



## Best Practices Scholarship Program

The Best Practices Scholarship Program provides the opportunity for two days of in-person comprehensive training and consultation at the University of Vermont with Center on Rural Addiction (UVM CORA) faculty and staff experts. **The Program is intended for teams of up to four individuals from practices in rural counties in Vermont, New Hampshire, Maine, and northern New York who are hoping to**

- Learn how to better support patients in rural areas with complex needs related to substance use disorders (SUD) including opioid use disorder (OUD)
- Receive extensive training on topics related to OUD/SUD with a specific focus on evidence-based best practices and how to enhance prevention and treatment in rural communities, and
- Explore issues or challenges occurring within their own practice with other experts in the field and gain the skills and resources necessary to make improvements.

### Our Approach

One of the unique features of the UVM CORA Best Practices Scholarship Program is that instead of providing specialized training to a single provider, the program provides a **team-focused** approach where multiple staff from a practice are invited to learn together as well as explore their own needs and issues. The goal is to support the practice in creating sustainable, collaborative, continuous improvement and enhance implementation of evidence-based strategies intended to better serve individuals with OUD/SUD in their rural communities.

The **two-day program agenda** is completely customizable and determined by the needs of the practice. Core sessions (see next page) are integrated into the agenda across the two-days but meant to be adapted based on the interests and experience of applicants. Optional sessions can also be selected when applying and customized ahead of the program. As part of the sessions or in separate consultations, participants also have the opportunity to bring challenging clinical cases or logistical difficulties from their practice to discuss with the UVM CORA team. Depending on the topic, shadowing faculty or other staff in different clinic settings is also possible. Practices selected for the program will have a planning meeting with UVM CORA faculty before the program to discuss experiences associated with core or optional sessions and to customize the two-day program agenda to best suit interests and needs.

Upon completion of the program, **ongoing follow-up and support** from UVM CORA is provided via e-mail, phone, video-conferencing, and site visits, where UVM CORA faculty can visit the practice to see how things are going and provide additional training around evidence-based best practices.

# Curriculum

CORE SESSIONS	OPTIONAL SESSIONS
<ol style="list-style-type: none"><li><b>1. Understanding Substance Use Disorders (SUDs) &amp; Talking with Patients</b><ol style="list-style-type: none"><li>a. Basics of SUDs and how they impact individuals, families, and rural communities</li><li>b. The disease model of addiction</li><li>c. Screening and brief intervention</li><li>d. What we say and how we say it matters: Addressing stigma in our practices and with patients</li></ol></li><li><b>2. Motivational Interviewing 101</b><ol style="list-style-type: none"><li>a. Basics of motivational interviewing (MI)</li><li>b. How to engage in MI during brief visits</li></ol></li><li><b>3. Non-Pharmacologic Treatment of SUDs</b><ol style="list-style-type: none"><li>a. Evidence-based psychotherapies</li><li>b. Behavioral treatments</li><li>c. Support group treatments</li><li>d. Stepped care</li></ol></li><li><b>4. Alcohol and Tobacco Use Disorders</b><ol style="list-style-type: none"><li>a. Definitions and epidemiology</li><li>b. Monitoring tobacco and alcohol use</li><li>c. Treatment options and resources</li></ol></li><li><b>5. Opioid Use Disorder</b><ol style="list-style-type: none"><li>a. Definitions and epidemiology</li><li>b. Screening, assessment and diagnosis</li><li>c. Treatment engagement and options</li><li>d. Medication options</li><li>e. Harm reduction vs abstinence-based</li></ol></li><li><b>6. Nuts and Bolts of SUD treatment in Primary Care</b><ol style="list-style-type: none"><li>a. Team-based model in rural settings: Nursing, social work, prescribers</li><li>b. Drug testing 101</li><li>c. Induction, maintenance and when to refer</li></ol></li></ol>	<ol style="list-style-type: none"><li><b>1. DATA 2000 Buprenorphine Waiver Training</b><ol style="list-style-type: none"><li>a. Full 8-hours live training</li><li>b. Half and half training (8-hours: ½ online, ½ live)</li></ol></li><li><b>2. Pain and SUDs</b><ol style="list-style-type: none"><li>a. Is it pain or addiction?</li><li>b. How to treat chronic pain in individuals with SUDs</li></ol></li><li><b>3. Pregnancy and Addiction Treatment</b><ol style="list-style-type: none"><li>a. Treatment of OUD in pregnant and postpartum mothers</li><li>b. Treatment of other SUD in pregnancy</li><li>c. Laws related to reporting to state child protective agencies</li></ol></li><li><b>4. Treatment of Cannabis Use Disorder</b></li><li><b>5. Treatment of Stimulant Use Disorders</b></li><li><b>6. Treatment of other Substance Use Disorders</b></li><li><b>7. Adolescents with SUDs</b><ol style="list-style-type: none"><li>a. Screening</li><li>b. Laws related to confidentiality and treatment consent</li><li>c. When and how to involve families</li><li>d. Medications for adolescents with SUDs</li></ol></li><li><b>8. Clinical Case Consultation</b></li><li><b>9. SUD and Medical and Psychiatric Comorbidity</b></li><li><b>10. Prevention and the Multi-Generational Approach</b></li><li><b>11. Leveraging Technology in Treatment of SUDs in Rural Communities</b><ol style="list-style-type: none"><li>a. Reducing medication diversion</li></ol></li></ol>

## All Expenses Paid

Travel, room and board, and continuing education credits are covered by UVM CORA for all involved in the program. Additionally, UVM CORA will provide a stipend to account for time spent away from the office (\$1,500 per participant). Our aim in covering all costs is to better support rural practices who may not be able to afford high training expenses or lost work hours.

In the situation that a rural practice team cannot travel to Burlington, VT for the program, UVM CORA is able to provide the two-days of learning on-site at the practice or another preferred location. This is determined on a case-by-case basis and may limit some of the offerings of the program (ex: shadowing).

## Application Process

Practices are encouraged to apply ahead of the deadline, as soon as they have identified an interest in the program. Only one application is needed per practice. Applicants should be prepared to include the names and credentials of all staff participating, indicate where specialized training is needed, and share other areas of interest or specific issues and needs. Describing unique challenges or concentrations will help the UVM CORA faculty to customize the program in a manner best suited for the practice.

Once the application is received and following close of the application period, UVM CORA faculty will review and reply within six weeks. Deadlines are **August 31<sup>st</sup>**, **November 30<sup>th</sup>**, and **April 30<sup>th</sup>** of each year through April 30<sup>th</sup> of 2022. Program dates are scheduled about 5-6 months following the application in coordination with the practice to ensure adequate time for travel arrangements.

Should the application be received after all the yearly slots have been filled, UVM CORA will work with the team to ensure training and consultation needs are met through other education, technical assistance, and consultation services UVM CORA can provide.

**First Application Deadline: [August 31, 2020](#)**

**Apply for the Program: [Best Practices Scholarship Program Application](#)**

**Stay Informed: [Receive Notifications about Future Application Periods](#)**

**Questions? Contact [CORA@uvm.edu](mailto:CORA@uvm.edu)**

**Learn More: [UVMCORA.org](http://UVMCORA.org)**

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