

Virtual Opioid Dependency Program (VODP)

Presenter: Kelly Smith, Manager

VODP Focus

- Provide low barrier access to Opioid Agonist Treatment
 - Treatment anywhere in Alberta, utilizing virtual care
 - Receive Treatment while living in their community
 - Medication Management
 - Recovery Focus
 - Personal Change
 - Personal Growth
 - Skill Development
 - Community re-connection
 - Treatment for both adults and youth
 - Open 7 days a week, 365 days a year
 - Partnerships with Tailored Treatment to your community
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What is Opioid Use Disorder (OUD)

- Opioid Use Disorder (OUD) occurs when a person is unable to stop using opioids even if they want to and it is causing them harm.
 - Harm includes things like loss of employment, broken relationships, engaging in criminal activities, etc.
 - Causes severe withdrawal symptoms which can include:
 - nausea, vomiting, diarrhea, muscle aches, insomnia, irritability, anxiety/depression, sweating, runny nose, cravings.
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What are Opioids?

| Opioids | |
|--|---|
| Heroin <ul style="list-style-type: none"> Down, Smack, Horse, H | Fentanyl <ul style="list-style-type: none"> Apache, China girl, China Town, China White, Murder 9, Poison, TNT, <u>Tango</u> and Cash |
| Morphine <ul style="list-style-type: none"> M, Miss Emma, Monkey, White Stuff | Carfentanyl (Oxycodone / Oxycontin) <ul style="list-style-type: none"> O.C., Oxycet, Oxycotton, Oxy, Hillbilly Heroin, Percs |
| Codeine (Tylenol 1, 2, 3, 4, Percocet) <ul style="list-style-type: none"> Captain Cody, Cody, Lean Schoolboy, Sizzup, Loads Pancakes and Syrup | Hydromorphone (Dilaudid) <ul style="list-style-type: none"> D, Dillies, Footballs, Juice, Smack |
| Methadone <ul style="list-style-type: none"> Amidone, Fizzies with MDMA, Chocolate Chip Cookies | Hydrocodone <ul style="list-style-type: none"> Vike, Watxon-397 |
| Non-Opioid Street Drugs | |
| Cocaine, Crack (CNS stimulant) <ul style="list-style-type: none"> Blow, Coke, White, Up Hard, Soft | GHB (CNS stimulant) <ul style="list-style-type: none"> G, Gross Bodily Harm, Easy Lay, Cherry, Meth, Everclear |
| Ketamine (Dissociative) <ul style="list-style-type: none"> Blind, Kit Kat, Vitamin K, Special K, Cat Tranquilizers | LSD (Hallucinogen), MDMA <ul style="list-style-type: none"> Acid, Cid, Blue, Pink, <u>Window Pane</u>, Sunchine, Orange Sunshine, Blotter, Microdots, Paper |
| Ecstasy (CNS Stimulant, Hallucinogenic, Amphetamine) <ul style="list-style-type: none"> E, X, EVA, Slove Drug, Dance Drug, Everything Drug, XTC, Eckies, Adam, Hug Bug | Ice, Crystal Meth (CNS Stimulant) <ul style="list-style-type: none"> Ice, Crystal, Ice Cream, Batu, Shabu |
| Methamphetamine (CNS Stimulant) <ul style="list-style-type: none"> Speed, Crank, Crystal, Fast or "Go Fast", Quick, Grit | Benzodiazepines |
| Marijuana (CNS Depressant) <ul style="list-style-type: none"> Weed, Pot, Grass, Chronic, Cush, Skunk | Psilocybin (Hallucinogen) <ul style="list-style-type: none"> Magic Mushrooms, Shrooms, Zoomies |

What is Opioid Agonist Therapy (OAT)?

- Opioid Agonist Therapy (OAT) is medication used to manage symptoms of OUD.
 - Reduction in symptoms including cravings, withdrawal symptoms, etc.
 - OAT supports clients to re-engage in meaningful activities
 - OAT medications commonly used Suboxone, Sublocade, Methadone
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What is Suboxone?

- Combination of Buprenorphine and Naloxone
 - First line medication for opioid use disorder taken daily
 - Is a partial opiate agonist with a high affinity for the opiate receptors.
 - Takes away symptoms of withdrawal and cravings
 - Blocks stimulation that other opioid such as fentanyl and heroin give you
 - Reduces relapse and protects against overdose
 - Naloxone is present to stop abuse of Suboxone.
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What is Sublocade?

- Sublocade is a subcutaneous injection of Buprenorphine.
 - This medication is administered monthly by a pharmacist or health care professional.
 - Clients do not have to worry about daily dosing and frequent trips to the Pharmacy.
 - Sublocade protects clients from overdose.
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What is Methadone?

- Methadone is a full opioid agonist used to treat opioid dependency
 - It is generally prescribed and administered in liquid form
 - Is initially witnessed daily at the pharmacy
 - Methadone works to manage withdrawals and cravings
 - Requires ECG before starting
 - Overdose from using opioids can happen, Methadone does not protect clients from overdose
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Who Provides OAT Care to Clients?

- Peer Support Workers
 - Administrative Support Staff
 - Nurses
 - Social Workers
 - Addiction Counselors
 - Mental Health Therapists
 - Recreation Therapists
 - Physicians / Nurse Practitioners
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VODP Introduction

Services Offered:

- Same Day Start (SDS) Service
 - Transitions Treatment Service
 - Low Barrier Urgent Access (LBUA) Service
 - Intake Service
 - Ongoing Care Service
 - Youth Service
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VODP Introduction

VODP - Same Day Start (SDS) Service

Services offered:

- Clients using street obtained opioids;
 - Women who are pregnant;
 - Suboxone[®] and Methadone starts the same day (access to Zoom required for all Methadone starts);
 - Rapid access to Sublocade[®] injections (sometimes the same day).
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VODP Introduction

VODP – Transitions Treatment Service

Services offered:

- Manage referrals with short term bridging until transferred to another OAT provider or to the VODP Ongoing Care Team;
 - Support short term bridging for clients who are unable to access their community prescriber immediately;
 - Referrals from ER departments and Corrections are addressed by this team and then transitioned to a community provider or VODP Intake Services.
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VODP Introduction

VODP – Low Barrier Urgent Access Service

Services offered:

- Provide assessment and treatment for difficult to reach clients in police detention units, correctional facilities, supervised consumption sites, and in shelters.
 - This team supports clients who continue to dose evidence based, safe medications until they are stabilized enough to participate in locally or virtually delivered traditional care.
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VODP Introduction

VODP – Intake Service

Services offered:

- Clients on opioid prescriptions;
 - Clients started on OAT by the SDS Team and transitioning to VODP Ongoing Care Teams requiring stabilization;
 - Clients served by the Transitions Team unable to find a community provider and are transitioning to VODP Ongoing Care Teams.
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VODP Introduction

VODP – Ongoing Care Service

Services offered:

- Ongoing treatment for individuals who do not have a local, in-person care provider or whose needs are better met through virtual care;
 - Virtual individual psychosocial supports from a case manager;
 - Virtual addictions / mental health counselling and peer support;
 - Virtual psycho-education groups and wellness coaching;
 - Virtual parenting groups and support;
 - Benefits support;
 - Medication monitoring;
 - Regular virtual physician follow-up;
 - Transition support to another prescriber if requested.
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VODP Introduction

VODP – Youth Services

Services offered:

- Initiation of OAT;
 - Focused on adolescents in care and vulnerable youths as referred to us by Children's Services workers;
 - Virtual psychosocial support from a case manager with training in youth OAT care;
 - In addition to regular referral sources, referrals may be received from parents and/or guardians.
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VODP Introduction

Psychosocial Supports

- Addiction Counselling
 - Wellness Groups
 - Parenting Support (*Triple P Parenting, Circle of Security, Connect Parent*)
 - Specialized Perinatal Support
 - Benefit & Social Supports (*income support, prescription coverage, housing, etc.*)
 - Peer Support services that offer understanding and empathy [Alberta's Virtual Opioid Dependency Program](#) ([youtube.com](#))
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VODP Introduction

Program Information

- 2017/2018 – 201 clients ➡ 2023/2024 – 6595 clients
 - 2023/2024 = 4475 Same Day Start Intakes
 - 2023/2024 = 12105 prescriptions were provided by VODP prescribers for clients in Police / RCMP cells
 - Clients reported a significant reduction in not only opioid use but also a reduction in the use of other drugs such as cocaine, methamphetamines, benzodiazepines, amphetamines and other drugs at 3-month and 6-month intervals.
 - Client self-referrals make up over 51% of referrals to VODP
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Community Member Directly Accessing VODP without a Partnership

1. Community member would call the VODP toll free number to start Opioid Agonist Therapy
 2. A brief assessment completed by VODP staff member and then client speaks with a VODP physician following
 3. If treatment is appropriate, the physician will send a prescription to the pharmacy of the client's choice
 4. Client will receive follow up care by a VODP staff for as long as they are receiving treatment from VODP
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VODP Introduction

What Does a Partnership Entail?

- Open discussion between Community / Agency and VODP
 - Discussion focuses on how VODP can support the Community / Agency to address OUD in their community
 - There are currently 3 models discussed that can be adapted to the resources of the Community / Agency
 - It is not a formal signed partnership but an agreed upon process that can be changed/adapted by the Community / Agency at anytime
 - It is a *free* service offered by Recovery Alberta
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VODP & Indigenous & Community Services Partnership Goals

ACCESS

VODP supports communities and agencies to ensure **immediate access** to OAT for individuals with OUD

ENGAGEMENT

VODP services are **tailored** to your community or agency and encourage enhanced focus on the community's values, beliefs, spiritual practices & engages **directly** with community staff and supports

Partnership

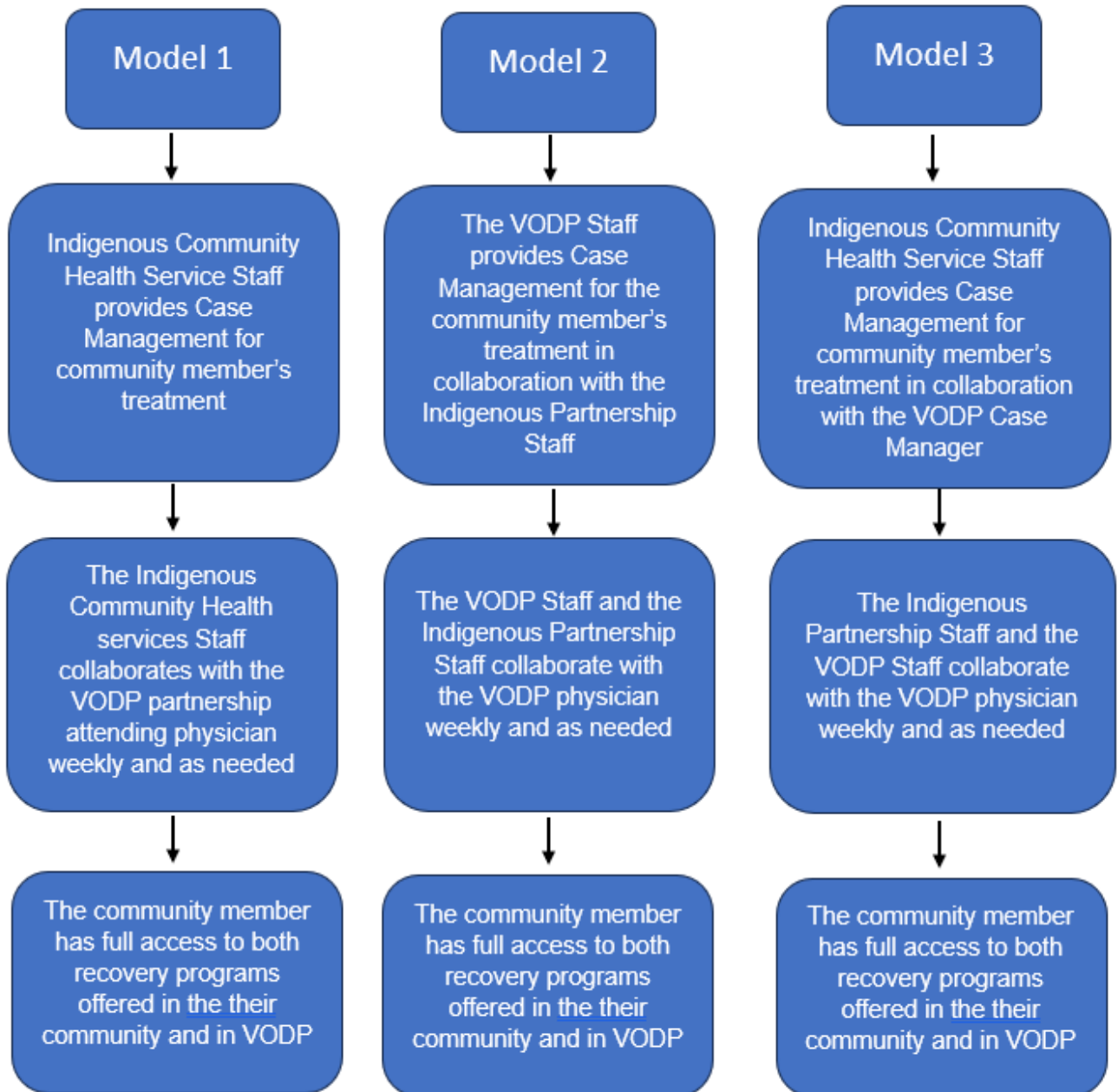
IMPROVED OUTCOMES

This Partnership involves setting up processes that meet the needs and resources of your community

SUPPORTS

In addition to clients accessing your community supports, they can access **all** VODP **psychosocial** supports that they believe support their recovery

Common VODP & Indigenous Community Partnerships



Testimonials

Indigenous Community Nurse advised - “the client revealed how great their relationship with VODP is. She is so happy with their access, and indicated the clients know they are so well taken care of to have their own nurse and their own doctor. ”

Quote from VODP Client - “This program has saved my life! I never have to panic about my prescription, you guys are so proactive. Everything about this program is awesome, the professionalism is off the charts. I can always come to you guys before I fall. I am not just a number, I am a client. This program makes me feel worthy and gives me hope”

Quote from VODP Client – “I just want to thank you so much for everything and say you are all fantastic. I’ve gone through recovery a few times before, but VODP is by far the nicest and most organized. Everyone seems to actually care and doesn’t put out any type of judgmental vibe towards me. I’m so grateful for all of you. You are truly helping to change lives.”

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VRAAM

NEW - Virtual Rapid Access Addiction Medicine Program (VRAAM)

- ***What services does VRAAM provide?***

VRAAM provides comprehensive care for all non-opioid substance use concerns through a physician-led, multidisciplinary nursing and allied health team. Services include:

- Anti-craving medications for substance and behavioural disorders.
- Home detoxification support with nursing assistance.
- Psychoeducational programs, relapse prevention, and support groups.
- Short-term outpatient counselling.
- Referrals to treatment facilities, community resources, and long-term support services.
- Medication-assisted acute withdrawal and craving management.
- Brief, solution-focused counselling and goal setting.

- ***How do I contact the program?***

To reach VRAAM, call toll-free at **1-844-383-7688** and select option #2 for assistance. VRAAM Operates Monday to Friday from 8:15 am to 4:30 pm.

Questions?

Virtual Opioid Dependency Program (VODP)

Toll Free: 1-844-383-7688

Website: VODP.ca

Partnership Contacts:

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