



# All Teach, All Learn: Introduction to Tribal MAT ECHO (Enhanced Community Health Outcomes) and Opioids

Tuesday, January 16, 2024

# Indigenous Land Acknowledgement

- We respectfully acknowledge that we live and work in territories where Indigenous nations and Tribal groups are traditional stewards of the land.
- Please join us in supporting efforts to affirm Tribal sovereignty across what is now known as California and in displaying respect, honor and gratitude for all Indigenous people.


## Whose land are you on?

Option 1: Text your zip code to 1-855-917-5263

Option 2: Enter your location at <https://native-land.ca>

Option 3: Access Native Land website via QR Code:





**What we say and how we say it inspires the hope and belief that recovery is possible for everyone.**

**Affirming, respectful, and culturally-informed language promotes evidence-based care.**

**PEOPLE FIRST**

**Language Matters**

*in treatment, in conversation, in connection.*



Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# 2024 KING HOLIDAY

JANUARY 4TH - JANUARY 15TH

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## IT STARTS WITH ME:

*SHIFTING* THE CULTURAL CLIMATE THROUGH  
THE STUDY AND PRACTICE OF KINGIAN NONVIOLENCE



NATIONAL  
**HUMAN  
TRAFFICKING**

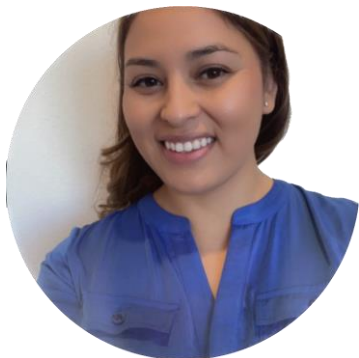
PREVENTION MONTH



The U.S. Department of Health and Human Services' theme for Human Trafficking Prevention Month 2024 is **Activate Connections to Prevent Human Trafficking**. The theme will focus on activating connections to build individual, family and community resilience to human trafficking.



# UCLA ISAP TMAP ECHO® Hub Team



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# Disclosures

## FACULTY DISCLOSURE

None of the presenters, planners, or others in control of content for this educational activity have relevant financial relationships to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients, except:

<i>Katya Adachi Serrano</i>	<i>CEO of Serrano Natural Health</i>
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All other relevant financial relationships have been mitigated by conducting a peer review of the content used for this session.



# Objectives

Identify	Identify at least three features of Project ECHO clinics
Specify	Specify at least five symptoms of OUD
List and explain	List and explain at least two ways health care teams can integrate culture in OUD treatment.
Describe	Describe how to use the Wellness Wheel to address clinical questions



# Tribal Medications for Addiction Treatment (TMAT) ECHO® 2024



The Tribal MAT ECHO® Clinic occurs on the 3<sup>rd</sup> Tuesday of each month 12-1PM (PT). The objective of this clinic is to offer a monthly opportunity for MAT providers and health care teams of Indian Country (rural and urban) to learn evidence-based and culturally informed strategies to address opioid and stimulant use disorders through didactic and case-based learning. Participants are strongly encouraged to bring clinical questions for discussion.

Date	Topic
January 16	All Teach, All Learn: Introduction to Tribal MAT ECHO® and Opioids
February 20	Treating OUD in Indian Country
March 19	Native Harm Reduction Toolkit
April 16	Reducing Overdose Risk in Native Communities
May 21	Culturally Defined Best Practices
June 18	Treating Stimulant Use with HONOR
July 16	Treating Pregnant Women
August 20	Engaging Treatment Teams in MAT Services
September 17	Indigenous Medicine in OUD Treatment
October 15	Crisis Response in CA Indian Country
November 19	Reducing Stigma in Native Communities

Use the QR code below to view the program and register:



**Hub Team Members:** Heather Momberg, DNP RN, Daniel Dickerson, DO, MPH, Katya Adachi Serrano, MD, Katie Bell, MSN, RN-BC, Albert G. Titman Sr. CADCI, Christian Frable, AMFT, Gloria Miele, PhD, Beth Rutkowski, MPH, and Thomas E. Freese, PhD

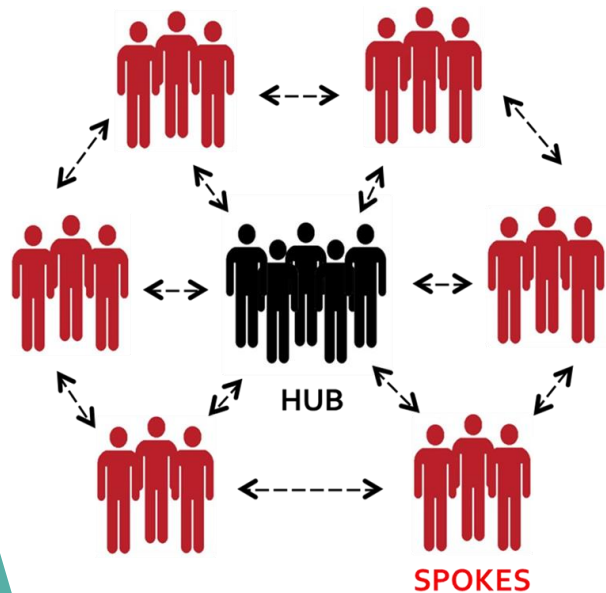
The UCLA OASIS-TTA Program is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA) State Opioid Response SOR 3 Grant to the California Department of Health Care Services (DHCS). The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the California Department of Health Care Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the CA Government.



# 2024 Curriculum

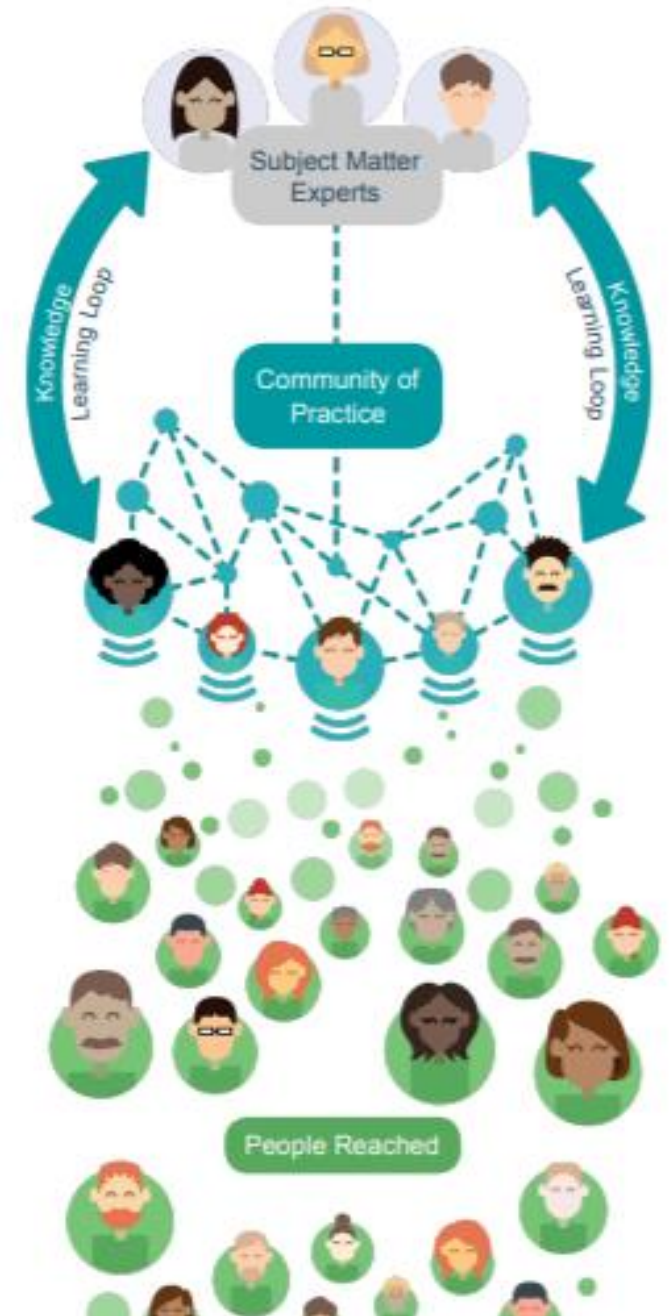
# What is ECHO?

It is a knowledge-sharing network, led by teams of experts who use a videoconference-driven practice model to empower local health professionals.



**ECHO Model: All  
teach  
All learn**

## The ECHO Model™





# Project ECHO's Aspirations

To democratize medical knowledge and dramatically improve access to best practice care to underserved people all over the world.

Project ECHO's goal is to improve the lives of 1 billion people by 2025.

## Core Beliefs:

The right knowledge at the right place, at the right time can save millions of lives.

The benefits of knowledge are a social good that should be available to everyone.

Together, ECHO empowers local communities to access expert knowledge wherever they live.





# ECHO Movement

## Active Today



## Reach Metrics

7/3/2006 to 2/26/2021

Learners	Organizations	Communities	Countries
179,444	36,694	8,686	169
Learning Hours	Attendances	Sessions	Programs / Cohorts
2,084,563	1,385,757	48,731	2,817

## Average Session

Learners	Cases	Duration
28	1.1	90 minutes

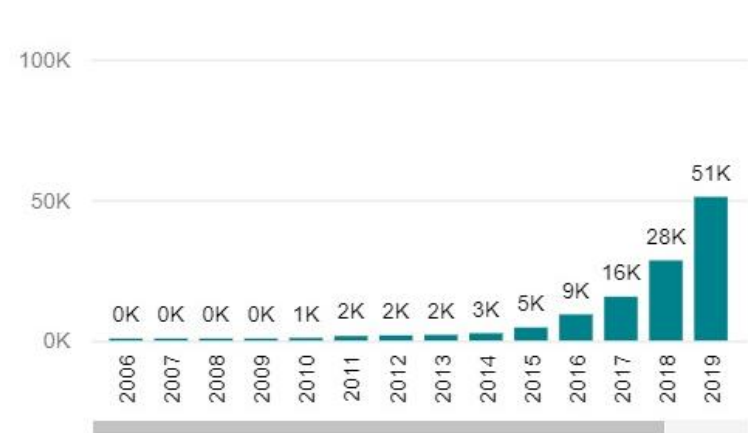
## Average Learner

Attendances
6

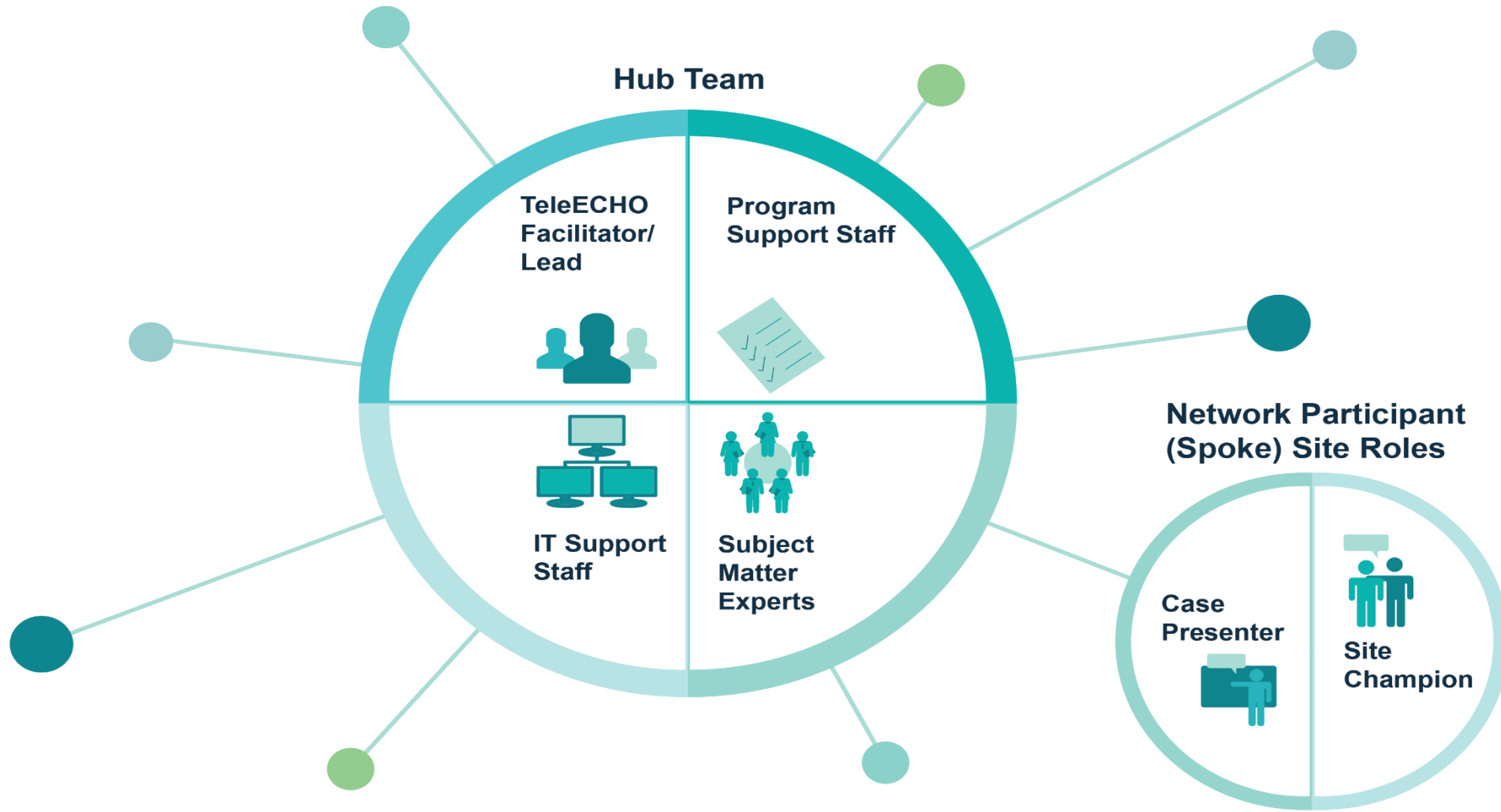
## Hubs Launched per Year



## Learners per Year



# TeleECHO Session - Composition



# Indian Country ECHO



Tribal  
MAT

A unified response to  
the opioid crisis in  
California Indian Country



Indian Country ECHO



NPAIHB  
403 subscribers

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5



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Tribal MAT ECHO Clinic  
— WELLNESS WHEEL —



WV20241-3-11

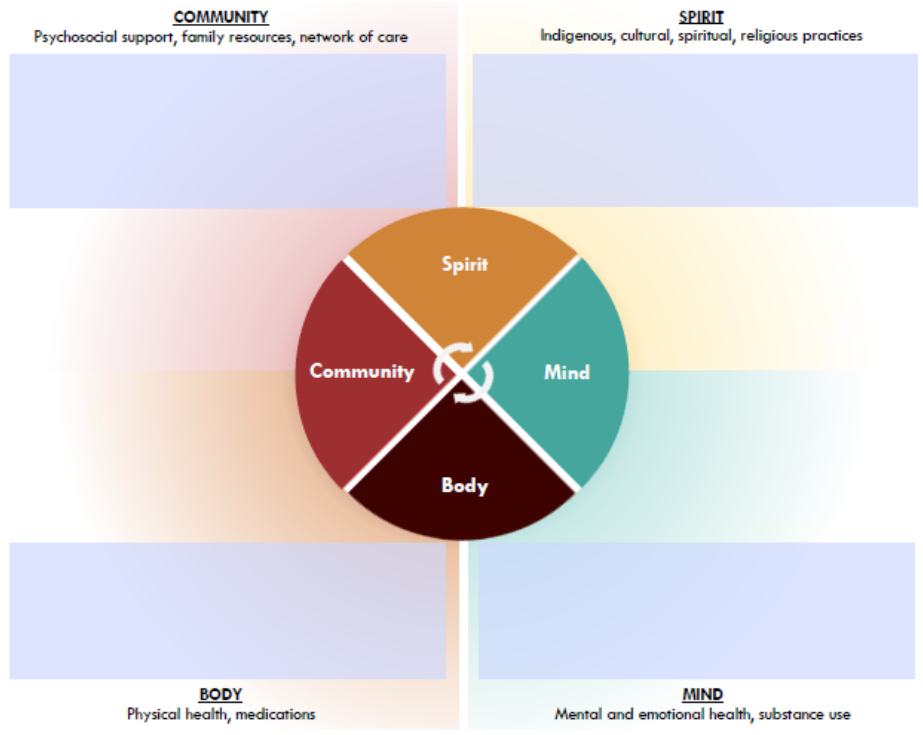


Date:  /  /  Presenter:  /  Tribal Affiliation:

Patient Pseudonym:  Gender:  Age:  Tribal Affiliation:

ECHO ID:  Check if follow-up to a previously presented case

Clinical Question:



Care plan:

# Wellness Wheel for Clinical Questions

# What are Opioids?



## Natural Opiates

- Alkaloids, nitrogen-containing base chemical compounds that occur in plants such as the opium poppy.
- Examples: morphine, codeine, etc.



## Semi-synthetic Opioids

- Created in labs from natural opiates.
- Examples: Hydrocodone, oxycodone, heroin (which is made from morphine).



## Fully Synthetic Opioids

- Made entirely in a lab, void of natural opiates.
- Examples: Fentanyl and methadone.



# Heroin, Fentanyl and Carfentanil

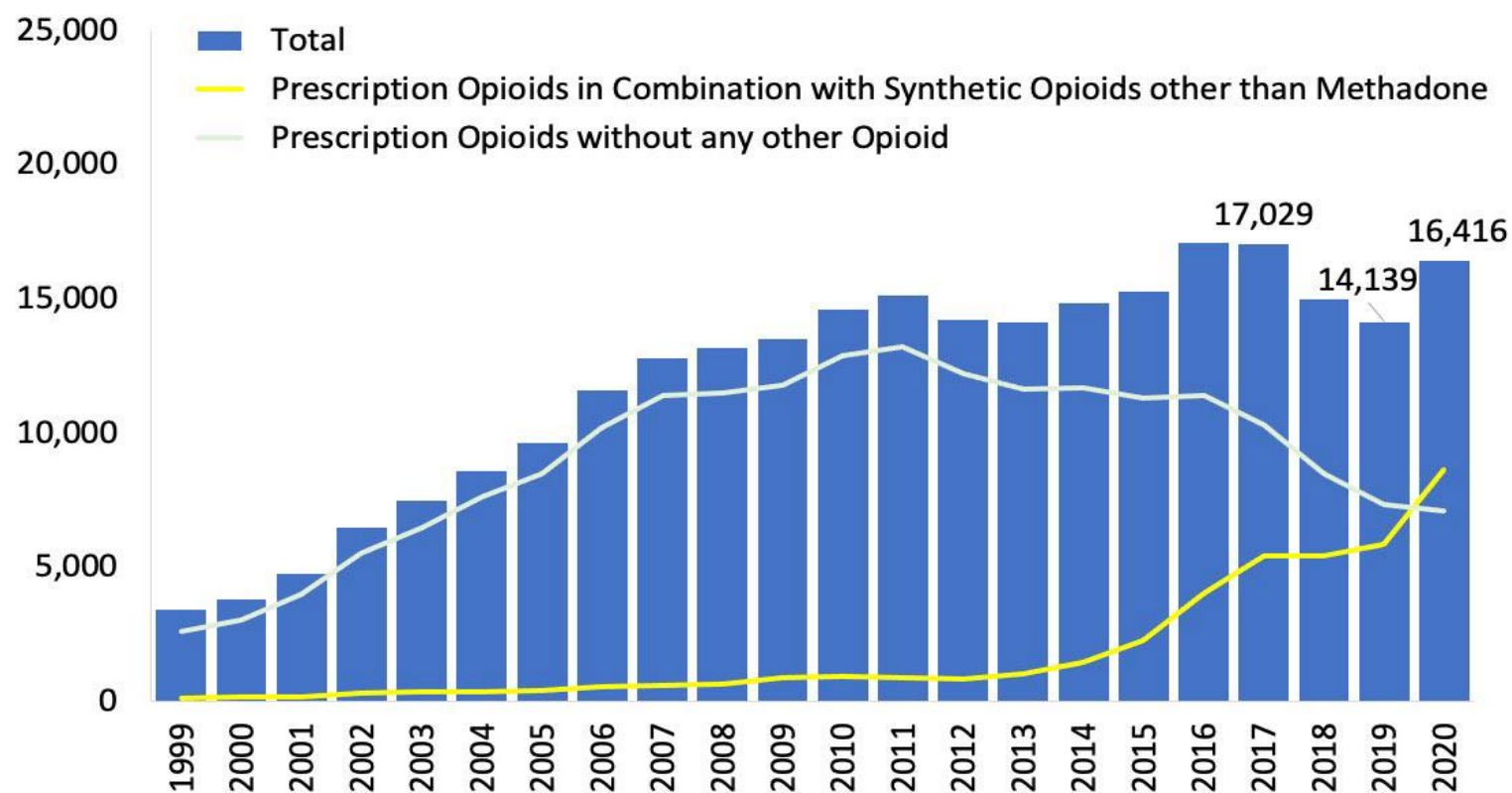


Comparing the size of lethal doses of heroin, fentanyl, and carfentanil. The vials here contain an artificial sweetener for illustration. (New Hampshire State Police Forensic Laboratory)



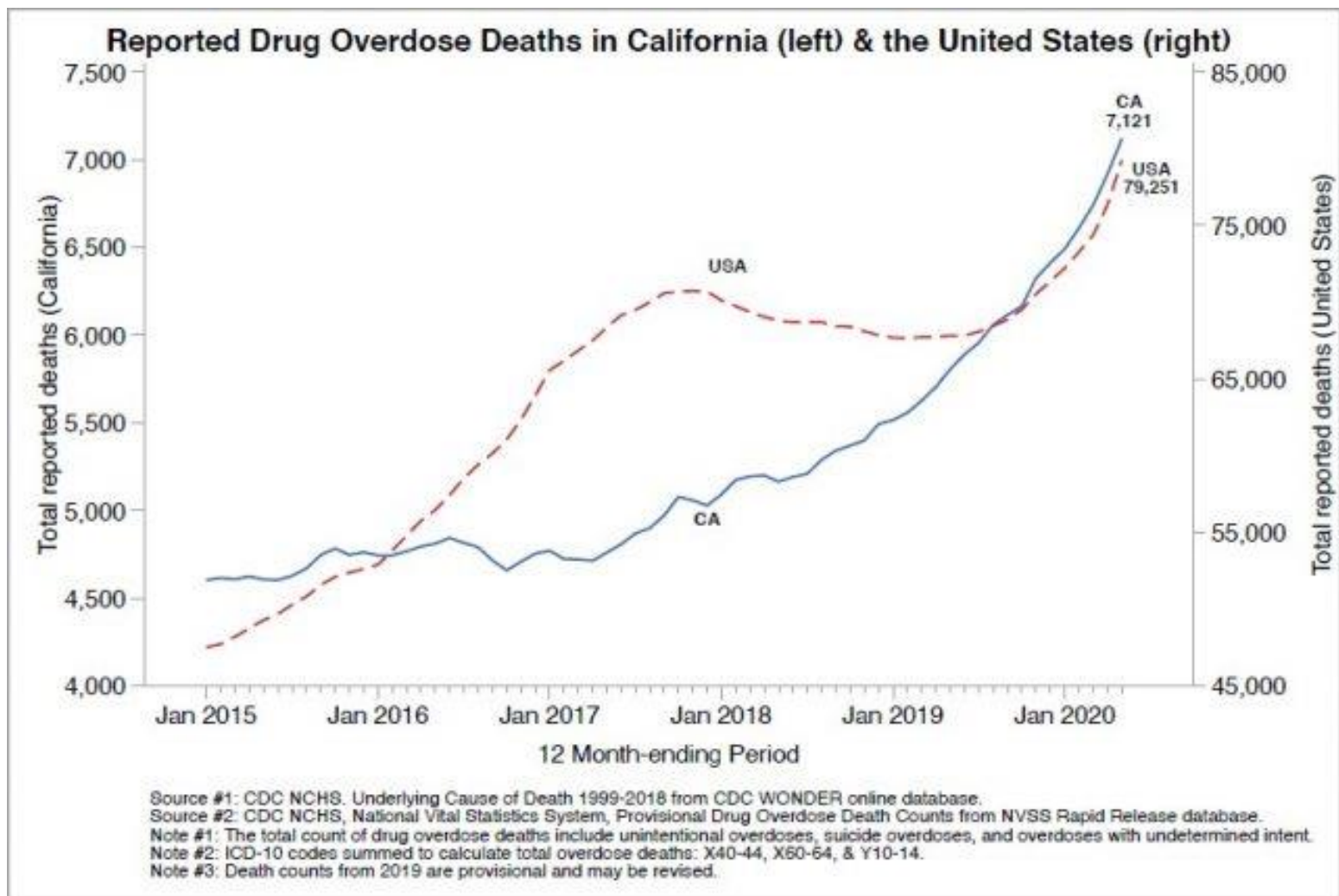
# National Overdose Statistics

**Figure 4. National Overdose Deaths Involving Prescription Opioids\*, Number Among All Ages, 1999-2020**

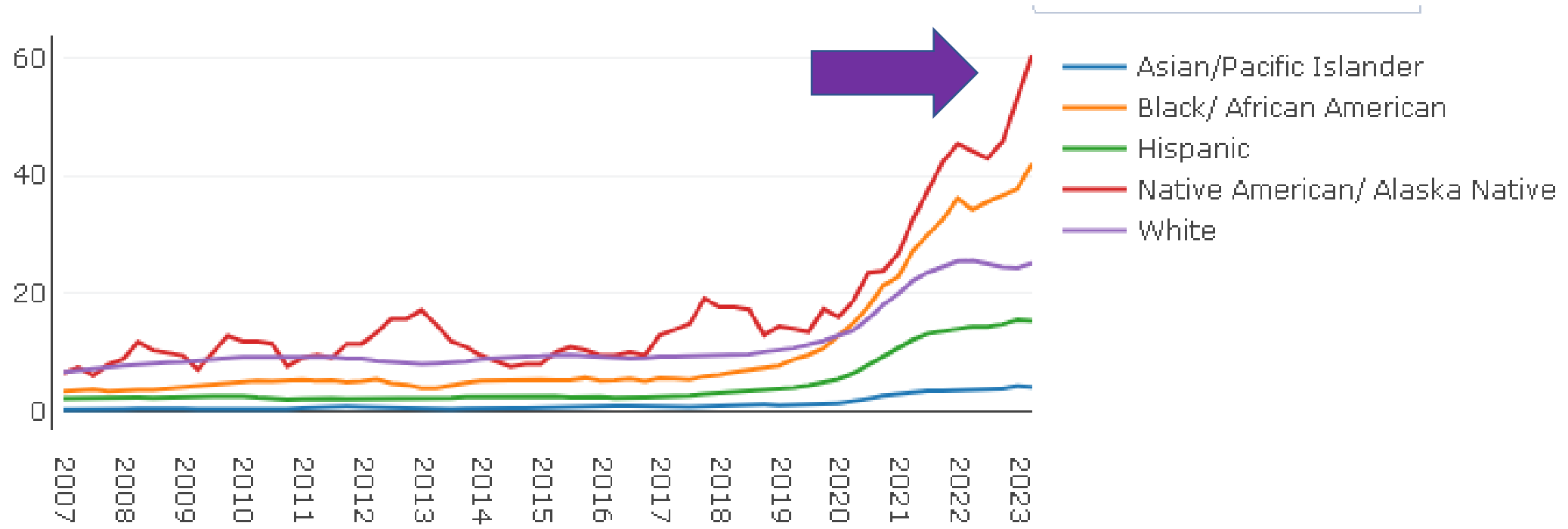


\*Among deaths with drug overdose as the underlying cause, the prescription opioid subcategory was determined by the following ICD-10 multiple cause-of-death codes: natural and semi-synthetic opioids (T40.2) or methadone (T40.3). Source: Centers for Disease Control and Prevention, National Center for Health Statistics. Multiple Cause of Death 1999-2020 on CDC WONDER Online Database, released 12/2021.

# California Overdose Statistics



# Drug Overdose Mortality By Race/Ethnicity, 1999-2020



California Overdose Surveillance Dashboard. Prepared by California Department of Public Health (CDPH - Substance and Addiction Prevention Branch (SAPB)). Accessed on 1/20/24. <https://skylab.cdph.ca.gov/ODdash/>.

# Intoxication Effects

## Desired

- ✧ Euphoria
- ✧ Relaxation
- ✧ Pain relief

## Undesired

- ✧ Drowsiness
- ✧ Nodding out
- ✧ Confusion
- ✧ Slurred speech
- ✧ Constipation
- ✧ Urinary retention

# ● ● ● | Signs and Symptoms of opioid intoxication

- ◆ Analgesia
- ◆ Euphoria
- ◆ Miosis ('pinned' pupils)
- ◆ Constipation
- ◆ Sedation
- ◆ Itching, red eyes (histamine release)
- ◆ Respiratory depression and reduced cough reflex
- ◆ Decreased level of consciousness ('on the nod')
- ◆ Hypotension/bradycardia



# Symptoms of Opioid Withdrawal



Nausea and cramping



Anxiety



Vomiting



Insomnia



Irritability



Muscle aches and joint pain



Impaired	Overdose
Relaxed muscles	Breathing is very infrequent or has stopped and the pulse is slow.
Slowed or slurred speech	Deep snoring or gurgling
Sleep/fatigue	The skin is pale and clammy
Nodding	Loss of consciousness
Reduced heart rate	Heart rate is slow, erratic or non-existent.
Responsive to stimulation like yelling, sternal rub, pinching	Unresponsive to stimulation



# Overdose

Oxygen starvation leads to:  
Unconsciousness



Coma



**Death**

**Within 3-5 minutes** without oxygen, brain damage starts to occur, soon followed by death



# Overdose Signs

- ✦ Disoriented or unconscious
- ✦ Decreased breathing rate
- ✦ Constricted pupils
  
- ✦ Lips and fingernails blue
- ✦ Choking or gurgling sounds
- ✦ Body is limp
- ✦ Face is pale or clammy
- ✦ Other indicators of drug use



# Opioids: Long-term Effects

- ▶ Substance use disorder
- ▶ Infectious diseases, for example, HIV/AIDS and hepatitis B and C
- ▶ Collapsed veins
- ▶ Bacterial infections
- ▶ Abscesses
- ▶ Infection of heart lining and valves
- ▶ Arthritis and other rheumatologic problems



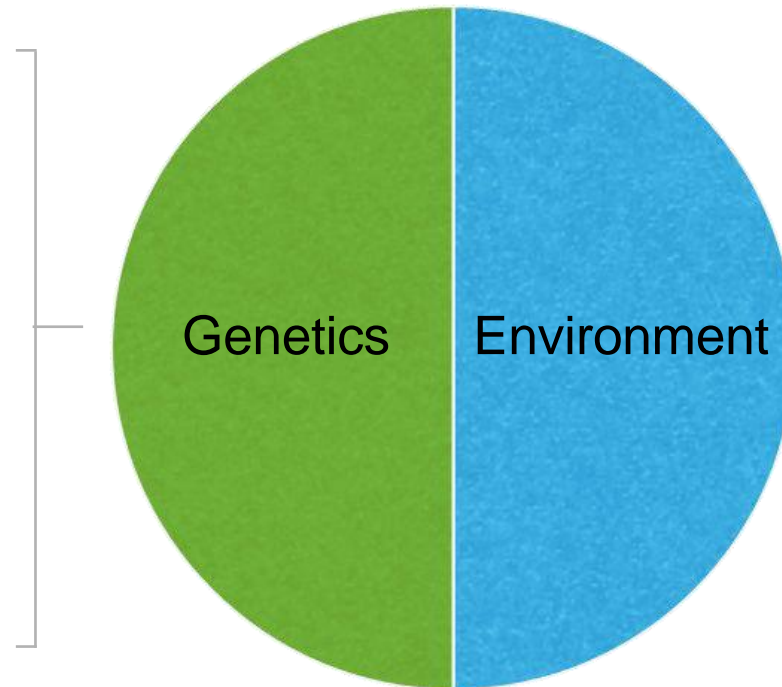
# Vulnerability to SUDs

## Biochemical

- opioid receptors
- dopamine
- other transmitters
- intracellular signals

## Behavioral

- novelty seeking
- harm avoidance
- impulsivity
- psychiatric disorders



## Social influence

- parents
- siblings
- friends
  
- Adverse Childhood Experiences (ACEs)
- psychiatric disorders
- stressors
- lack of positive experiences

## Availability

- illicit sources
- prescription
- family and friends

Anokhin et al., 2015  
Milivojevic et al., 2012  
Reed et al., 2014  
Volkow et al., 2016



# DSM-5 Criteria for SUDs

## Loss of control

- more than intended
  - amount used
  - time spent
- unable to cut down
- giving up activities
- craving

## Physiology

- tolerance
- withdrawal

## Consequences

- unfulfilled obligations
  - work
  - school
  - home
- interpersonal problems
- dangerous situations
- medical problems

*formerly "dependence"*

*formerly "abuse"*

- A **substance use disorder** is defined by having 2 or more • in the past year resulting in distress or impairment.
- **Tolerance** and **withdrawal** alone don't necessarily imply a disorder.
- Severity is rated by the number of symptoms present: 

[	2-3 = mild
	4-5 = moderate
	6+ = severe



# Cultural Approaches to Addressing Opioid Overdose and Treatment in California Indian Country

- Develop resources for Native and non-Native providers
- Integrate longstanding traditional cultural healing practices for improved engagement and recovery
- Build networks and connections, e.g., CCUIH, CRIHB, CIOSC, KAI
- Put evidence-based practices in a cultural context
- Naloxone availability and training
- Define and embrace community defined practices
- Address stigma



# Culture as Health

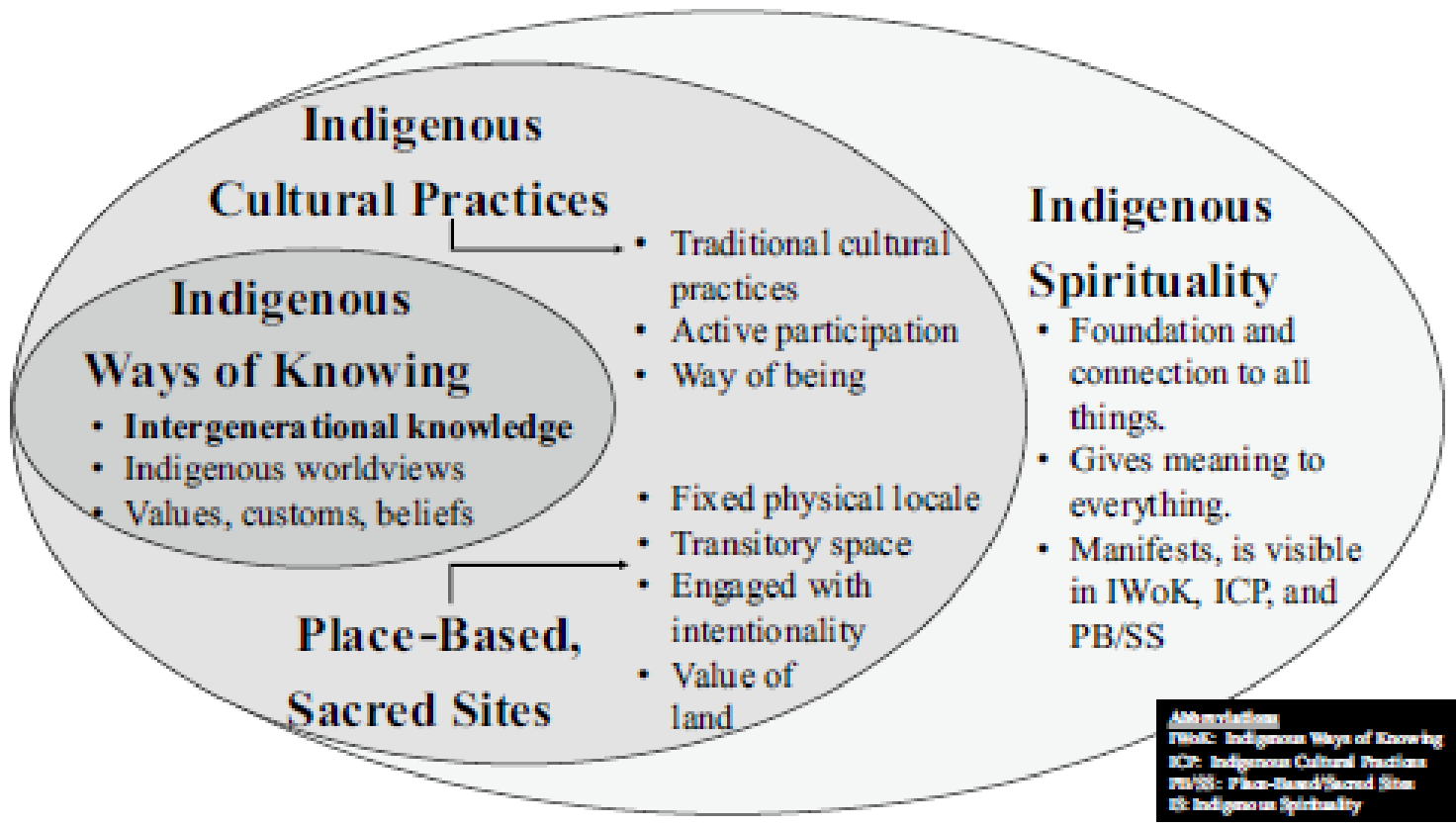


Fig. 1 Indigenous Culture-as-Health. Four Modalities

# Self-Paced Learning Opportunities

## Providing Culturally Responsive Care for California Tribal and Urban Indian People

Courses specifically created for clinicians interested in learning how to better serve Tribal and Urban Indian communities in healthcare settings

*Claim up to six (6.0) credit hours of CE/CME*

- **Addressing Cultural Identity in Substance Use Treatment among American Indians/Alaska Natives** (1.5 credit hours)
- **A Sacred Trust: Decolonizing Screening and Assessment** (1.5 credit hours)
- **CommUnity Connections: Bridging Best Practice and Cross-Cultural Care** (1.0 credit hour)
- **Engaging Native People and Their Families in Healing through Relationships** (2.0 credit hours)



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