOVERY SUPPORT

PART 2. HOW TECHNOLOGY ADDRESSES RECOVERY BARRIERS

PART 3. TYPES OF TECHNOLOGY USED FOR RECOVERY SUPPORT

PART 4. INTEGRATING TECHNOLOGY INTO RECOVERY SUPPORT SERVICES
2nd Annual ToT Academy (January 2016)
Technology-Based Supervision:
Extending the Reach of Clinical Supervisors
Recovery Support Technologies

Training of Trainers
New Curriculum

Implementing Technology Assisted Care into Behavioral Health Settings:
A framework for Change

National Frontier & Rural ATTC
www.nfarattc.org | nfar@attcnetwork.org
Technology Summits

2013 Summit
A Forum for Telehealth Pioneers

2014 Summit
A Forum for Innovators

2015 Summit
Technology Trends in the Behavioral Health Workforce: Preparing for the Future

“The first follower is what transforms a lone nut into a leader”
@sivers
NFAR Summit 2016
August 3-5
Happy Hanukkah!
HAPPY HOLIDAYS FROM THE NFAR ATTC