

# PUBLIC HEALTH RESEARCH WORKSHOP

Sarah Cercone Heavey, PhD, MPH

Lynn Kozlowski, PhD

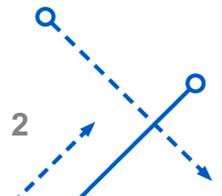


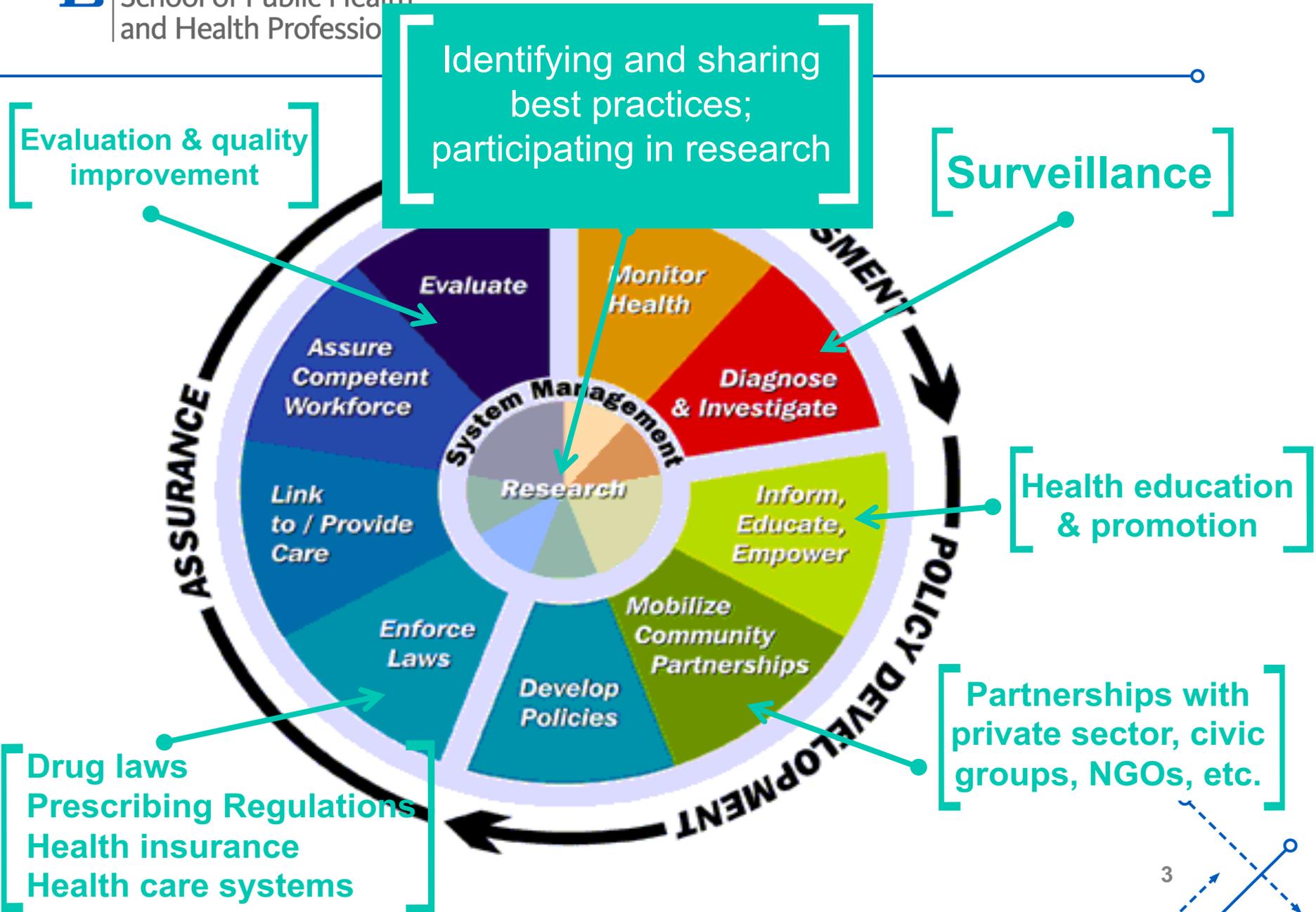
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# Public Health focuses on changing the context (the ecology) to promote health and prevent disease

Health care delivery to  
individuals is but one  
aspect of that context







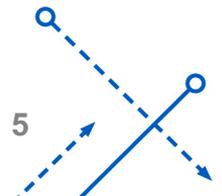
# Public Health Research Workshop

Public health changes the context

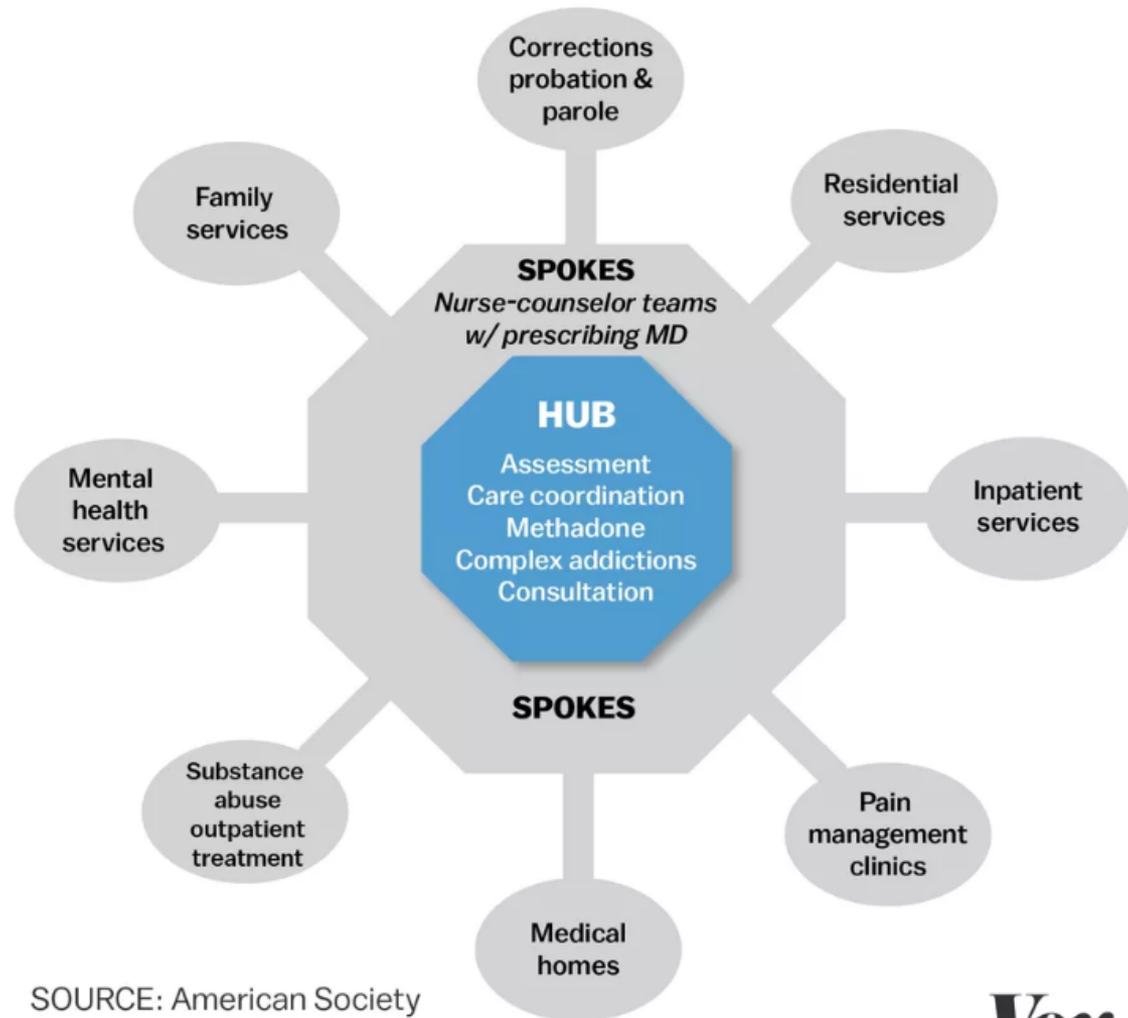
All research/interventions methods are available options

Consider research on dissemination and use of  
Medication Assisted Treatment (MAT)

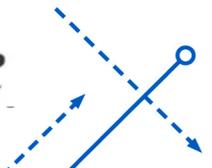
1. What barriers exist to MAT?
2. How can those barriers be overcome?
3. How to expand/disseminate Vermont model?



# The Vermont Model



SOURCE: American Society  
of Addiction Medicine



The background features a complex pattern of white lines and arrows. Solid lines intersect at various angles, while dashed lines form loops and paths. Small white circles are placed at several points where lines intersect or terminate, suggesting nodes or data points in a network or flow diagram.

# THANK YOU!



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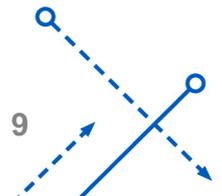
# Public Health Research Workshop

Public health changes the context

All research/interventions methods are available options

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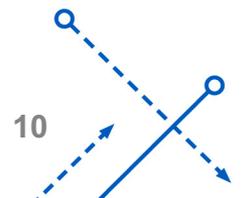


# In the United States, 2017

**11.4m** People misused  
prescription opioids

**2.1m** People had an  
opioid use disorder

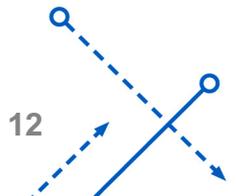
**130+** People per day die  
from opioid overdose



<https://www.youtube.com/watch?v=tMusvDyoIRI>

# MAT: Medication Assisted Treatment

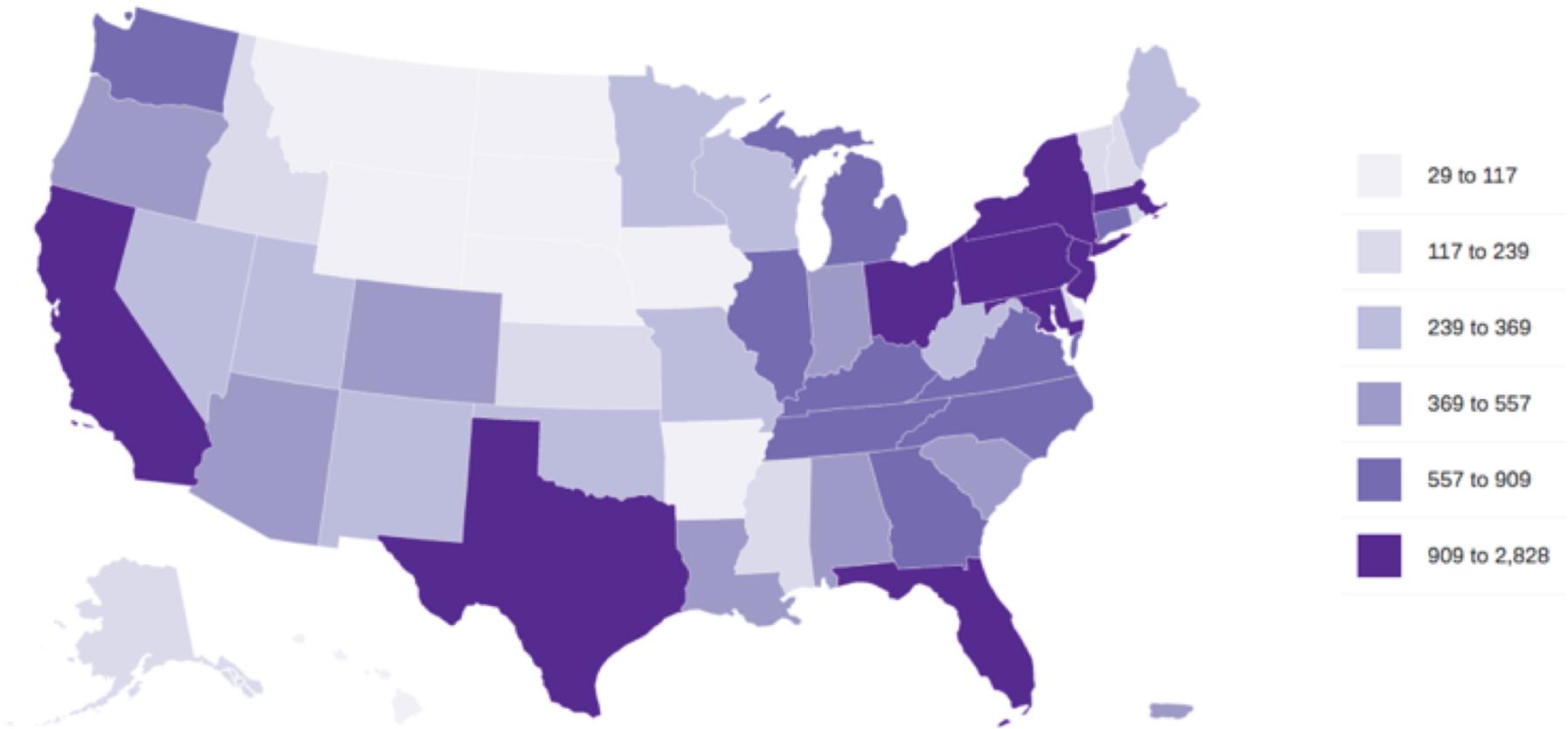
- Primary Target: treat opioid addiction with medications
- Prescriber must have an “X Waiver”
  - 8 hour training, complete and submit waiver
  - Number of patients: 30 to 100 to 275
  - Only MDs until 2016; now midlevel providers as well
- Public Health’s goal: improve uptake of and accessibility to MAT programs
  - ... changing the context



# MAT: Medication Assisted Treatment

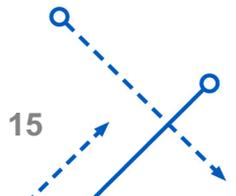
Drug	Nature	Dosing	Notes
<b>Methadone</b>	Full agonist	1 x day (monitored)	Suppresses & reduces cravings; of all options, highest liability for abuse
<b>Buprenorphine</b>	Partial agonist	Film or tabs; dissolves in mouth	Suppresses & reduces cravings; Partial agonist = 'ceiling effect'
<b>Buprenorphine + Naloxone</b>	Partial agonist + naloxone	Film or tabs; dissolves in mouth	Same as above + naloxone to block euphoric effects
<b>Naltrexone</b>	Blocks receptors	IM shot x 30 days; pill 1x day	Works differently than agonists; blocks euphoric/sedative effects if person relapses

# Physicians with ability to prescribe MAT



## Why is MAT underused?

- Social factors
- Provider factors
- Access factors
  
- Research methodologies to consider
  - Epidemiological (surveillance)
  - Interviews with patients (qualitative)
  - Surveys with providers (quantitative)
  - Evaluate existing programs (program evaluation)





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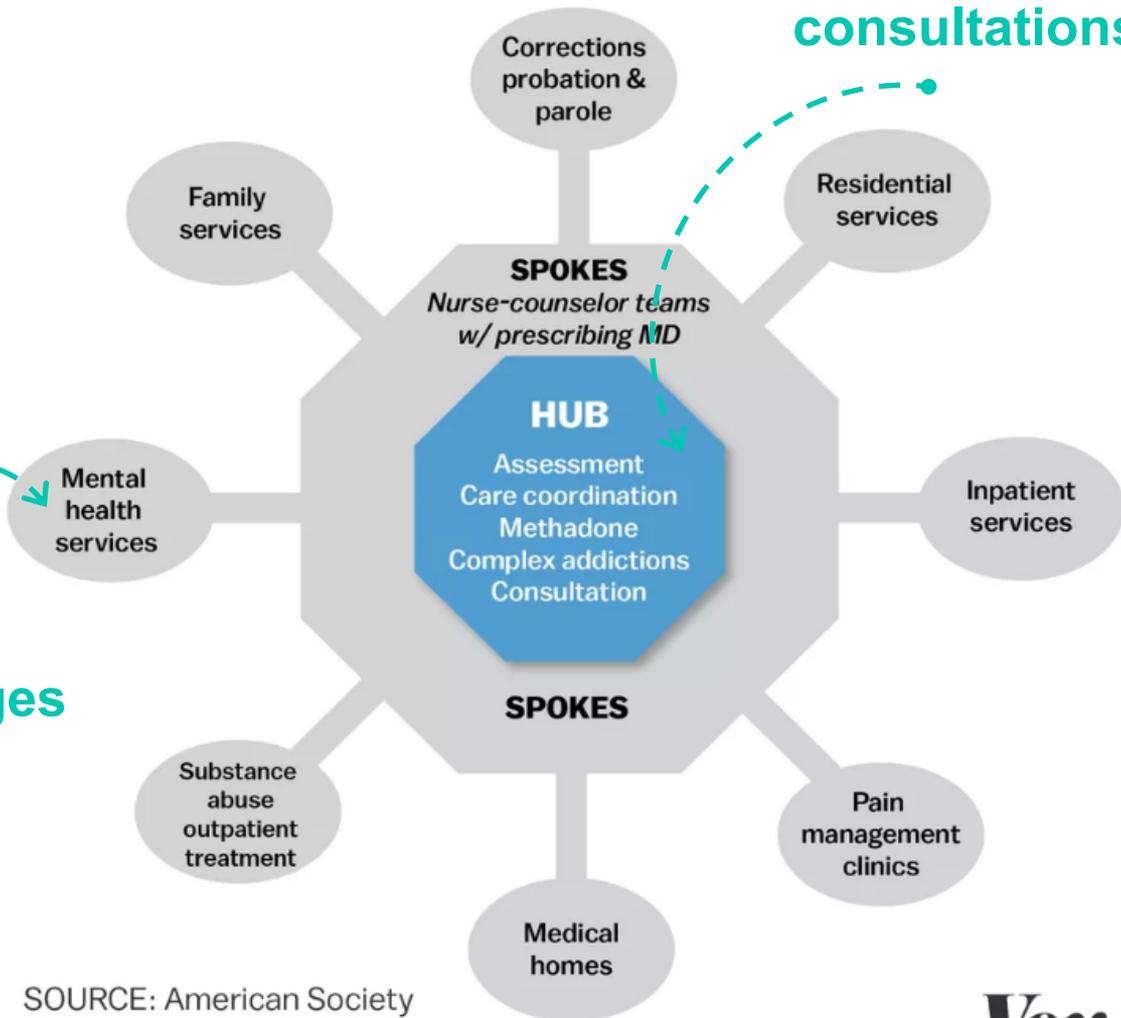
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# IS THERE A MODEL FOR MAT THAT WORKS?

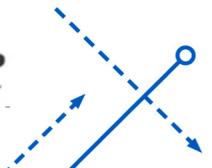
# The Vermont Model

**HUB provides coordination, complex care, consultations**

**Spokes address specific challenges**

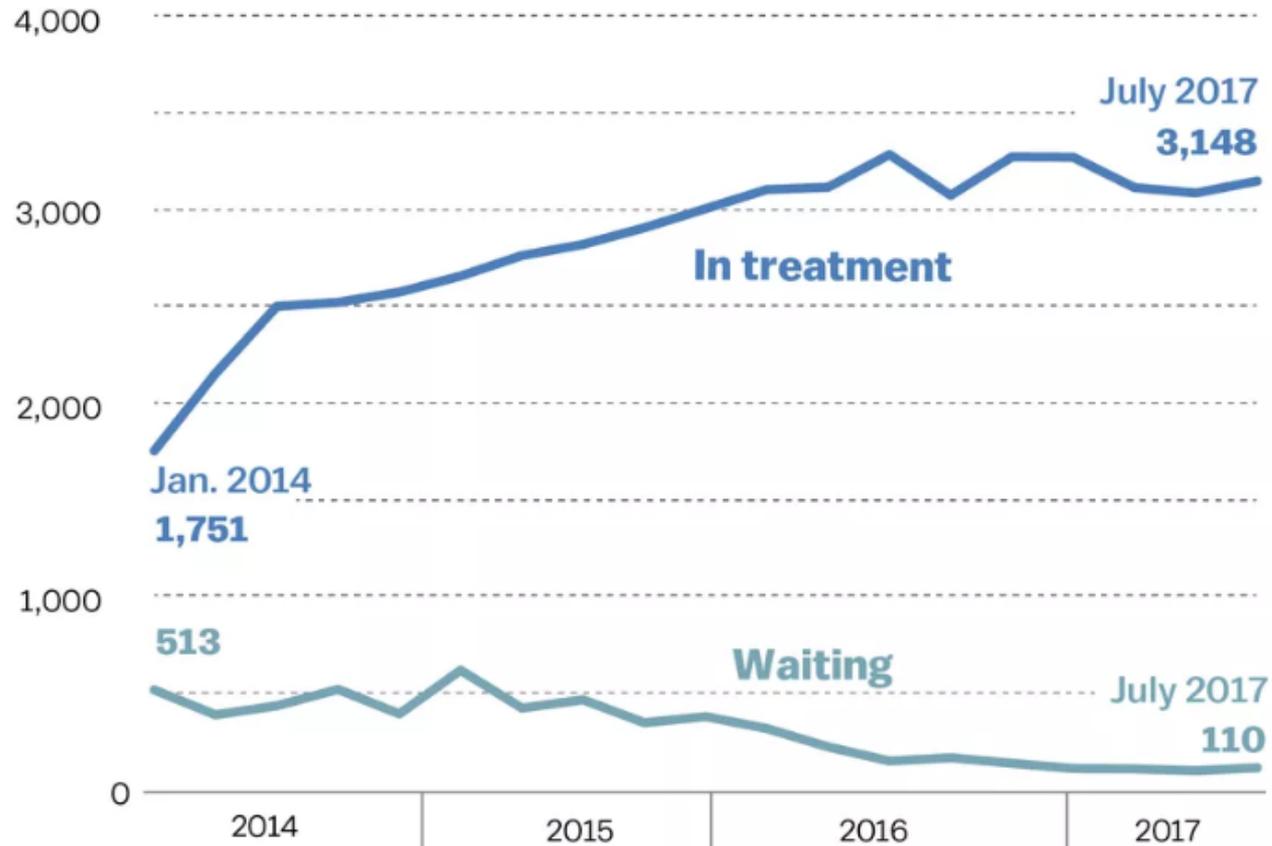


SOURCE: American Society of Addiction Medicine



## Vermont hubs: number of people in treatment and on waiting lists

Cli



SOURCE: Vermont Department of Health

Vox

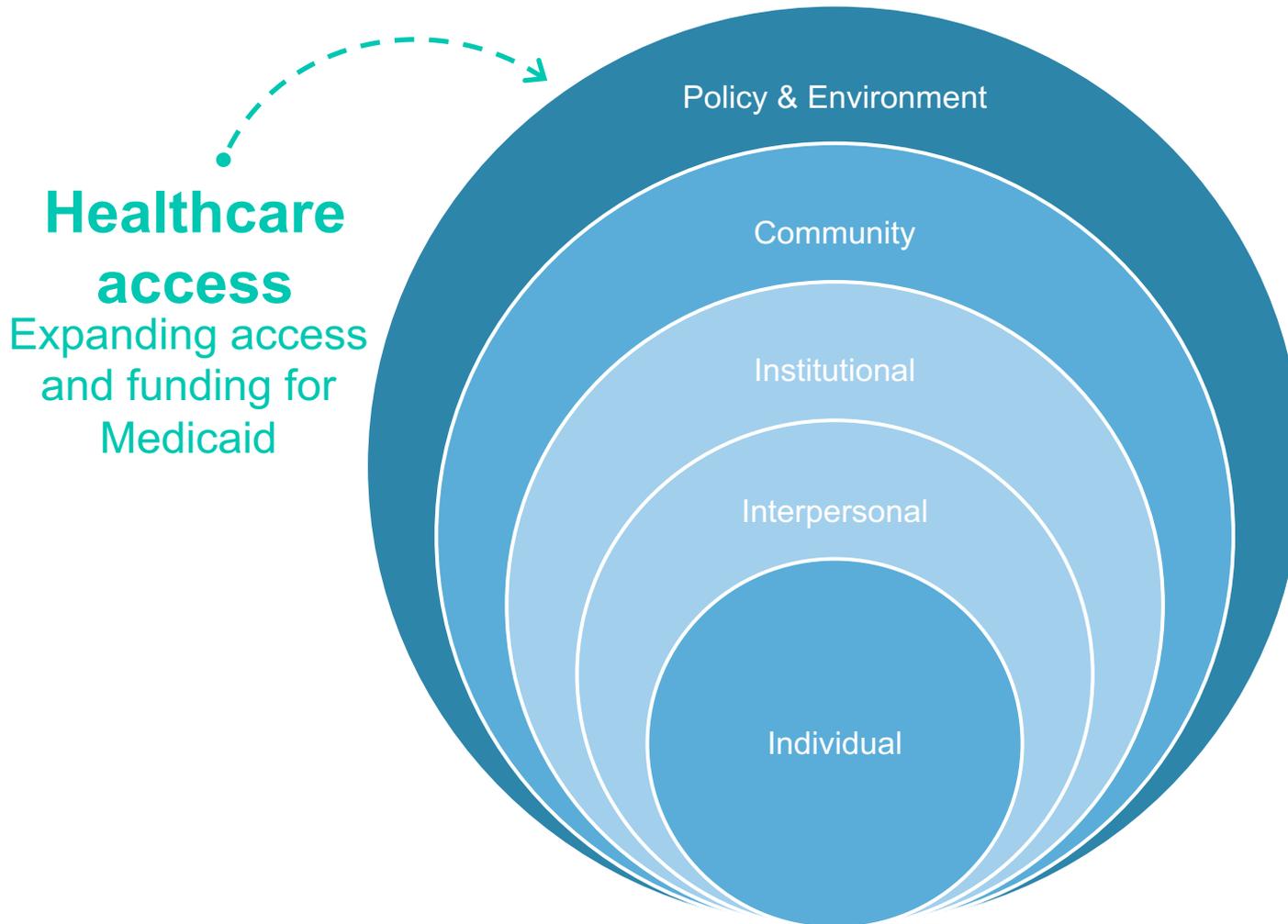


## Changing the Context

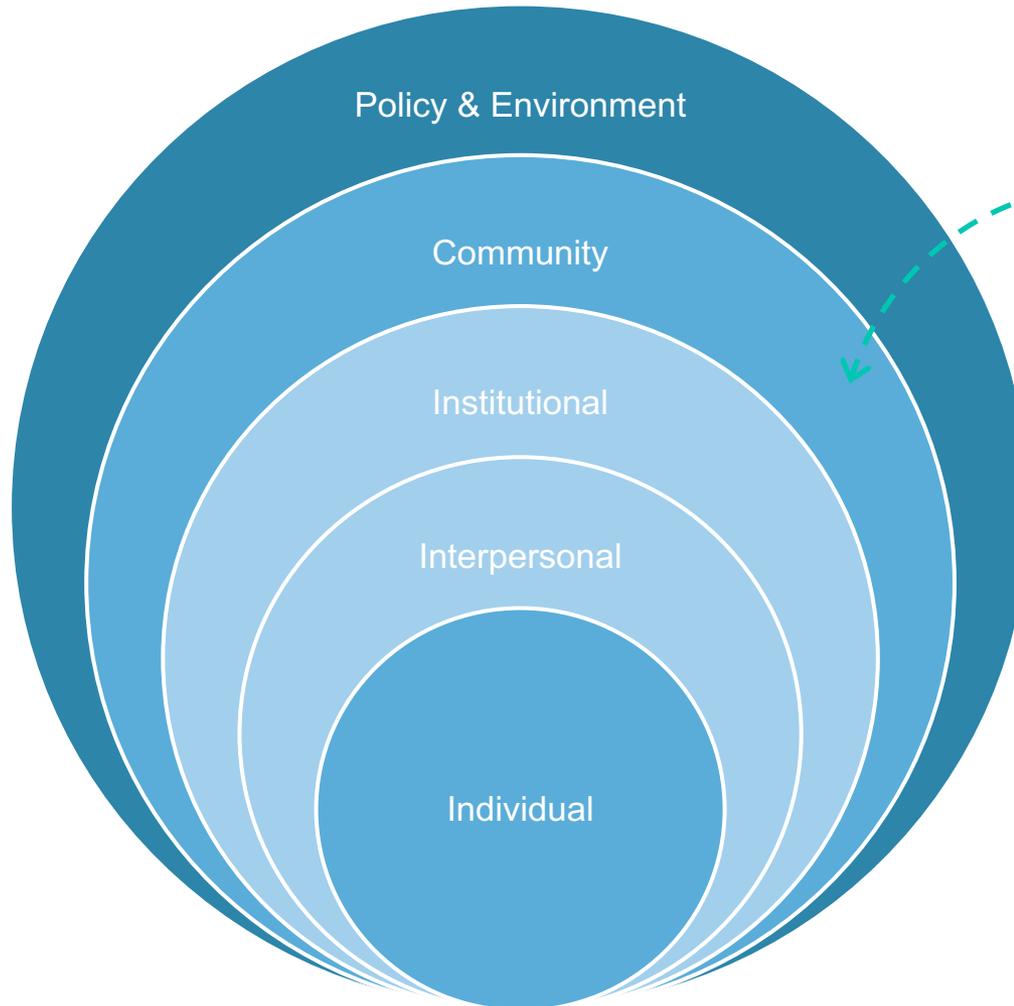
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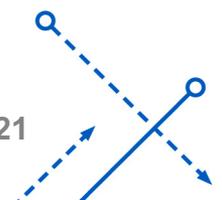
## Social Ecological Model



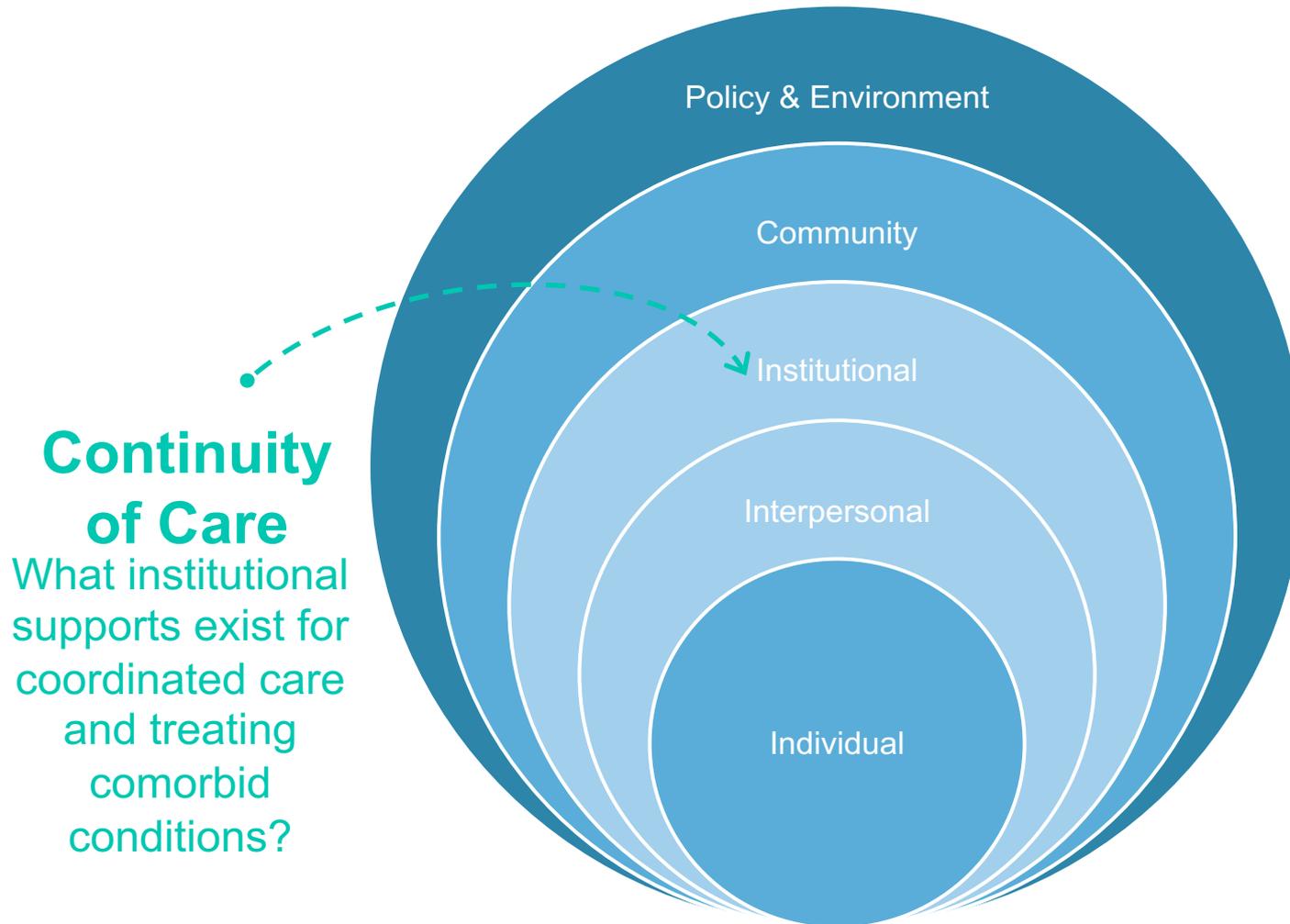
# Social Ecological Model



**MAT**  
**Availability**  
Is medication  
assisted treatment  
available within an  
individual's  
community?



## Social Ecological Model



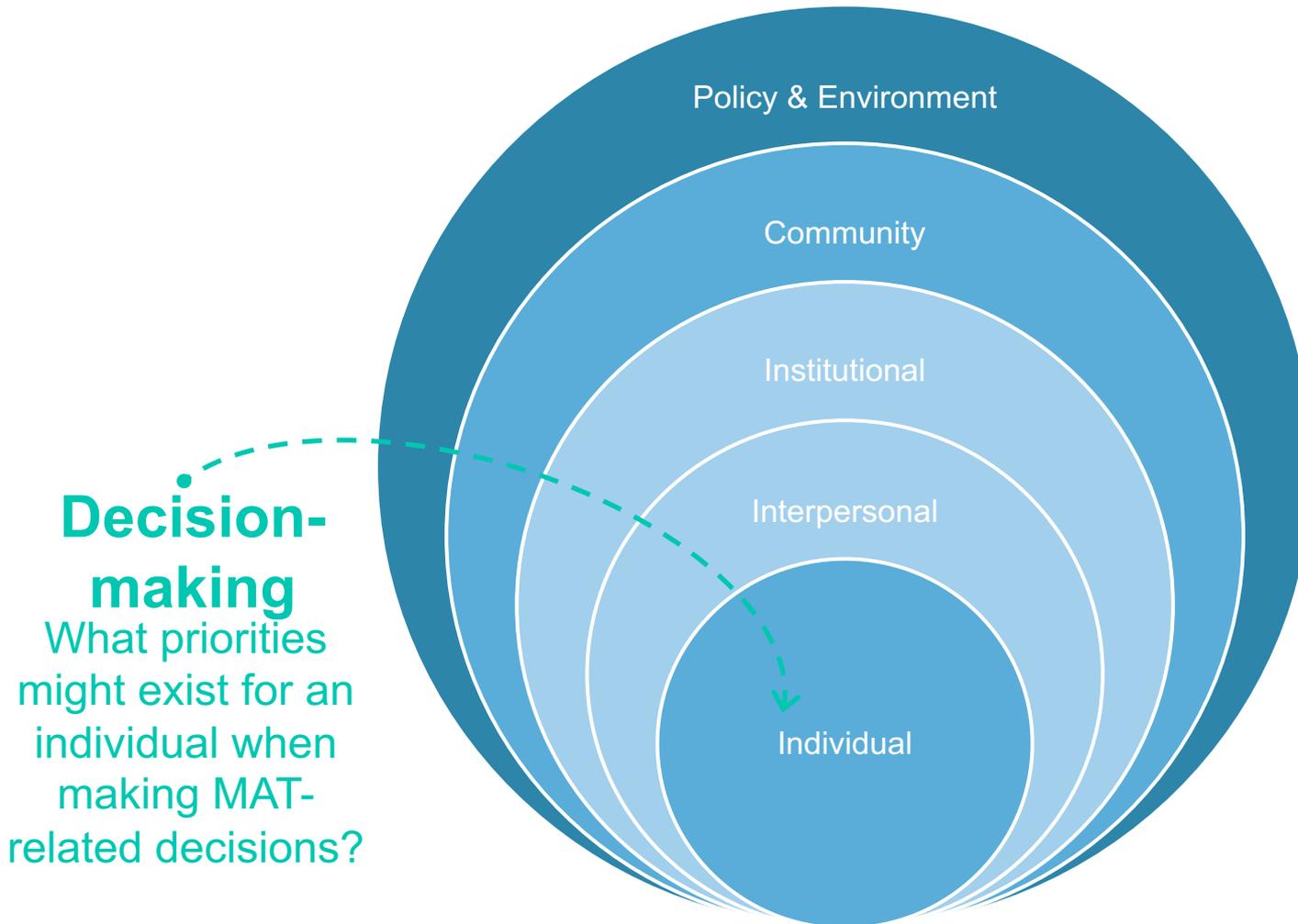
## Social Ecological Model



### Stigma

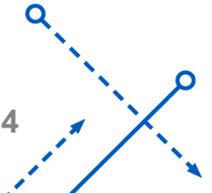
How might stigma drive decisions around MAT between providers and patients; patients and families

## Social Ecological Model



### Decision-making

What priorities might exist for an individual when making MAT-related decisions?



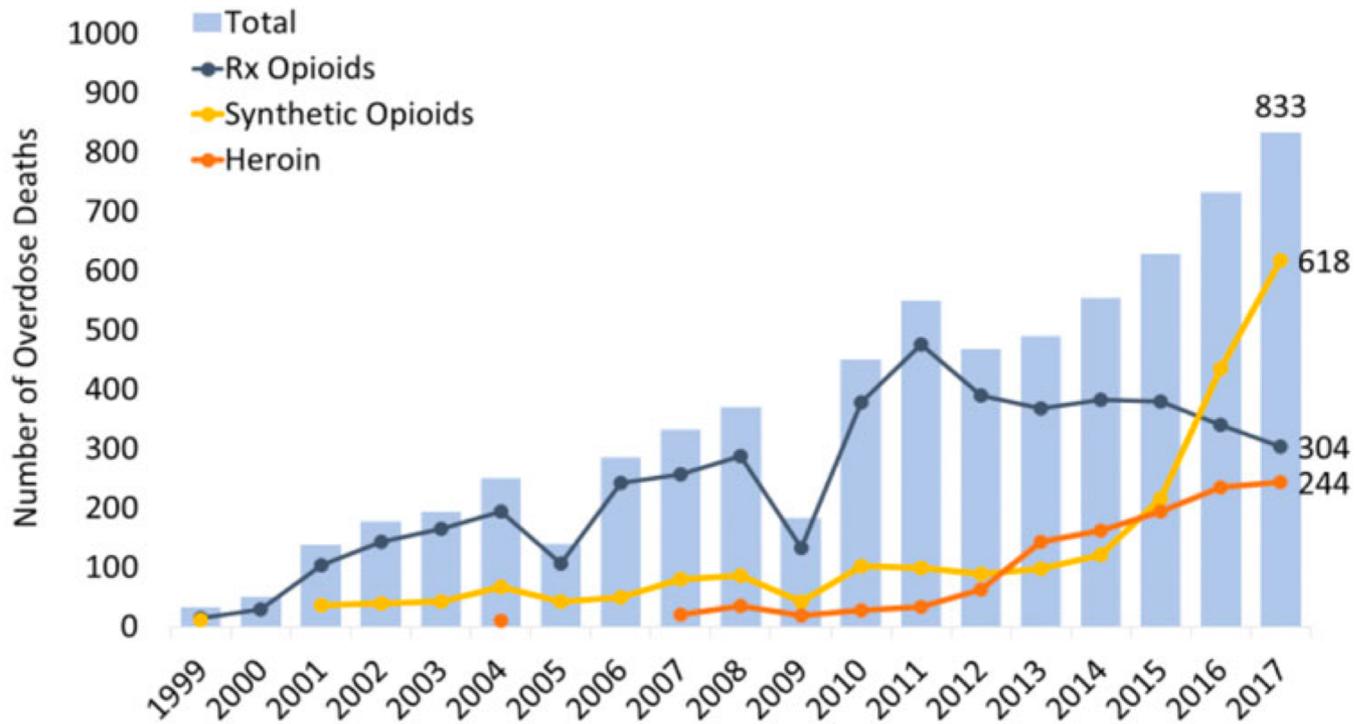
## Barriers to MAT

What are some barriers that exist to widespread adoption of MAT?

How can these barriers be overcome?

## West Virginia

### Highest overdose rates in the United States





The image is a YouTube video player thumbnail. The main content is a news segment from PBS NewsHour. The background shows a man in a suit speaking at a podium. Overlaid on the image is the text: "WATCH: Former Rep. Gabrielle Giffords, retired astronaut Mark Kelly call for stronger gun laws". Below this, it says "BY JOSHUA BARAJAS" and "Updated: Oct 2, 2017 at 11:17 AM". The PBS NewsHour logo is in the bottom left. A large "AMERICA ADDICTED" watermark is in the center. On the right, there is a red banner for "GARRY KASPAROV" and a "SUBSCRIBE TO POLITICS NEWSLETTER" call to action. At the bottom, a red banner says "NOW ONLINE" and a black banner says "PBS.ORG/NEWSHOUR".

POLITICS

WATCH: Former Rep. Gabrielle Giffords, retired astronaut Mark Kelly call for stronger gun laws

AMERICA ADDICTED

PBS NEWS HOUR

BY JOSHUA BARAJAS

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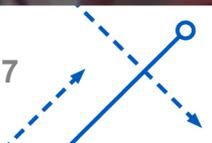
GARRY KASPAROV

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POLITICAL ANALYSIS WON'T FIND ANYWHERE ELSE

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The background features a complex, abstract pattern of white lines and arrows on a solid blue field. The pattern consists of various solid and dashed lines, some with arrowheads, and small white circles. The lines are oriented diagonally, creating a sense of movement and direction. The overall aesthetic is clean, modern, and technical.

# THANK YOU!



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