



EMPOWERING PATIENTS THROUGH TELEHEALTH

ASAM 2022 Policy and Science Plenary

#ASAMAnnual2022

Disclosure Information

Jake Ketchum III

Empowering Patients Through Telehealth

Saturday, April 2, 2022 8:30 – 10:00 AM

No Disclosures

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Vania Rudolf, MD, MPH, DFASAM

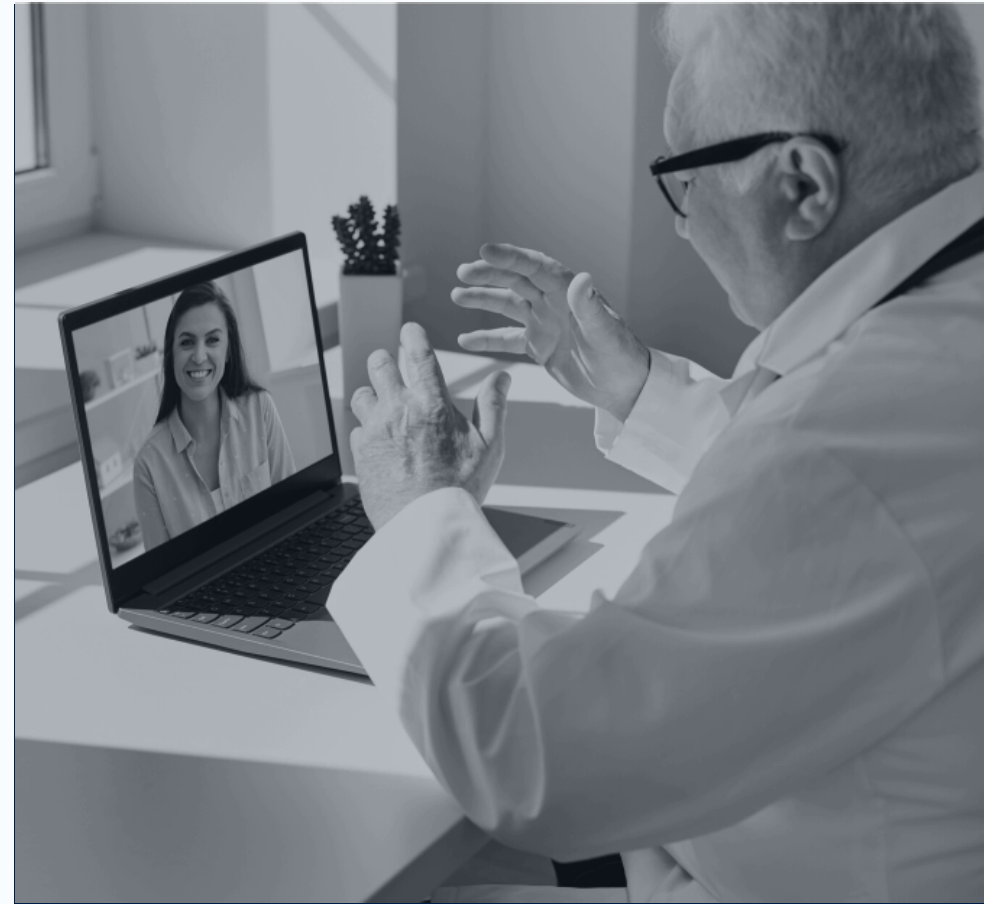
Empowering Patients Through Telehealth

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LEARNING OBJECTIVES



LEARNING OBJECTIVE 1

Describe how compassionate and trauma-informed telehealth services support equitable, inclusive, and empowering care for patients.



LEARNING OBJECTIVE 2

Appreciate the voices of people with lived experience.

Virtual Bridge:

Group Medically-Shared Visits

- Care is non-judgmental and focused on you!
- We are grateful for the opportunity to provide this service to you and the community.



Virtual Addiction Bridge Clinic

The Virtual Addiction Bridge is a no-barrier clinic that accepts referrals from self, peers, inpatient and outpatient services, and the Emergency Department.

We welcome any patient willing to reach out for help.



VIRTUAL BRIDGE: Group Medically-Shared Visits

- **Access**: no wrong door service, flexibility
 - *Appointment scheduled with patient's input; reminders via email and MyChart*
- **Equity/diversity**: inclusive, and empowering care for all patients (all cultures, all backgrounds, any setting)
- **Equality**
 - *Group facilitated by a medical provider*
 - *Compassionate and trauma informed approach*
 - *Everyone is invited to offer "voice" and participate*
- **Recovery**



Medically-Shared Group Visits, Curriculum

- Introductions and Check-Ins
- Reflection and sharing
- Recovery focused topics: *relapse prevention, life/recovery skills, accountability, empowerment, self-resilience, growth mindset, humility, recovery journey*
- Peer support and individual “voice”
- Mental health, wellness and mindfulness focus
- Closure/check out/requests for one-on-one meetings



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A blue-tinted photograph of a group of people in a meeting. In the foreground, a woman with curly hair is shown in profile, speaking. Behind her, several other people are visible, some looking towards her. The image is overlaid with a white banner containing text.

VOICES OF PEOPLE IN RECOVERY

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- “This meeting is an anchor and something solid I look up to.”
- “I like the focus, it is a good outlet for me, and it is important for me to learn about recovery techniques, podcasts and skills that are helpful with my recovery.”
- “The Swedish zoom meeting has been a positive experience to do a personal inventory.”
- “I like the sense of community and safe space to share about what’s going on in my recovery; it’s a place I learn new coping skills.”
- “I love the camaraderie of the group, the sharing, the honesty that everyone practices; we have a warm and caring group. It allows me to express my good times and my bad times, to talk to people who are not my family, who are like me. It is nice to have the common ground to share with other people in recovery.”
- “I like the element of accountability; I am not alone and learning techniques from each other.”
- “It is a great asset; it reminds me why I am sober. It helps me not being isolated during COVID.”

- “The group means a lot to me, having a group of peers to connect with even though our journeys are all different. To have a safe space that we can all connect on, takes away the fear and pressure; knowing that I am not going to be judged and that I can connect my journey with others. To have the sense of community, of having peers I can share my journey with, it is truly humbling and inspiring.”
- “After listening to the group, I feel like my day is going to go well. I like the support and is it a true camaraderie.”
- “One of the only outlets I have that makes me feel like I am heard and understood.”
- “It is inspiring to attend and to connect with other people while listening to their stories and strengths.”
- “I like the convenience about it, and that I can do it from home or work; hearing the different stories we all talk about, why we are here and talking about the medicine that keeps me healthy helps me knowing that I am doing well. It’s great to know that I have other people who have the same issues and that the Suboxone helps with addiction and with my pain.”
- “I feel a sense of comfort and energized; it is a safe space to get coping support from a group of peers who understand the recovery.”
- “The group fills up the gas in an empty gas tank.”

Thank you!

Jake Ketchum and Voices of People in Recovery

Swedish Addiction Recovery Team, Seattle, WA