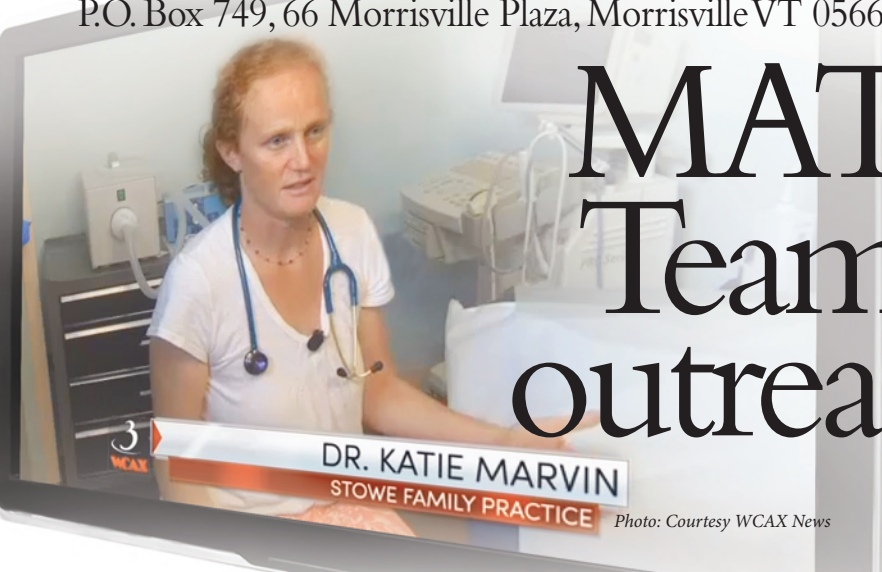


Community Health

P.O. Box 749, 66 Morrisville Plaza, Morrisville VT 05661

CHSLV.org October 2016

MAT Team outreach



DR. KATIE MARVIN
STOWE FAMILY PRACTICE

Photo: Courtesy WCAX News

This past summer the Lamoille Valley MAT (Medication Assisted Treatment) Team garnered local and statewide attention for their opiate addiction treatment program, implemented at CHSLV's Behavioral Health and Wellness, Morrisville Family Health Care, and Stowe Family Practice, as well as other medical practices in Lamoille County. They are one of the only MAT teams in Vermont utilizing a relatively new drug called Vivitrol, an injectable form of the medication naltrexone. Oral naltrexone has been used since the 1980s to help alcoholics. In 2010 the FDA approved it for treating opiate addiction. Studies have shown it may be a good alternative to methadone and buprenorphine for people who are truly ready to be in recovery from opiate addiction.

The Lamoille County MAT Team is integrated with family practices, so they are able to offer Vivitrol injections in a medical office. "It's very cooperative and collaborative," says Medical Social Worker Dawn Palladino, a MAT Team member who works at Morrisville Family Health Care. "The doctors don't have time to be addiction treatment specialists, but they do the medical part of prescribing medications and giving the Vivitrol injections, and they often ask us for our opinions on patient progress."

Currently there are about 10 patients in Lamoille County's MAT Team program taking Vivitrol, and it appears they are having life-changing experiences. None are reporting opioid cravings or relapses while in the program. Vivitrol requires that patients be

completely detoxed from opiates for 7 to 10 days and inducted with the oral form first. If they tolerate it they switch to the monthly Vivitrol injection.

But it's not just about getting a shot. MAT patients are required to attend intensive counseling. "Many patients with substance abuse disorders are using opiates to self medicate," says Psychiatric Nurse Practitioner Jessica Terrien. "I try to help them figure out what has led them to this place and help them not use. The MAT Team has done a great job of integrating systems that are already in place. They are the glue that pulls people in and keeps them accountable." Because of their innovative work, the MAT Team has made numerous public appearances:

TV Coverage

On July 17, WCAX did a story about Vivitrol. They wanted to visit a site that was implementing Vivitrol and chose Stowe Family Practice. They interviewed Dr. Katie Marvin and MAT RN Katie Whitaker, and filmed one of their patients receiving his Vivitrol injection. "It was really impressive and compelling that our patient was willing to be profiled. He talked about how he had lost everything, but with Vivitrol he was able to begin turning his life around," Whitaker says.

State House Presentation

In response to the interview on WCAX, MAT RN Katie Whitaker and Dr. Marvin were invited by Barbara Cimaglio, Deputy

Commissioner, Alcohol and Drug Abuse Programs and Hal Cohen Secretary of Health and Human Services to present their findings on the Vivitrol program at the State Offices in Waterbury, in hopes of implementing Vivitrol in other areas of Vermont. Earlier this year Dr. Marvin and Whitaker also presented on Vivitrol at a learning collaborative sponsored by Vermont Blueprint for Health, and have been asked to present again at the Office Based Opiate Treatment 101 Learning Collaborative in the fall.

Community Outreach

In June, a community forum on opiate addiction was held at Green Mountain Technology and Career Center in Hyde Park. Dr. Marvin and the MAT Team joined Dr. Betsy Perez of Copley Hospital and Lamoille County Sheriff Roger Marcoux in a discussion about opiate addiction. The meeting was well attended by community members, parents, police officers, state representatives, and the general public. "It was a great time to really network within the community to start to address the overwhelming opiate problem that we have here," Whitaker stated.

Dr. Marvin is supportive of the MAT Team and the Vivitrol program, but would like to see more work being done on prevention. "Prevention needs to be discussed more. Doctors need to decrease the number of prescriptions for pain medications, with fewer pills per prescription, and we need to reduce the number of first-time users," Marvin says. "And we need more safe places and public spaces in the community where kids can socialize in a drug-free environment."

Lamoille County's MAT team consists of Katie Whitaker, MAT RN, CADT, who works primarily at Stowe Family Practice with Dr. Katie Marvin and Dr. Melissa Volansky, as well as with Psychiatric Nurse Practitioner Jessica Terrien; Arie Schue, MAT RN, MAEd, CADT, who works with Treatment Associates and with Psychiatric Nurse Practitioner Alexander Johnston at BHWC; and Dawn Palladino, MSW, AAP, who works with Dr. Rossman and at Morrisville Family Health Care with Dr. Kim Bruno and Dr. Phil Kiely. For more information about CHSLV's MAT team call 802-888-6009.

CHSLV medical students

Community Health Services of Lamoille Valley has a long-standing tradition of teaching medical students at Stowe Family Practice, Morrisville Family Health Care, and Behavioral Health & Wellness Center. Before they became part of the CHSLV group, these three practices were training medical students to become doctors and social workers, and they intend to carry that tradition into the future.

Stowe Family Practice

First through third-year students from the University Of Vermont College Of Medicine come for a semester and work primarily with Dr. Katie Marvin and Dr. Robert Quinn to get a feel for an office setting and how practitioners work. Some have the goal of working in a family practice, while others are trying to decide which career path to choose. Patients are always informed that a student is present, and can choose to have them present for an exam or not.

“Because we are so rural we’re very community focused. It’s different from a big city setting in that the doctors know every patient and most of their family members.” says Practice Administrator Nichole Bailey. “We try hard to get some students to stay and work with us. We enjoy having them around. They open our eyes to new things, too, and show us new techniques and processes they’ve learned in school.”

Dr. Marvin, along with MAT RN Katie Whitaker, are creating a MAT (Medication Assisted Treatment) training program for UVM residents in family medicine. The residents shadow Marvin and the MAT

Team at work. Under Marvin’s supervision they observe patients with substance abuse disorders receiving MAT, and learn about opiate treatment in a clinical primary care setting.

Stowe Family Practice was awarded 2015 Practice of the Year by the University of Vermont Department of Family Medicine and the Vermont Academy of Family Physicians for providing excellence in office-based teaching in a family practice environment. This award is given annually to recognize commitment above and beyond the standard contributions to teaching programs.

Morrisville Family Health Care

At MFHC, first-year UVM students come for one-half day a week for a semester to get a feel for primary care and gain career direction. They shadow a doctor and sit in on exams, if patients are willing. Third-year students come for a 30-day rotation and work a half day with one doctor and the other half with another doctor. The medical student sees the patient first, does an intake and limited physical exam, formulates an assessment with a plan, and meets with the doctor to present the assessment and discuss it. They return to the patient together to make a final decision and plan of care. Over the month-long stay, students will work with all six doctors a MFHC.

“I often hear a doctor sitting in an office with a student, reviewing the patient’s care and discussing all aspects of it, such as compliance, complexity of medical problems, and social or economic barriers, along with the diagnosis of the day’s visit,” says Carol Kapusta, front office supervisor. “In the past, Morrisville Family Health Care has been voted by students as the best family practice for students. They work with all six of our

doctors, who spend a lot of time with them, especially when it’s a complex situation. Patients who have been here for a few years have probably seen a medical student and they think it’s a great program.”

While at MFHC, medical students must complete a health care-related project with a primary care theme. It could be a handout on headache, hygiene, or child vaccines. “We once had a student who did a handout called ‘Scratching Your Head Over Head Lice,’ which we still use,” Kapusta says. “Another did a handout on gastroesophageal reflux (GERD) which has been very helpful. We hope to recruit students into primary care. We have a shortage and we hope we can entice them to stay in the area.”

Behavior Health & Wellness Center

“Our objective with students is to bring them up through the channels because it’s difficult to find good social workers and licensed clinical mental health counselors,” says Behavior Health & Wellness Center Clinic Director Hayley Hamilton. “They get immersed in a clinical environment as well as a learning environment with a variety of patients, and we hope they will stay with us.”

Social worker students come from UVM and Johnson State College, and after graduating with a master’s degree they need two more years in a clinical setting before they become certified licensed counselors. “We bring them in and supervise them for those two years, while they get experience. They will see patients on their own as case managers,” says Hamilton. “Sometimes they obtain their certification while they are with us, which allows them to do counseling. If they are pursuing their AAP (apprentice addiction professional) they can do drug counseling under supervision of a LADC (licensed alcohol and drug counselor).”

While BHWC mainly gets students who are in a master’s social work program, they also get administrative interns from Community College of Vermont. Andrea Phelps, front office coordinator, sums up all student and intern training succinctly: “We want to help them get real experience and bring them into the field.”

