

**Elective Proposal:** Addiction Treatment in the Impaired Professional: Farley Center

**Resident:**

**Dates:** \*\*\*

**Location:** The Farley Center at Williamsburg Place

5477 Mooretown Rd, Williamsburg, VA 23188

**Faculty Supervisor(s):** Jonathan C. Lee, MD (principal supervisor), John R. Colaluca, DO (medical director), Stacey Johnson, LCSW (clinical director), Donald McCourtney, PhD (chief executive officer)

**Faculty Academic Affiliation:** East Carolina University

**Goals and Objectives:** This elective provides the unique opportunity to participate in the evaluation, diagnosis and treatment of a unique patient population of professionals with addiction. The resident will increase understanding of the specialized services and the treatment which considers the practicing professional.

Patient Care:

The resident will:

- gain the unique experience in treating patients with substance use disorders by participating in admitting, treatment planning, follow-up, and discharge planning of patient load across various settings (residential, partial hospitalization, and intensive outpatient) with faculty supervision
- take care of patients with addiction who require medically managed withdrawal of substances (detoxification and stabilization)
- learn to order the appropriate laboratory tests and drug screens for monitoring patients in addiction treatment
- learn about the various withdrawal scales utilized for monitoring acute withdrawal from substances
- learn about medications that can be unsafe for patients in recovery from addiction
- gain experience in the use of psychotropic medications in the treatment of addictive and co-occurring disorders
- be able to treat healthcare professionals and professionals in safety sensitive positions who require addiction treatment

Medical Knowledge:

The resident will:

- enhance knowledge on the signs/symptoms of various substance use disorders as well as recognizing acute withdrawal
- learn various detoxification protocols for management of acute withdrawal
- learn about the risk for overdose, especially related to opioid and sedative use disorders
- learn about the biomedical, psychiatric, social, and spiritual consequences of addictive disorders
- learn how to distinguish and manage co-occurring disorders in this patient population

- gain better understanding of the neurobiology, genetic vulnerability, risk and protective factors, epidemiology and prevention of substance use disorders
- have the opportunity to attend weekly medical lectures at the Farley Center as well as a monthly lecture series at the Williamsburg Place Campus and may attend ECU grand rounds, case conferences and didactic events via the Internet
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#### Interpersonal and Communication Skills:

The resident will:

- gain invaluable experience in the use of therapeutic techniques required for intervention and confrontation of patients with substance use disorders
- gain experience in employing various psychotherapeutic modalities, such as 12-step facilitation, motivation enhancement therapy, and cognitive behavior therapy
- be able to interact with patients in individual sessions, small group therapy, group education, and family education sessions
- have the opportunity to participate in outdoor adventure/team building exercises, equine therapy, mindfulness based stress reduction for management of chronic pain, group acupuncture, death and loss group, food and mood group, military support group, healthcare professionals group, gender specific group, tobacco sobriety group, and Mandala art therapy.

#### Practice Based Learning and Improvement:

The resident will:

- observe the practice of addiction medicine by the attending physicians and various members of the treatment team and seek areas to improve
- complete addiction/psychiatric evaluations of new patients and will provide follow-up (e.g., medication management and supportive therapy) and discharge planning for patients
- participate in treatment team planning and provide my assessment and recommendations as a member of the medical team
- learn about the gold standard of state physicians health programs (PHPs) that provide monitoring for physicians and how that model applies to other professionals in safety sensitive positions
- work with a diverse population of patients, which include young adults to older adults as well different ethnic backgrounds
- have supervision from the treatment team to discuss clinical issues related to patients.

#### Professionalism:

The resident will:

- increase understanding of professional and ethical issues related to individuals with substance use disorders

- learn to recognize how personal perspective and counter-transference may impede the ability to identify and manage problems in patients with addictive disorders
- seek assistance and feedback from the treatment team and supervisors to provide effective and compassionate care for my patients

#### Systems Based Practice:

The resident will:

- learn about addiction treatment in the continuum of care from residential to partial hospitalization to intensive outpatient settings
- learn how to provide treatment under the structure of insurance providers and utilization reviewers
- learn ways to provide cost effective care

#### **Reading List:**

- The ASAM Principles of Addiction Medicine, 5th Ed 2014. Edited by Richard K. Ries, MD, et al.
- The American Psychiatric Publishing Textbook of Substance Abuse Treatment, Fifth Edition 2015. Edited by Marc Galanter, MD, Herbert D. Kleber, MD, and Kathleen T. Brady, MD, PhD.
- Will also participate in webinars offered through the American Academy of Addiction Psychiatry and seminars/workshops offered at the Farley Center in Williamsburg Place.

**Assessment method:** Daily supervision as well as the opportunity to attend grand rounds, case conferences and didactic events will ensure ongoing learning. Given faculty involved in my training at this site is ECU affiliated, assessment will be performed through the standard ECU Psychiatry performance assessments for End-of-Rotation Evaluation.