



COLLEGE OF SCIENCE & ENGINEERING

INSTITUTE OF BEHAVIORAL RESEARCH

Research and News Worth Repeating

Issue 13, December 7, 2020

Substance Use

Rising Stimulant Deaths Show that We Face More than Just an Opioid Crisis

NIDA—November 12, 2020

In addition to the rising opioid crisis, a study done by researchers from Washington University in St. Louis found in 2018 that methamphetamine use has increased significantly among people with an existing opioid use disorder (OUD), and researchers at the Department of Health and Human Services have found a 23% increase in positive tests for methamphetamine since the beginning of the national COVID-19 emergency in March. Dr. Nora Volkow, Director of NIDA, proposes that efforts to address stimulant use should be integrated with initiatives to tackle opioid use disorder.

https://www.drugabuse.gov/about-nida/noras-blog/2020/11/rising-stimulant-deaths-show-we-face-more-than-just-opioid-crisis?utm_source=daRSS&utm_medium=email&utm_campaign=da-researcherdigest

Temple Students Create Art to De-stigmatize Opioid Crisis

The Temple News--November 17, 2020

The My Lens project at Temple University was developed to increase access to prevention, treatment, and recovery services for opioid use disorder by helping to reduce stigma around substance use and harm reduction, according to Deirde Dingman and Marsha Zibalese-Crawford, founders of the program. The program began with campus presentations on handling overdose situations and how to administer Narcan and providing connections to treatment and other resources. A new component of My Lens is Art for Change which aims at tending stigma associated with opioid addiction and creating meaningful conversations through artwork.

After her family experiences with substance use disorder, Zoe Sohenick decided to create and write to express herself and show support for the cause. Sohenick wrote a poem called “Finding Solutions” about educating people about the effects of the opioid crisis and how to support people experiencing substance use disorder.

<https://temple-news.com/temple-students-create-art-to-destigmatize-opioid-crisis/>

Researcher Examines Hispanics' Overlooked Overdose Mortality Rates

UTSA Today--November 11, 2020

Manuel Cano, a researcher at the University of Texas San Antonio, used national death certificate data to examine drug overdose mortality in different Hispanic subgroups based on heritage, place of birth and gender. The analyses, published in *Substance Use & Misuse* showed that Hispanics had lower rates of overdose deaths than did whites or Blacks but with variations in the different subgroups. People of Puerto Rican heritage had higher overdose rates than did non-Hispanic whites or Blacks, and those born in Puerto Rico, who were likely to have Spanish as a first language, had higher rates than those born in the states. Among those of Mexican heritage, the majority of drug overdose deaths were among those born in the United States. These results demonstrate the need for culturally tailored and accessible services and services available in Spanish.

<https://www.utsa.edu/today/2020/11/story/overdose-mortality-among-hispanics.html>

Alcohol Use Disorders, Beverage Preferences, and the Influence of Alcohol Marketing: A Preliminary Study

Substance Abuse Treatment, Prevention, and Policy--November 30, 2020

Alcohol use disorders (AUD) are among the most prevalent disorders in the world and are the leading risk factor for premature mortality among 15 to 49-year-olds. The main objective of this study was to identify the alcohol marketing identified by drinkers with an alcohol use disorder who are seeking treatment. A total of 91 patients completed a questionnaire asking about the types of alcohol marketing they have seen. Results showed that the majority of patients did not believe they were influenced by marketing but could recall alcohol-related advertising. Patients reported that price, availability, and beverage preference were the major drivers of buying decisions.

<https://substanceabusepolicy.biomedcentral.com/articles/10.1186/s13011-020-00329-8>

“I think everybody should take it if they’re doing drugs, doing heroin, or having sex for money”: A Qualitative Study Exploring Perceptions of Pre-exposure Prophylaxis Among Female Participants in an Opioid Intervention Court Program

Substance Abuse Treatment, Prevention, and Policy--November 23, 2020

Women’s rise in opioid use disorder (OUD) has increased their presence in the criminal justice system and related risk for HIV infection. The authors of this study conducted in-depth interviews with 31 women recruited from an Opioid Intervention Court to combat overdose deaths. Major themes from the interviews showed that decisions to consider PrEP initiation or comfort with partner use were influenced by HIV risk perceptions, barriers, and facilitators to personal PrEP utilization and perspectives on PrEP use by sexual partners. Many participants believed their HIV risks to be low even after many reported past high-risk behaviors. Barriers to PrEP utilization included lack of knowledge, concerns over side effects, and over daily pill-taking adherence. Facilitators included increase in risky sex behaviors and/or return to injection drug use. Although women were moderately supportive of PrEP use by their sexual partners, many also saw it as a possible sign of infidelity.

<https://substanceabusepolicy.biomedcentral.com/articles/10.1186/s13011-020-00331-0>

Telehealth

Telehealth for Pregnant Women with Opioid Use Disorder: A Theory-Based Approach

Journal of Psychosocial Nursing and Mental Health Services—November 30, 2020

Pregnant women with opioid use disorder (OUD) face barriers to treatment and prenatal care. In this study, the authors' purpose was to inform practice through an innovative, nurse-led approach derived from the Theory of Goal Attainment (TGA) using telehealth technologies. TGA addresses perceptions in the nurse–client interaction, establishing effective communication, building mutual goal setting and decision making, and promoting clients' goal attainment using nurses' knowledge and skills. TGA can be used to develop telehealth strategies to address perceived stigma, communication and logistical barriers, difficulties in mutual goal setting and decision-making, and challenges to health promotion.

<https://www.healio.com/psychiatry/journals/jpn/2020-12-58-12/%7Bdf1af7a5-7917-47a2-9c78-3816390f0b62%7D/telehealth-for-pregnant-women-with-opioid-use-disorder-a-theory-based-approach>

COVID-19 Survey: Doctors Like Telehealth and Want to Continue Using It

mHealthIntelligence—November 17, 2020

A survey conducted by the American Medical Association (AMA), American Telemedicine Association, Mayo Clinic, and others of more than 1,600 healthcare providers found that more than three-quarters of survey respondents said that telehealth helped them to provide quality care for their patients. The survey provided some interesting insight: more than a third of respondents used Zoom to connect with patients during the pandemic, while roughly 30 percent used an audio-only telephone and almost 20 percent used Facetime. Beyond the numbers, John Halamka, co-chair of the COVID-19 Coalition and president of the Mayo Clinic Platform, said the successes of telehealth during the pandemic are part of a culture change, in which healthcare is responding to an increasingly mobile and motivated consumer who wants access to care when and where it's convenient for them.

<https://mhealthintelligence.com/news/covid-19-survey-doctors-like-telehealth-and-want-to-continue-using-it>

Congressional Action is Needed for Telehealth to Return to a Rural Benefit, Seema Verma says

Healthcare Finance—December 1, 2020

A final rule released by the Centers for Medicare and Medicaid Services (CMS) adds more than 60 services to the Medicare telehealth list that will continue to be covered beyond the end of the public health emergency. Throughout the COVID-19 pandemic, CMS allowed for 144 telehealth services to be covered by Medicare. CMS Administrator, Seema Verma, says that legislation is needed to make telehealth more permanent beyond the pandemic in areas other than rural regions where virtual care is already allowed.

<https://www.healthcarefinancenews.com/news/congressional-action-needed-telehealth-not-return-rural-benefit-cms-administrator-seema-verma>

Telehealth: A Tipping Point for Behavioral Health Providers

Managed Healthcare Executive—November 30, 2020

Telehealth has proven to be popular with patients as a recent survey found that 74% of telehealth users during the pandemic reported high satisfaction with the care they received and most Americans can access doctors via text, videoconference, and mobile apps. Telehealth can improve continuity of care, especially for behavioral health patients. In addition, clinicians are able to expand their patient base, extend hours, and create new and more models for patients. Although there are many benefits to telehealth, start-up costs can be high, training programs need to be established to address special skill sets needed for telehealth, privacy and HIPAA laws may be different from in-person visits, licensure issues often prevent clinicians from treating clients via telehealth in other states, and access to reliable bandwidth and mobile devices may be limited in some rural areas.

<https://www.managedhealthcareexecutive.com/view/telehealth-a-tipping-point-for-behavioral-health-providers>

Telehealth Not Enough to Offset Crushing Demand for Mental Health Services

MedCity News—November 19, 2020

A recent survey by the Centers for Disease Control and Prevention of more than 5,000 people across the U.S. found that 41% reported an adverse mental health or behavioral health condition related to COVID-19. Anxiety, depression, traumatic stress, and substance use all increased. While telehealth has helped to offset some of these pressures, many still do not have access. And even though use of telehealth has been up, total utilization of behavioral health services has been down due to factors such as offices being closed and clients being reluctant to go to offices when they were open. Increased use of telehealth has helped to reduce the utilization gap but has not been enough to eliminate it in spite of increased need.

<https://medcitynews.com/2020/11/telehealth-alone-not-enough-to-offset-crushing-demand-for-mental-health-services/>