

Kentucky Statewide Opioid Stewardship (KY SOS)

December Newsletter

The Kentucky Opioid Response Effort (KORE) and Kentucky Primary Care Association (KPCA) are working to expand access to treatment for Opioid Use Disorder (OUD)

The Kentucky Opioid Response Effort (KORE) and Kentucky Primary Care Association (KPCA) are working to expand access to high quality, evidence-based treatment for opioid use disorder (OUD). Specifically, KORE and KPCA are reaching out to Federally Qualified Health Clinics (FQHCs) and rural health clinics to encourage participation in an innovative program offering both monetary support and technical assistance to clinics interested in providing medications for opioid use disorder (MOUD) and treatment services for clients diagnosed with an OUD. At present, 13 clinics across the state are participating in this cohort and KORE and KPCA are working to expand the program's reach throughout the Commonwealth.

“Integrating opioid use disorder (OUD) treatment with primary care will improve access to life saving services for thousands of Kentuckians who lack access to care,” said Kendall Jordan, treatment implementation specialist with KORE. “Primary care providers and health clinics are on the front lines of our health care system and can play a critical role in addressing the opioid epidemic in their communities. We are here to support providers in their efforts and ensure more Kentuckians have access to the care and services they need to support health, wellbeing, and recovery.”

There are numerous benefits for clinics who participate, including funding for peer support and case managers; transportation in support of program outreach; transportation reimbursement for clients; access to evidence-based curriculum; weekly peer support supervision with a trained consultant; monthly provider roundtables for collaboration and program support; and monthly calls with KORE. Additionally, providers will be required to track client outcomes and adhere to federal grant reporting requirements. KORE and KPCA have collaborated on an infographic to share with interested providers and encourage others to distribute the education piece to clinics in your service area to further expand access to high quality, evidence-based treatment for OUD. Interested providers should contact Jill Martin at jmartin@kypca.net.

SUPPORT INTEGRATING SUBSTANCE USE DISORDER TREATMENT WITH PRIMARY CARE

THE KENTUCKY PRIMARY CARE ASSOCIATION (KPCA) AND KENTUCKY OPIOID RESPONSE EFFORT (KORE) ARE SEEKING TO PARTNER WITH FQHCs & RHCS TO EXPAND ACCESS TO LIFE-SAVING, EVIDENCE-BASED, SUBSTANCE USE DISORDER TREATMENT, INCLUDING **MEDICATIONS FOR OPIOID USE DISORDER (MOUD)**. KPCA, IN PARTNERSHIP WITH THE HAZELDEN BETTY FORD FOUNDATION, PROVIDES TRAINING, CONSULTATION, AND CLINIC RESOURCES TO **INTEGRATE EVIDENCE-BASED** SUD TREATMENT IN A WAY THAT IS ALIGNED WITH YOUR MISSION AND MEETS THE **URGENT NEED TO SAVE LIVES** IN YOUR COMMUNITY.

WHAT DOES THIS PARTNERSHIP PROVIDE?



Salary and benefits for Peer Support Specialist, Case Manager



Staff transportation to support outreach and retention



Client transportation funds to access treatment



Access to free evidence-based curriculum



Weekly Peer Support supervision with Peer Support Consultant



Monthly provider roundtable for case consultation with content experts



Monthly KORE call with participating clinics

PARTNERSHIP EXPECTATIONS



✓ Obtain DATA 2000 waiver for buprenorphine prescribing.



✓ Participation in clinic assessment, training, and technical assistance.



✓ Collect client-level data on treatment outcomes.



CONNECT WITH US!



KENTUCKY CARE KIT:
<https://www.medrxiv.org/content/10.1101/2020.07.13.20166666v1>



KORE:
[KORE.KY.GOV](http://kore.ky.gov)



KPCA:
<https://www.kpcanet.org/>

CURRENTLY,
13 KENTUCKY-BASED
CLINICS ARE PART OF
THIS COLLABORATIVE!



KORE (KENTUCKY OPIOID RESPONSE EFFORT)

BrightView Opening in Benton KY



Opening Soon!

New Outpatient Treatment Center

205 Ash Street
Benton KY 42025

Patient-focused, evidence-based, addiction treatment

- ✓ Immediate access to Medical/Clinical Support
- ✓ Medication Assisted Treatment
- ✓ Peer Support and Case Management Services
- ✓ Medicaid, Medicare and Commercial Insurance Accepted
- ✓ 24 - Hour Scheduling 1-(833)-510-HELP (4357)

Welcome new patients!



For more information please contact Melissa Bartos
m.bartos@brightviewhealth.com
513-515-1268
www.BrightViewHealth.com

Preventing Burnout during the Holidays and Beyond

By Kayla Roe, KHA's Community Outreach Coordinator and KY SOS Intern

What is burnout? Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands. Burnout is a gradual process. The signs and symptoms are subtle at first, but worsen over time. Common signs of burnout include negativity and cynicism, neglecting self-care, procrastination or lack of motivation, low self-esteem and self-efficacy, poor sleep, and quick to emotional extremes. Recognizing signs and symptoms early on, paired with the tips below, can help individuals combat and prevent burnout.

1) Plan regular breaks

Incorporating mini-breaks into your schedule can provide vital breathing space during your day. It may sound strange if you have deadlines to meet, but stepping away from your desk for 5-10 minutes can leave you reinvigorated and ready to take on the next task.

2) Get moving

Introducing even a small amount of physical activity into your routine has been shown to reduce stress levels. The Anxiety and Depression Association of America notes that physical activity "effectively reduces fatigue, improves alertness and concentration, and enhances overall cognitive function. This can be especially helpful when stress has depleted your energy or ability to concentrate."

3) Learn to delegate

None of us want to be seen as a slacker at work, but sometimes, that can lead to taking on more than we can realistically achieve. Ultimately, as things build up, you can become overwhelmed, and tasks that get completed are done to a poorer standard.

4) Listen to your body

If you notice symptoms of burnout creeping into your daily life, it may be time to take a step back, think about what may be causing it, and make some changes to your routine.

5) Successful sleep

Putting yourself in the position to get a good night's rest is critical to staving off burnout. Without adequate sleep, you're not giving your body the chance to recover for the day ahead, putting you at risk of falling into a downward spiral.

Additional Resources on KY SOS Website

- Find Help Now KY is a website used to assist individuals in the community find an addiction treatment facility. For more information, visit the website at www.findhelpnowky.org
- Kentucky Opioid Response Effort (KORE) has funded access to treatment and recovery for individuals who have a functional hearing loss and need effective communication. The guidelines can be found on the KY SOS website or click the link to be directed: <http://www.kentuckysos.com/Portals/2/Documents/KOREGuidelinesDeafHardofHearingAccessdoc.pdf>
- All other KY SOS resources can be found at <http://www.kentuckysos.com/Resources>

Data Update

KY SOS continues to encourage all facilities to submit their monthly data into KY Quality Counts (KQC). Please continue to report **monthly** data on both the process and outcomes measures. Education and the future of the program are based in part on the data reported. Areas of improvement and areas of success will be highlighted and emphasized as KY SOS continues. If you need assistance with data input or navigation of the KQC data collection system, please contact **Emily Henderson** (ehenderson@kyha.com) or **Melanie Moch** (mmoch@kyha.com).

The Happenings

Upcoming Events/Webinars

- **KY SOS December Webinar** – Please join KY SOS as Kristen Blankenbecler, PharmD, presents an educational webinar on **Thursday December 16, 11:00 am – 12:00 PM EST**. This webinar will highlight the 2016 CDC guidelines for prescribing opioids in chronic pain patients. Blankenbecler is the Director of Clinical Outreach for the KY Pharmacy Education and Research Foundation with the KY Pharmacists Association. CE for medicine, pharmacy and nursing is pending for this event. Calendar invites have been distributed.
<https://us02web.zoom.us/j/81696470791?pwd=R0VMWUhh3aitpV1lMT2F1VjV1M5TjUzd09>
Meeting ID: 816 9647 0791
Passcode: 2501
- **KY SOS January Webinar** - Dr. Alex Elswick will present a webinar on **Tuesday January 18, 2022, from 11:00 am – 12:00 PM EST**. The webinar is entitled, This is Your Brain on Recovery. Calendar invites will be sent closer to date. Below is the zoom information for the webinar.
<https://us02web.zoom.us/j/87196175844?pwd=NXNwVnNgrS09IRV1R01R01GYkVQV1kNWdz09>
Meeting ID: 871 9617 5844
Passcode: 2501

For more information, please visit www.kentuckysos.com or contact a KHA staff member to assist.

Emily Henderson for program and pharmacy-related questions– ehenderson@kyha.com

Melanie Moch for data-related questions – mmoch@kyha.com

Claire Arant for administrative assistance – carant@kyha.com

Missed a webinar? All presentations are recorded and can be found under the events & education link.