

**Rx DRUG ABUSE PREVENTION 1**  
Clinical Challenges  
In Opioid Prescribing:  
Balancing Safety &  
Efficacy

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# PEER REPORT

Start believing.

Peer Assistance Services Staff, July 2014

## Rx DRUG ABUSE PREVENTION

### Clinical Challenges in Opioid Prescribing: Balancing Safety & Efficacy

OUR MISSION:  
TO PROVIDE QUALITY,  
ACCESSIBLE PREVENTION  
AND INTERVENTION  
SERVICES IN WORKPLACES  
AND COMMUNITIES,  
FOCUSED ON  
SUBSTANCE USE  
AND RELATED ISSUES.

On Friday, July 11, 2014, Peer Assistance Services, in collaboration with the national Substance Abuse and Mental Health Services Administration (SAMHSA), hosted Clinical Challenges in Opioid Prescribing: Balancing Safety & Efficacy. The event was organized by Laurie Lovedale, Prescription Drug Abuse Prevention Program Manager, and was held at the Cable Center in Denver. The training provided specific knowledge and skills associated with the safe prescribing of opioids and addressed epidemiology, legal, and regulatory issues, as well as clinical strategies for managing difficult patient situations. 124 physicians, nurses, pharmacists, dentists, and pain management specialists attended.



Patrick Fox, MD, Deputy Director of Clinical Services, Office of Behavioral Health (OBH)

The event began with Dr. Patrick Fox, Deputy Director of Clinical Services, Office of Behavioral Health (OBH), welcoming participants and providing an overview of OBH programs and services. Dr. Charles Smith, Region VIII Administrator with SAMHSA, presented national and local data on opioid use and its associated issues, and outlined SAMHSA's current efforts to curb prescription drug abuse.

The event continued with sessions focused on initiating treatment, assessing risk, monitoring patient progress, adapting treatment in response to aberrant medication use behaviors, and the discontinuation of opioids for the treatment of pain and making the necessary referrals.

Dr. Phil Engen, Medical Director at Lutheran Medical Center for Pain Medicine, took participants through an interactive case discussion of a 41-year-old man with back pain. Audience members engaged in the clinical decision making around assessment, monitoring, and intervention of this patient.

Dr. Brett Kessler, President of the Colorado Dental Association, discussed the dentist's role in preventing prescription drug abuse with an emphasis on managing pain in dental patients. Ronne Hines, Deputy Director for Healthcare, Colorado Department of Regulatory Agencies, discussed the efforts of the pharmacy, medical, nursing, and dental boards to develop opioid prescribing guidelines for the state. Chris Gassen, Program Director of the Prescription Drug Monitoring Program (PDMP) and the State Board of Pharmacy, outlined the history of the PDMP and the recent upgrades and legislative changes that will be taking place. He also discussed the impact of these changes on the ease and use of the PDMP.

Peer Assistance Services continues to collaborate with the Colorado Consortium for Prescription Drug Abuse Prevention, the Denver Office of Drug Strategy, the Colorado Pharmacy Coalition, the Denver Epidemiological Work Group, and the Colorado Pain Initiative to further prevention and awareness efforts on the prevention of prescription drug abuse.

For additional information visit [www.PeerAssistanceServices.org/RxDrug](http://www.PeerAssistanceServices.org/RxDrug).



Presenters:  
Theodore V. Parran, Jr., MD, Carter & Isabel Wang Professor and Chair in Medical Education, and Addiction Fellowship Director, Case Western Reserve University School of Medicine

John A. Hopper, MD, Residency Program Director and Vice Chair for Education, Department of Internal Medicine, St. Joseph Mercy Hospital, and Clinical Associate Professor of Internal Medicine, Pediatrics, Psychiatry and Behavioral Neurosciences, Wayne State University

## 30<sup>th</sup> Anniversary Celebration

**P**eer Assistance Services celebrated 30 years of substance use prevention and intervention programming on May 22, 2014 at the Denver Art Museum. While Peer Assistance Services has hosted many Annual Awareness Events in previous years, this one was special, as it was a celebration of the agency's longevity and many successes.



Alyssa Auck, PAS, Executive Coordinator  
Brett Kessler, DDS, Master of Ceremonies  
Elizabeth Pace, PAS, CEO

We were honored to host David Sheff, renowned journalist and bestselling author of *Beautiful Boy: A Father's Journey through his Son's Addiction* and *Clean: Overcoming Addiction and Ending America's Greatest Tragedy*, as our keynote speaker for the evening. In addition to welcoming David Sheff, Peer Assistance was proud to have Dr. Brett Kessler, President of the Colorado Dental Association and former client of Peer Assistance Services, as our Master of Ceremonies.



Brett Kessler with Keynote Speaker, David Sheff

The evening began with a welcome by the President of the Peer Assistance Services Board of Directors, David Stuhr. David paid special recognition to members of the Board and to the 33 sponsors that graciously provided support for the event. Elizabeth Pace, CEO, took the stage to speak about the history and growth of the agency over 30 years. Elizabeth was recognized with a standing ovation from the crowd when Bob Mines, long-time colleague, CEO of MINES & Associates, and Title Sponsor of the event, took the stage to recognize her achievements.



Robert Mines, CEO, Mines & Associates (Title Sponsor)  
Elizabeth Pace  
Richard Lindsey, COO Mines & Associates

The evening continued with the premiere of the agency video. The video focused on the impact of Peer Assistance Services' programs from the perspective of former clients, family members, staff, community members and past Board members.

Following the video premiere, David Sheff discussed the difficulties he and his family have faced with his son's addiction and outlined some policy recommendations for moving forward with prevention and intervention. Sheff referenced agency programs repeatedly during his presentation, demonstrating the importance of prevention efforts in addressing substance use and related issues. He spoke briefly about co-occurring disorders and the necessity of integration for effective prevention, intervention, and treatment for individuals with these diagnoses. Sheff brought a personal and fresh perspective to the audience and was very open when answering questions from audience members. He addressed questions on a wide range of topics, including criminal justice, health care integration, legalized marijuana, and family struggles. After presenting, Sheff spoke with audience members one on one during the book signing period, hosted by Tattered Cover Book Store.

We would like to thank all sponsors, board members, attendees, speakers, and staff, both past and present, for your support as the agency looks forward to the next 30 years.



David Stuhr, PAS Board President  
Eve Hoygaard, Colorado Nurses Foundation (Presenting Sponsor)  
Sara Jarrett, PAS Board Member, Colorado Nurses Foundation President and Patron Sponsor  
Howard Jarrett

### FROM DAVID SHEFF:

"Presenting at the Peer Assistance Services 30<sup>th</sup> Anniversary Celebration was a wonderful experience. I appreciated the opportunity to learn about the agency and was impressed by the wonderful people I met — about the knowledge, passion, and dedication of the staff and community members. I look forward to working with Peer Assistance in the future; I'm so impressed by — and am grateful for — the work that you do to address substance use."



Book signing with David Sheff

### LIVE TWEETS FROM THE EVENT:

*"addiction is preventable, but we're not preventing it. It's treatable but we're not treating it"* -SBIRT Colorado

*"your family's story is my family's story"* -Ryan Lucas @david\_sheff @SBIRTColorado

*"@SBIRT Colorado thanks all again, you're doing life-saving work"* -david\_sheff

## to Our Sponsors

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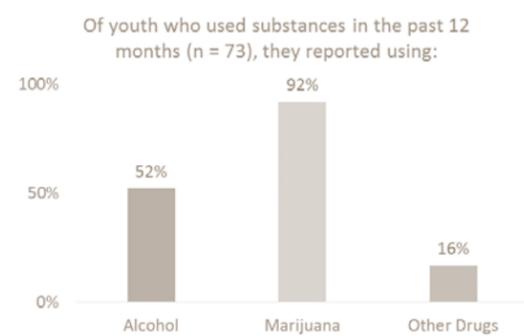
Agency Founding Members Jackie Westhoven, Carolyn Hayes, Harriet Palmer-Willis, Velvia Garner

## Using Screening and Brief Intervention to Prevent Underage Marijuana Use: Findings from a Pilot Program in Colorado Measuring Adolescent Marijuana Use with the CRAFFT Screening Tool

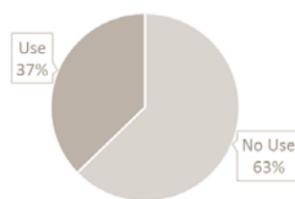
**Authors:** *Holen Hirsh, PhD & Emily Love, PhD; OMNI Institute. Carolyn Swenson, MSPH, MSN; Peer Assistance Services*

Colorado received two consecutive, five-year grants from the Substance Abuse and Mental Health Services Administration (SAMHSA) to implement screening, brief intervention and referral to treatment (SBIRT) statewide. SBIRT Colorado is administered by the Colorado Office of Behavioral Health and managed by Peer Assistance Services; the second five-year grant will end in September 2016. SBIRT Colorado addresses the full spectrum of alcohol or drug use in adolescents and adults – including prevention, early intervention for risky use, and referral for substance use disorder treatment when indicated.

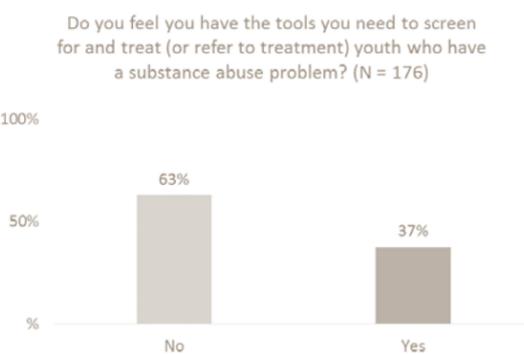
In 2013, the Colorado Prevention Partnership for Success (CPPS) initiative, also funded to the Colorado Office of Behavioral Health by SAMHSA, launched an effort to implement SBIRT in school and youth-serving community based organizations in four counties (Adams, Denver, Pueblo, and Weld). CPPS is focused on promoting evidence-based youth substance use prevention efforts in communities. The CPPS initiative initially supported the development of collaborative community partnerships in the four counties to prevent alcohol use and binge drinking in adolescents and then received one year of expansion funding to focus specifically on marijuana prevention. Adolescent marijuana use is a pressing concern in Colorado, particularly in light of recent legislation legalizing the sale and use of recreational marijuana. Given the high prevalence of marijuana use among Colorado youth, 22% report using marijuana in the past 30 days (Healthy Kids Colorado Survey, 2011), CPPS, in partnership with OMNI Institute and Peer Assistance Services, is working in the four counties to implement and evaluate a targeted screening and intervention effort. Peer Assistance Services provides training on screening adolescents using the CRAFFT screening tool and providing brief motivational conversations to decrease use and the harms associated with use of marijuana, alcohol or other drugs. Trained staff then screen adolescents for substance use and collect data using an online database. In addition, a survey is administered to collect baseline data from individuals participating in the training. A follow-up survey will be administered in the fall of 2014 to assess how implementation worked and what lessons were learned.



During the past 12 months, did you drink any alcohol, use any marijuana or hashish, or use anything else to get high? (N = 196)



Preliminary CRAFFT data collected from nearly 200 youth suggests that more than 1/3 of youth screened have used alcohol, marijuana or hashish, or something else to get high in the past 12 months. It is important to note that among youth who indicate that they have used substances in the past 12 months, 92% report that they used marijuana.



Data collected from 176 health care providers and school staff at the training sessions suggest that 2/3 of providers feel they do not have the tools they need to screen for marijuana use with adolescents.

While the data are not collected from a representative sample of Colorado youth and professionals, these preliminary findings provide evidence in support of the need for further adolescent marijuana use prevention efforts in the state of Colorado. The Office of Behavioral Health, OMNI Institute and Peer Assistance Services, continue to collaborate to support prevention initiatives focusing on youth and marijuana use.

### CONGRATULATIONS!

**MEGAN MARX, PARITY CONSULTANT**, was awarded the Advocate of the Year Award from Advocates for Recovery.

**LEE ANN ADEN, CHIEF FINANCE OFFICER**, was elected to the 2014–2016 Board of Directors of the International Employee Assistance Professionals Association

**JUSTIN JACQUES, CASE MANAGER**, received a Certificate in Learning and Organizational Change from the Kellogg School of Management at Northwestern University.

**CHRIS KESTERSON, COLORADO TASC OPERATIONS DIRECTOR**, was appointed to the Colorado Behavioral Health Planning and Advisory Council

**JUSTIN WARD** was promoted to a Case Manager position for Southeast TASC.

**MATTHEW MILLER** was promoted to a Case Manager for Northeast TASC.

### RECENT HAPPENINGS:

**LUXIE GANNON, WESTERN TASC PROGRAM DIRECTOR, AND PALLAVI VISVANATHAN, SENIOR RESEARCHER AT OMNI INSTITUTE**, presented the findings of a five-year evaluation of the TASC program at the National TASC Conference in Birmingham, Alabama in May.

**CHRIS KNOEPKE, WORKPLACE PROGRAMS COORDINATOR**, also presented at the National TASC Conference on changing marijuana policy in Colorado and other states.

Peer Assistance recently hosted our **ANNUAL ALL STAFF TRAINING** in late July. Seventy-five staff members from throughout the state came together for the opportunity to learn, get to know one another, and of course, to have a little bit of fun. Highlights of this year's training included: mock role-play of a legislative session, cultural competency and sleep disorder topics, and the first Annual PAS Talent Show! One PAS Staff member reference the training as "a great opportunity to share stories of the important work we all do to help our clients."

### WELCOME NEW PAS STAFF:

Misty Aaberg, Michael Flonard, Kindra Ford, Jessica Kent, Jeffrey Lacerte, Travis Leland, Matthew Miller, Issac Rodriguez, Theresa Snyder

### MARK YOUR CALENDAR

**NATIONAL PRESCRIPTION DRUG TAKE-BACK DAY**  
September 27, 2014

For information and locations visit:  
[www.deadiversion.usdoj.gov/drug\\_disposal/takeback/](http://www.deadiversion.usdoj.gov/drug_disposal/takeback/)

For more information on events and conferences, please visit the "Events" page of our website, [www.PeerAssistanceServices.org/events](http://www.PeerAssistanceServices.org/events)

## STAFF TRANSITIONS

**A**nita Hoffman, BCJ, CAC III, Mile High TASC Program Director announced her resignation in July 2014. Anita joined the Mile High TASC program in 1996 as a case manager. She became a PAS employee in 2003 when the TASC contract was awarded to the agency. She has served as Program Director since December 2008.



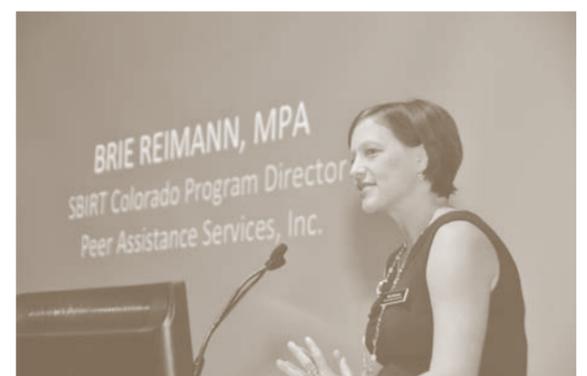
During her 18 years of service, Anita assisted thousands of offenders in their recovery and re-entry. We wish her the very best and thank her for her dedicated service to Peer Assistance Services!

*Brie Reimann, MPA, Director of Policy and Development*

In July, Brie announced her resignation as the Director of Policy and Development for Peer Assistance Services in order to accept a new opportunity with Colorado Access, a nonprofit health plan that provides access to behavioral and physical health services for Coloradans.

Brie began her employment with PAS as a Program Coordinator for the agency's Fetal Alcohol Spectrum Disorder Prevention Program and expanded and grew her position(s) with the agency over her 10 years of service. Prior to her role as the Director of Policy and Development, Brie served as Director of SBIRT Colorado where she tirelessly advocated for the importance of providing an integrated approach

to delivering healthcare to address both the physical and behavioral health of individuals. We wish her the very best in her new position and thank her for commitment to SBIRT Colorado and her ten years of service to Peer Assistance Services!



**PROGRAMS**  
 Dental Peer Health Assistance Program  
 Nursing Peer Health Assistance/Nurse Alternative to Discipline Program  
 Pharmacy Peer Health Assistance Program  
 Veterinary Peer Health Assistance Program  
 Mental Health Professionals Peer Health Assistance Program  
 Colorado TASC  
 Western • Northeast • Southeast • Mile High  
 Prescription Drug Abuse Prevention Program  
 Workplace Prevention Services Program  
 SBIRT Colorado  
 Colorado Prevention Partnership for Success  
 University of Colorado College of Nursing Health Professional Training Program



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**IN MEMORIAM**



**The Reverend Don Albert Davis,** Peer Assistance Services, Inc. Board Secretary passed away on July 30, 2014. Don selflessly volunteered his time to our board for seven years. He contributed to our fundraising efforts, strategic planning, bylaws revisions and many other board projects. In addition to his work with PAS, Don

was a mathematics teacher at the middle school, high school and college level. He contributed to the community through his work as a minister, coaching children in a variety of sports, serving as a precinct captain for the Democratic Party and mentoring youth. Don is survived by his wife, Dr. Mary J. Davis; his daughters, Caryn Davis and Dianna Malone; his son-in-law, Anthony Malone, Sr.; and grandson Anthony Malone, Jr. The Board and Staff of Peer Assistance Services will miss Don and his passion for helping the community. We wish to express our deepest sympathy to the Davis family and thank them for sharing Don with us. Our community grieves the loss of a wonderful man,



**Howie Madigan,** who passed away on Tuesday, July 29, 2014. Howie was widely known in Colorado and throughout the nation as a pioneering interventionist and spokesperson for recovery. Those who knew him perhaps remember most that he was a

kind, humble, and gentle soul, always willing to help others and to give back the gifts that had been given to him. Howie was a long-time friend and colleague of Peer Assistance Services. He conducted many intervention trainings with our staff members and was always a valuable resource for our agency. Our condolences go out to Howie's wife Pat, the Madigan Family, and to all of us who knew and loved him.

**REFLECTIONS**

**On the Death of Actor/Comedian Robin Williams**

August 11, 2014

*“His struggles with depression and addiction remind us all that these issues do not discriminate. His death reminds me of the importance that we treat people with a holistic approach...we need to address the needs of the ‘whole’ person. There is a complex relationship between one’s medical well-being and mental well-being.” – PHAP Staff Member*

*“I don’t think depression will ever go away, but we need to find better ways to identify this terrible disease and provide a more adequate and reliable form of treatment.” – TASC Staff Member*

*“We are failing in recognizing that these illnesses ARE illnesses. The loss of Robin Williams is sad on many levels, but also is an indictment of our society’s lack of tolerance. Those who need support and representation seem to be the last who ask for it and the last that are viewed as needing it.” – Community Member*

*“This tragedy is a terrible reminder that mental illness and addiction are sometimes fatal diseases. Awareness of this must be heightened in the community and health care system. Treatment should be available, evidenced-based, compassionate and non-stigmatizing.” – PAS Administrative Staff Member*