

Substance Use Disorders: A Comprehensive Review and Update 2021

Sunday-Wednesday • February 14-17, 2021
Virtual

WELCOME

On behalf of the Massachusetts General Hospital Department of Psychiatry, we are proud to welcome you to our annual conference Substance Use Disorders: A Comprehensive Review and Update.

This conference provides a broad update across assessment and treatment of substance use disorders (SUD). Our sessions and panel discussions touch on many complex topics. This includes treating addiction as a chronic disease, treating medical and psychiatric comorbidities, and misuse of many different substances.

These issues challenge even experienced health care professionals. That is why in every session, our faculty share their diverse experience and help you find the best strategies to care for your patients who struggle with SUD. We know these patients are seen across all practice settings, so our goal is to share knowledge that is helpful whether you work in primary care, psychiatry, social work, psychology, nursing and more.

Please ask all of your questions. Get feedback on your challenging cases. And find the guidance you need to improve outcomes for your patients with SUD.

Thank you for joining us at this important conference!

TARGET AUDIENCE

This program is intended for psychiatrists, psychologists, general and family practice physicians, nurses, physician assistants, nurse practitioners and social workers.

EVALUATION FORMS/CME/CEU CERTIFICATES

Every participant needs to complete the activity evaluation online to claim CME/CEU credits for this course. Please refer to the **Evaluation and CME Information** document in this syllabus for more information. We strongly encourage you to complete the evaluation, even if you do not require a certificate. Your comments are important to us as we plan future programs. The link to claim credit is as follows:

www.mghcme.org/substanceuse

For questions or comments about this program, including technical assistance with completing your evaluation or claiming your certificate please contact Lynda Reid please call 866-644-7792 or email mghcme@mgh.harvard.edu

QUESTIONS

Opportunity for questions will be provided at the end of each module during the panel discussion. Please write your questions in the chat box on Zoom. Experience has shown that this method is preferable to that of spontaneous questions.

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CONTACT INFORMATION

For questions or comments, please contact MGH Psychiatry Academy member services at 866-644-7792 or mghcme@mgh.harvard.edu.

LEARNING OBJECTIVES

At the end of this educational activity, participants should be able to:

- Describe the best practices for treatment of substance use disorders
- Discuss how to properly screen and diagnose substance use disorders
- List rational, evidence based pharmacologic and non-pharmacologic therapies for patients with substance use disorders
- Assess relative utility and strengths of recovery oriented models of care
- Assess and treat patients with co-morbid substance use, mood disorders, anxiety disorders, ADHD, pain, and infectious diseases.
- Discuss how to manage complicated withdrawal
- Utilize motivational interviewing, CBT and contingency management techniques when working with patients suffering from substance use disorders
- Describe the effects of and interventions for marijuana and synthetics
- List the different approaches and challenges associated with opioid, alcohol and nicotine treatment
- Discuss the challenges associated with identification and management of substance use disorders in the emergency department

ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of McLean Hospital and Massachusetts General Hospital. McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians.

McLean Hospital designates this live activity for a maximum of **20 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Please Note: The Buprenorphine (MAT) Waiver Training on Sunday, February 14, 2021 is **not** included in the accreditation provided through the joint providership of McLean Hospital and Massachusetts General Hospital. AMA PRA Category 1 Credit™ and continuing education credit are not offered for the waiver training.

PSYCHOLOGISTS

The Massachusetts General Hospital Department of Psychiatry is approved by the American Psychological Association to sponsor continuing education (CE) for psychologists. The Massachusetts General Hospital Department of Psychiatry maintains responsibility for this program and its content. This offering meets the criteria for **20** Continuing Education (CE) credits for psychologists.

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REGISTERED NURSES

This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for **20** contact hours of nursing continuing education credit. Advance practice nurses, please note: Educational activities which meet the requirements of the ACCME (such as this activity) count towards 50% of the nursing requirement for ANCC accreditation.

SOCIAL WORKERS

An application to the National Association of Social Workers has been submitted and is currently under review. Please contact us at mghcme@mgh.harvard.edu for the status for the social work CE accreditation.

AMERICAN ACADEMY OF FAMILY PHYSICIANS (AAFP)

AAFP has approved Substance Use Disorders: A Comprehensive Review and Update 2021 and deemed it acceptable for up to 20.00 credits.

Other CE Licenses: Other Providers can claim a Participation Certificate upon successful completion of this course. Participation Certificates will specify the title, location, type of activity, date of activity, and number of *AMA PRA Category 1 Credits™* associated with the activity. Providers should check with their regulatory agencies to determine ways in which *AMA PRA Category 1 Credits™* may or may not fulfill continuing education requirements. Providers should also consider saving copies of brochures, agenda, and other supporting documents.

AGENDA

SUNDAY, FEBRUARY 14, 2021

2:00 – 6:00 PM **Buprenorphine (MAT) Waiver Training**
 Laura G. Kehoe, MD, MPH, FASAM
 THIS IS A TICKETED EVENT, NO CME CREDIT

MONDAY, FEBRUARY 15, 2021

8:00 – 8:10 AM **Welcome & Introduction**
 David H. Rubin, MD

MODULE TOPIC 1: Etiologies of Substance Use Disorder

8:10– 8:30 AM **Neurobiology of Addiction**
 Timothy E. Wilens, MD
8:30 - 8:50 AM **Genetics of Substance Use Disorders**
 Robert R. Althoff, MD, PhD
8:50 – 9:10 AM **Evolutionary Theories of Substance Use**
 David H. Rubin, MD

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MODULE TOPIC 2: General Principles and Care Delivery

9:10 – 9:30 AM	Screening and Early Intervention Christopher Shaw, NP
9:30 – 9:50 AM	Treating Addiction as a Chronic Disease Jessica Gray, MD
9:50 – 10:10 AM	Harm Reduction Dinah Applewhite, MD
10:10 – 10:30 AM	Break
10:30 – 10:50 AM	Emergency Room Assessment of Addiction Dawn Williamson, RN, DNP, PMHCNS-BC, CARN-AP
10:50 – 11:10 AM	The Impact of COVID on Treatment Access and Delivery Gene Lambert, MD, MBA
11:10 – 11:30 AM	Racial & Ethnic Disparities in Substance Use Disorders Corrie Vilsaint, PhD
11:30 – 12:10 PM	Panel Discussion Moderator: David H. Rubin, MD Panelists: Christopher Shaw, NP, Dinah Applewhite, MD, Dawn Williamson, RN, DNP, PMHCNS-BC, CARN-AP, Gene Lambert, MD, MBA, Corrie Vilsaint, PhD, Jessica Gray, MD
12:10 – 1:10 PM	Lunch Break

MODULE TOPIC 3: Empirically Supported Psychosocial Treatment and Continuum of Care

1:10 – 1:30 PM	Motivational Interviewing John F. Kelly, PhD
1:30 – 1:50 PM	CBT John F. Kelly, PhD
1:50 – 2:10 PM	CRAFT (Including Parents) Martha Kane, PhD
2:10 – 2:30 PM	Family Case Discussion James McKown, PhD
2:30 – 3:10 PM	Panel Discussion Moderator: Martha Kane, PhD Panelists: John F. Kelly, PhD, James McKown, PhD
3:10 – 3:30 PM	Break

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MODULE TOPIC 4: Recovery Support Services

3:30 – 3:50 PM	Self-Help John F. Kelly, PhD
3:50 – 4:10 PM	Recovery Coaching Martha Kane, PhD
4:10 – 4:30 PM	E-Technologies Brandon G. Bergman, PhD
4:30 – 5:10 PM	Panel Discussion Moderator: John F. Kelly, PhD Panelists: Martha Kane, PhD, Brandon G. Bergman, PhD
5:10 PM	Adjourn

TUESDAY, FEBRUARY 16, 2021

8:00 – 8:10 AM	Introduction Timothy E. Wilens, MD
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MODULE TOPIC 5: Nicotine

8:10 – 8:30 AM	Nicotine Use in Kids Randi Schuster, PhD
8:30 – 8:50 AM	Vaping Randi Schuster, PhD
8:50 – 9:10 AM	Nicotine and NRTs Shamim H. Nejad, MD, FASAM
9:10 – 9:50 AM	Panel Discussion Moderator: Timothy E. Wilens, MD Panelists: Randi Schuster, PhD, Shamim H. Nejad, MD, FASAM
9:50 – 10:10 AM	Break

MODULE TOPIC 6: Sedatives and Alcohol Use Disorders

10:10 – 10:30 AM	Outpatient Management of Alcohol Use Disorder Laura G. Kehoe, MD, MPH, FASAM
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10:30 – 10:50 AM **Inpatient Management of Alcohol Withdrawal Syndromes**
Mladen Nisavic, MD

10:50 – 11:10 AM **Sedatives and Hypnotics**
Robert R. Althoff, MD, PhD

11:10 – 11:50 AM **Panel Discussion**
Moderator: Timothy E. Wilens, MD
Panelists: Laura G. Kehoe, MD, MPH, FASAM, Mladen Nisavic, MD, Robert R. Althoff, MD, PhD

11:50 – 12:50 PM **Lunch Break**

MODULE TOPIC 7: Stimulants

12:50 – 1:10 PM **Methamphetamine**
Timothy E. Wilens, MD

1:10 – 1:30 PM **Cocaine, Rx Stimulants**
Timothy E. Wilens, MD

1:30 – 2:10 PM **Panel Discussion**
Moderator: Jessica Gray, MD
Panelists: Timothy E. Wilens

2:10 – 2:30 PM **Break**

MODULE TOPIC 8: OPIOIDS

2:30 – 2:50 PM **Overview of Opioid Use Disorder**
Sarah Wakeman, MD

2:50 – 3:10 PM **Buprenorphine 101**
Laura G. Kehoe, MD, MPH, FASAM

3:10 – 3:30 PM **Microdosing and Extended Release Buprenorphine**
Jon Deweese, NP

3:30 – 3:50 PM **Pain**
Jessica Gray, MD

3:50 – 4:10 PM **Pregnancy**
David Schiff, MD, MSc

4:10 – 4:50 PM **Panel Discussion**
Moderator: Laura G. Kehoe, MD, MPH, FASAM

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Panelists: Sarah Wakeman, MD, Jon Deweese, NP, Jessica Gray, MD, Davida Schiff, MD, MSc

4:50 PM

Adjourn

WEDNESDAY, FEBRUARY 17, 2021

8:00 – 8:10 AM **Introduction**
David H. Rubin, MD

MODULE TOPIC 9: Marijuana

8:10 – 8:30 AM **Cannabis Use & Use Disorders**
Timothy E. Wilens, MD

8:30 – 8:50 AM **Clinical Management**
Robert R. Althoff, MD, PhD

8:50 – 9:30 AM **Panel Discussion**
Moderator: Timothy E. Wilens, MD
Panelists: Robert R. Althoff, MD, PhD

9:30 – 9:50 AM **Break**

MODULE TOPIC 10: Polysubstance Use

9:50 – 10:10 AM **Fundamentals of Polysubstance Use**
Timothy E. Wilens, MD

10:10 – 10:30 AM **Polysubstance Use Cases**
Laura G. Kehoe, MD, MPH, FASAM

10:30 – 11:10 AM **Panel Discussion**
Moderator: David H. Rubin, MD
Panelists: Timothy E. Wilens, MD,
Laura G. Kehoe, MD, MPH, FASAM

11:10 – 12:10 PM **Lunch Break**

MODULE TOPIC 11: Comorbidity

12:10 – 12:30 AM **ADHD**
Timothy E. Wilens, MD

12:30 – 12:50 PM **Mood Disorders**
Mladen Nisavic, MD

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12:50 – 1:10 PM	Anxiety Disorders Shamim H. Nejad, MD, FASAM
1:10 – 1:30 PM	Trauma Abigail Judge, PhD
1:30 – 2:10 PM	Panel Discussion Moderator: Timothy E. Wilens, MD Panelists: Shamim H. Nejad, MD, FASMA, Mladen Nisavic, MD, Abigail Judge, PhD
2:10 – 2:30 PM	Break

MODULE TOPIC 12: Hallucinogens

2:30 – 2:50 PM	Hallucinogens Franklin King, MD
2:50 – 3:10 PM	Psychedelics from Misuse to Therapeutics Franklin King, MD
3:10 – 3:50 PM	Panel Discussion Moderator: David Rubin, MD Panelists: Franklin King, MD
3:50 PM	Adjourn

FACULTY

PLANNERS

John F. Kelly, PhD, ABPP (Course Director)
Founder and Director, Recovery Research Institute
Program Director, Addiction Recovery Management Service (ARMS)
Associate Director, Center for Addiction Medicine
Massachusetts General Hospital
Elizabeth R. Spallin Associate Professor of Psychiatry in Addiction Medicine
Harvard Medical School

Laura G. Kehoe, MD, MPH, FASAM (Course Director)
Medical Director, Substance Use Disorder Bridge Clinic
Massachusetts General Hospital
Assistant Professor of Medicine, Harvard Medical School



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David H. Rubin, MD (Reviewer, Course Director)

Director, Child and Adolescent Psychiatry Residency Training
Massachusetts General Hospital and McLean Hospital
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Christopher Shaw, NP (Course Director)

Nursing Director for Substance Use Disorders and ACT Team Lead.
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FACULTY

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Clinical Director, Substance Use Disorder Initiative
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Staff Psychiatrist, Center for Anxiety and Traumatic Stress Disorders

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Massachusetts General Hospital

Gene Lambert, MD, MBA

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Recovery Research Institute
Center for Addiction Medicine
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Sarah Wakeman, MD

Medical Director, *Massachusetts General Hospital* Substance Use Disorder Initiative
Director, Addiction Medicine Fellowship Program
Assistant Professor of Medicine, *Harvard Medical School*

Dawn Williamson, RN, DNP, PMHCNS-BC, CARN-AP

Advanced Practice Nurse for Addictions
Addiction Specialist, Emergency Department
Massachusetts General Hospital

FACULTY DISCLOSURE STATEMENTS

In accord with the disclosure policy of McLean Hospital as well as guidelines set forth by the Accreditation Council on Continuing Medical Education, all people in control of educational content, including speakers, course directors, planners, and reviewers, have been asked to disclose all relevant financial relationships with commercial interests of both themselves and their spouses/partners over the past 12 months, as defined below:

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The ACCME defines a “commercial interest” as any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interests. For more information, visit www.accme.org.

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Financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit. Financial benefits are usually associated with roles such as employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership on advisory committees or review panels, board membership, and other activities from which remuneration is received, or expected. ACCME considers relationships of the person involved in the CME activity to include financial relationships of a spouse or partner.

Relevant financial relationships

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Speakers & Planners:

Robert R. Althoff, MD, PhD

Investigator: NIMH, NIDA

Grand Funds (Medical Student Training Program Faculty Sponsor and PI): Klingenstein Third Generation Foundation

Ownership Equity (Partner): WISER Systems, LLC

Jessica Gray, MD

Consultant: Massachusetts Consultation Service for Treatment of Addiction and Pain; Vermont Board of Medicine, NIDA (Salary Support)

Laura G. Kehoe, MD, MPH, FASAM

Consultant (Salary): Massachusetts Consultation Service for Treatment of Addiction and Pain; MAP Health Management Peer Recovery Support Services, Path CCM

Susan Sprich, PhD

Royalties (Co-Author): Oxford University Press

Royalties (Co-Edited Book): Springer

Honorarium: Association for Behavioral and Cognitive Therapies (ABCT)

Sarah Wakeman, MD

Consult Fee: Celero Systems

Royalties: UpToDate & Springer

Timothy E. Wilens, MD

Consulting Fees (Consultant): Ironshore, KemPharm, Otsuka, Vallon, US National Football League (ERM Associates), U.S. Minor/Major League Baseball, Arbor Pharmaceuticals

Royalties (Published Book: Straight Talk About Psychiatric Medications for Kids / Co-Edited Textbook - ADHD in Adults and Children): Guilford Press; Cambridge University Press

Royalties (Co-Owner of Before School Functioning Questionnaire): Ironshore

All other individuals including course directors, planners, reviewers, faculty, staff, etc., who are in a position to control the content of this educational activity have, on behalf of themselves and their spouse or partner, reported no financial relationships related to the content of this activity.