

MINUTES
OF THE
SUBSTANCE ABUSE SERVICES COUNCIL
MARCH 13, 2019
MARY McMASTERS, M.D., CHAIR
VIRGINIA ASSOCIATION OF COMMUNITY SERVICES BOARDS
RICHMOND, VIRGINIA

MEMBERS PRESENT:

Katie Cumble, *Alcoholic Beverage Control Authority*
Anna Burton, *Department of Corrections*
Leslie Elgen, *Department of Criminal Justice Services*
Aja Ferguson, *Department of Criminal Justice Services*
Mellie Randall, *Department of Behavioral Health & Developmental Services*
Parham Jaber, MD, *Department of Health*
Maureen Mayer, *Department of Juvenile Justice*
Ashley Harrell, *Department of Medical Assistance Services*
Jessica Lambertson, *Department of Motor Vehicles*
Fran Inge, *Department of Social Services*
Senator George Barker, *Senate of Virginia*
Madeline M. Berry, *Virginia Certification Board*
Henry Harper, *Virginia Foundation for Healthy Youth*
Charles (Chuck) Wilcox, *Virginia Association of Addiction Professionals*
Mary McMasters, M.D., *Advocate*

GUESTS:

Andrew Mitchell, *Joint Commission on Health Care*
Priscilla Smith, *Magellan Complete Care*
Jen Swyegh, *McGuire Woods Consulting*
Michele Satterlind, *McGuire Woods Consulting*
Becky Bowers-Lanier, *Virginia Association of Community Services Boards*
Peter Breslon, MD, *American Society of Addiction Medicine, Virginia Chapter*
Ajay Manhapra, MD, *American Society of Addiction Medicine, Virginia Chapter*

STAFF:

Kate Marshall, *Department of Behavioral Health and Developmental Services*
Janice Alridge, *Department of Behavioral Health and Developmental Services*

I. WELCOME AND INTRODUCTIONS. Dr. McMasters called the meeting to order and asked members and others present to introduce themselves and share what organization they represented.

II. REVIEW AND APPROVAL OF THE MINUTES OF JUNE 27, 2018. Minutes were accepted by voice vote with one change; the minutes mistakenly listed Robert Weabley representing the Department of Motor Vehicles, but Katie Weabley is the representative.

III. OLD BUSINESS.

- A. Review of Definitions. Dr. Mary McMasters provided a review of a previous presentation she gave during last year's Council meeting. She provided an overview of addiction with the purpose of providing a common understanding of the problem that the Council is charged with addressing. She noted that there are three major accepted sources for definitions: the Diagnostic and Statistical Manual V, the criteria established by the American Society of Addiction Medicine and the International Code of Diseases. These documents also provide appropriate language for talking about substance use disorders; much of the language used commonly is pejorative (e.g., "getting clean.") She stressed the difference between physical dependence on a drug (such as opioids) and addiction. Physical dependence means that the body has developed a tolerance (needs more of the substance to achieve the same effect) and withdrawal symptoms will be present if the substance is reduced or stopped. Addiction requires specific behaviors, including using the drug in spite of the knowing that is harmful, and being unsuccessful at reducing use, are also necessary for the person to have a diagnosis of addiction.

Individuals with the disease of addiction lack control over their use of the substances to which they are addicted. Use contributes to poor life functioning, and they are driven by cravings. Addiction is not substance specific, so if the person cannot find one drug he or she will resort to another to address the craving, which is a symptom of the chronic brain disease that is addiction. Recovery is possible and has been achieved and maintained by many individuals, but relapse is always a possibility. The disease must be managed just as any other chronic condition. Dr. McMasters quoted Dr. Steven Hyman: "...addiction represents a pathological usurpation of the neural mechanisms of learning and memory that under normal circumstances serve to shape survival behaviors related to the pursuit of rewards and the cues that predict them."

She went on to stress that standards of care for the treatment of addiction should be based on evidence based medical information that has been reviewed by peer-scientists. Management of the disease should be based on criteria established by the American Society of Addiction Medicine to assure that the person received the right level of care for the right period of time provided by the right professionals. Overtime, given the right treatment and peer and community support, the brains of individuals with substance use disorders can heal. Medications can play an important role for helping this to happen when combined with skilled counseling and support. These medications include methadone and buprenorphine products for individuals with opioid use disorder, acamprosate and naltrexone for individuals with alcohol use disorder, and varenicline and nicotine replacements for individuals addicted to nicotine.

Neonatal abstinence syndrome (NAS) occurs when women are using opioids during pregnancy; the infant is born physiologically dependent on opioids and his or her withdrawal must be carefully managed to minimize the stress of withdrawal. Pregnant women who are using street opioids should be placed on opioid replacements such as methadone or buprenorphine products to avoid putting the fetus under the stress of withdrawal. These medications will keep the fetus at a steady level instead of the ups and downs of street use, and will assure that the pregnant woman has frequent contact and support with health and behavioral health professionals. This also provides an opportunity to help the woman learn how to take care of her infant.

Dr. McMasters concluded by sharing that the information she had just provided the Council was more education about the disease of addiction than most medical students, residents and physicians ever receive as part of their education.

- B. Council Work Plan. This discussion was led by Dr. Mary McMasters. As decided during the last Council meeting of 2018, this year's work plan will be focused on workforce training and development.

IV. NEW BUSINESS.

A. Discussion - Plans for upcoming SASC meetings/speakers: There were several recommendations made by Council Members on presenters and presentations for upcoming meetings as it pertains to workforce training and development.

Ms. Randall made several recommendations concerning presenters: Liz Carter of the Department of Health Profession (DHP) to present about the demographics of the workforce that provides services to individuals with substance use disorders (e.g., Certified Substance Abuse Counselors and Licensed Substance Abuse Treatment Professionals), as well as other behavioral health professionals. Dr. Barbara Allison-Bryan, Deputy Director, DHP, to present about competencies identified by a workgroup sponsored by DHP that all health professionals should learn in their training; Mark Blackwell, Director of Recovery Services, present on the Peer Workforce.

Ms. Randall also mentioned that Dr. Lora Peppard, an assistant professor at George Mason University could speak about preparing nurses to work in the field of addiction. Senator Barker suggested Keisha Smith, Executive Director of the Virginia Workforce Development Authority would be good to include in this discussion, as well. Ms. Smith can speak on the perspective of what can be done to encourage young people to choose these professions.

The Council can explore working with healthcare systems to employ veteran employees who have the skills, but not the licensure. They can work under supervision while getting the requirements for licensure. But, you also need to make connections with veterans' agencies to let them know what is available.

There was also some discussion about medication assisted treatment (MAT) in the treatment of opioid use disorder, as the lack of prescribers who meet the federal requirements to prescribe buprenorphine is a major obstacle to accessing this type of treatment.. There were some questions about the use of types of MAT, and there was consensus to have a presentation at the next meeting focusing on types of MAT.

- B. Report: Review of Relevant Legislation: Ms. Randall led a discussion of legislation introduced in the 2019 Session of the General Assembly relevant to the Council's purpose. A table of all the legislation discussed is attached to the minutes.

- V. PUBLIC COMMENT.** March 15, 2019 – Governor’s Advisory Board on Addiction will meet on March 15, 2019 at the Patrick Henry Building; topics include: overdose map, drug courts, data demonstration on Winchester area.

Addendum to the Minutes;

Michele Satterlund with McGuireWoods Consulting clarified that injectable naltrexone is manufactured by Alkermes under the brand name Vivitrol and is the only non-narcotic medication indicated for the treatment of opioid addiction. Ms. Satterlund stressed that injectable naltrexone should be considered medication assisted treatment.

- VI. ADJOURNMENT.** Ms. Randall made a motion to adjourn that was seconded by Ms. Burton. The motion was passed on a voice vote and the meeting adjourned.

Respectfully submitted,

Kate Marshall
Staff to the Council