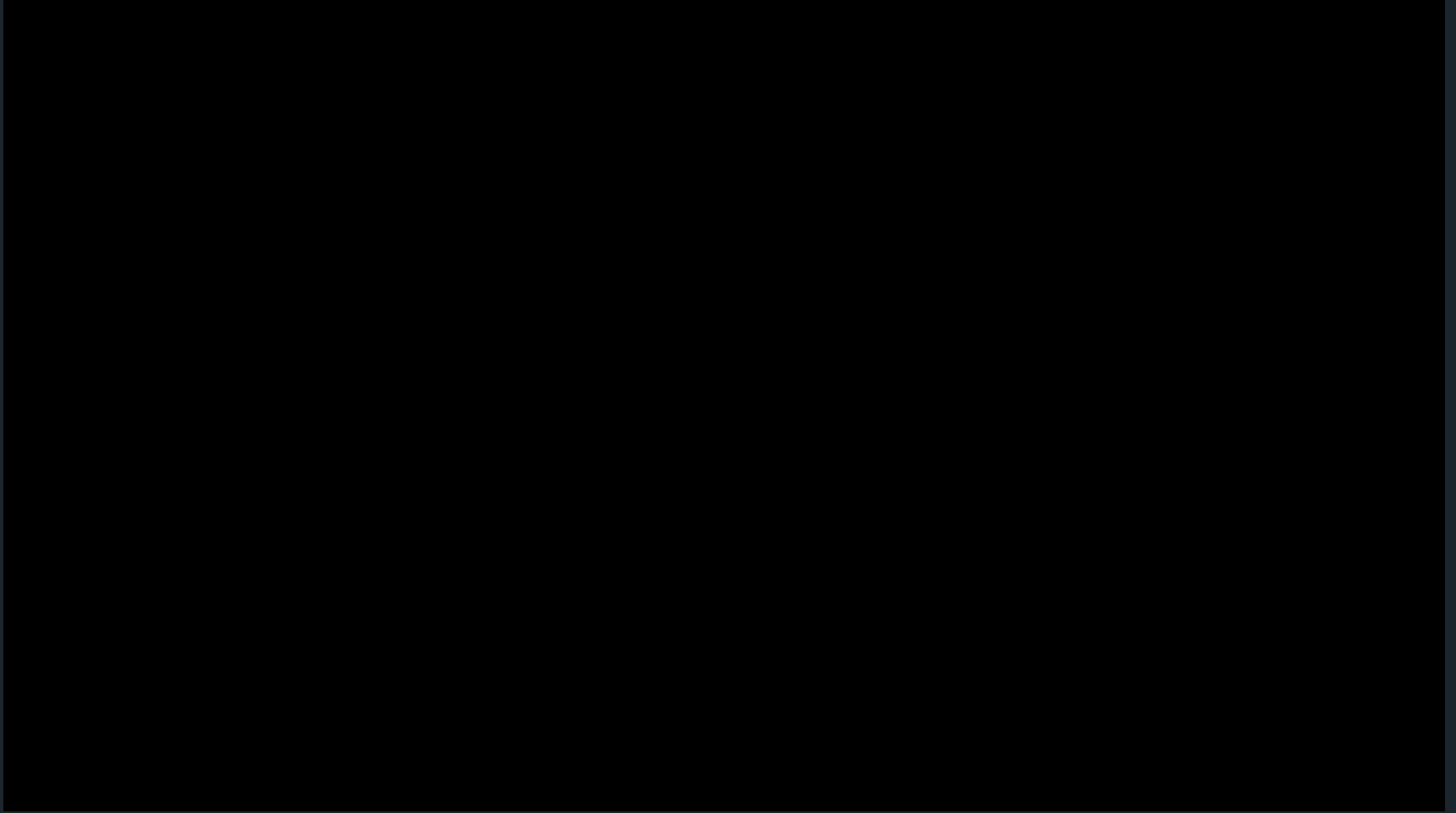


CNE TENNESSEE

Somebody's Daughter ~ Tenille Townes



The Power of ONE Voice: The Key to Successful Collaboration %

Summit for Opioid Addiction & Response

Carla Worley Saunders DNP, APRN, NNP-BC

August 1st, 2019

Fighting
the Opioid
Epidemic.
Together.





ONE Tennessee: A Healthcare Collaborative for the People of Tennessee

AIM:

Save lives

Prevent addiction

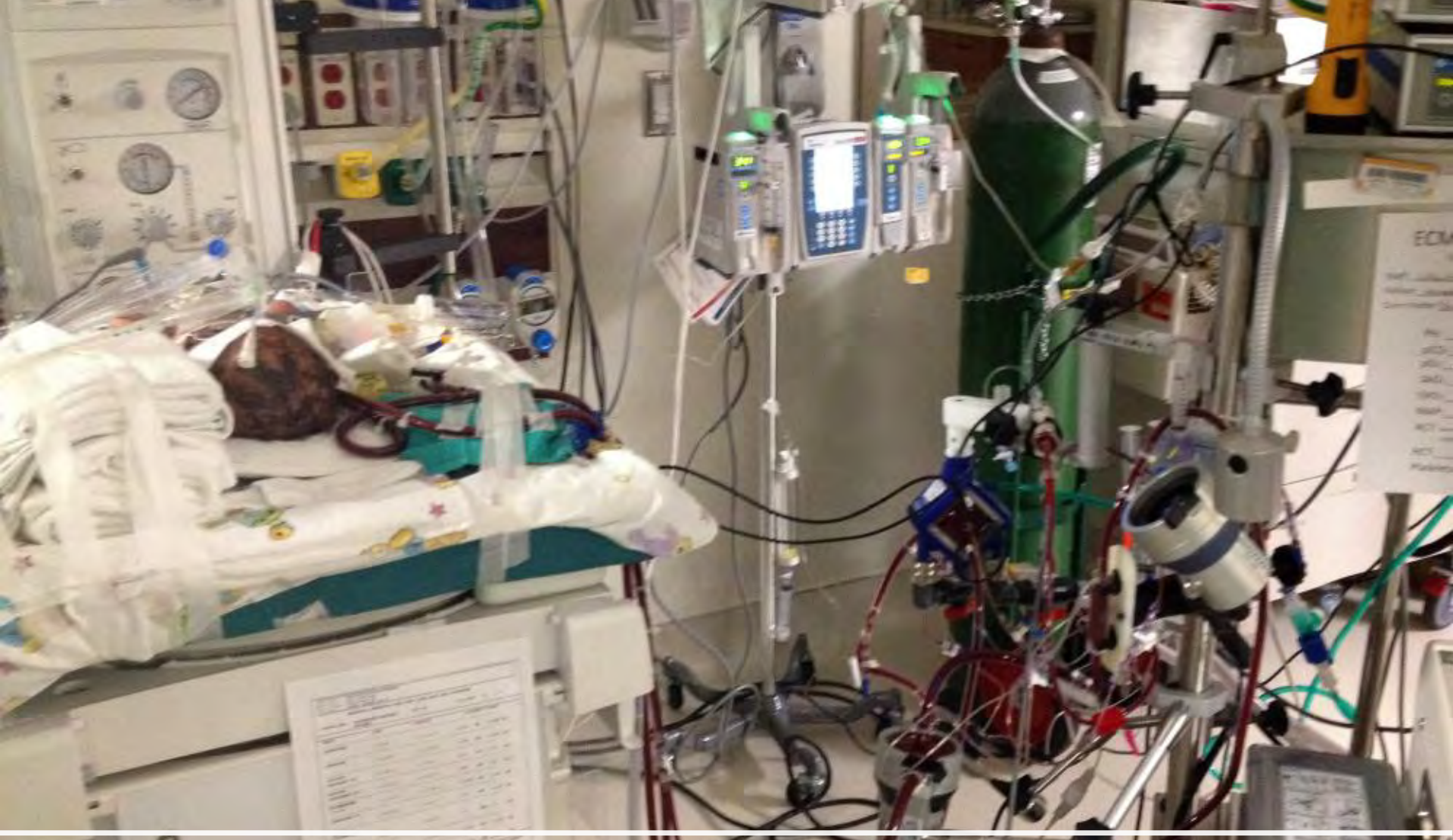
Remove stigma

Promote wellness

HOW?

Improving pain care management
through education and potentially
better evidenced based practices

My Story.



my home x 30yrs





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abcNEWS

VIDEO

LIVE

SHOWS



Hidden America: Nearly Half of Newborns at Tennessee Hospital Are Drug-Dependent

By JUJU CHANG AND ERIN BRADY July 11, 2012

Share

Tweet 8

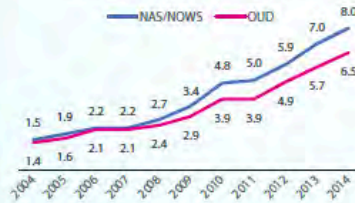
DRAMATIC INCREASES IN MATERNAL OPIOID USE DISORDER AND NEONATAL ABSTINENCE SYNDROME

Opioid use during pregnancy can result in a drug withdrawal syndrome in newborns called **neonatal abstinence syndrome**, or **neonatal opioid withdrawal syndrome (NAS/NOWS)**, which causes **costly** hospital stays. A recent analysis showed that an estimated **32,000** babies were born with this syndrome in the United States in 2014, a more than **5-fold increase** since 2004.

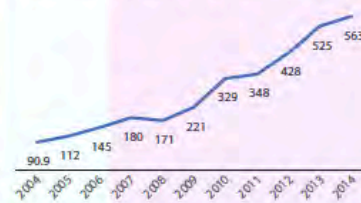


**EVERY ~ 15 MINUTES,
A BABY IS BORN SUFFERING
FROM OPIOID WITHDRAWAL.**

NAS/NOWS and Maternal Opioid Use Disorder on the Rise
Rates per 1,000 Hospital Births



Growing Hospital Costs for Treatment of NAS/NOWS
Inflation-Adjusted U.S. Dollars (millions)



Honein et al. Pediatrics 2019, Winkelman et al. Pediatrics 2018, Haight et al. MMWR 2018.



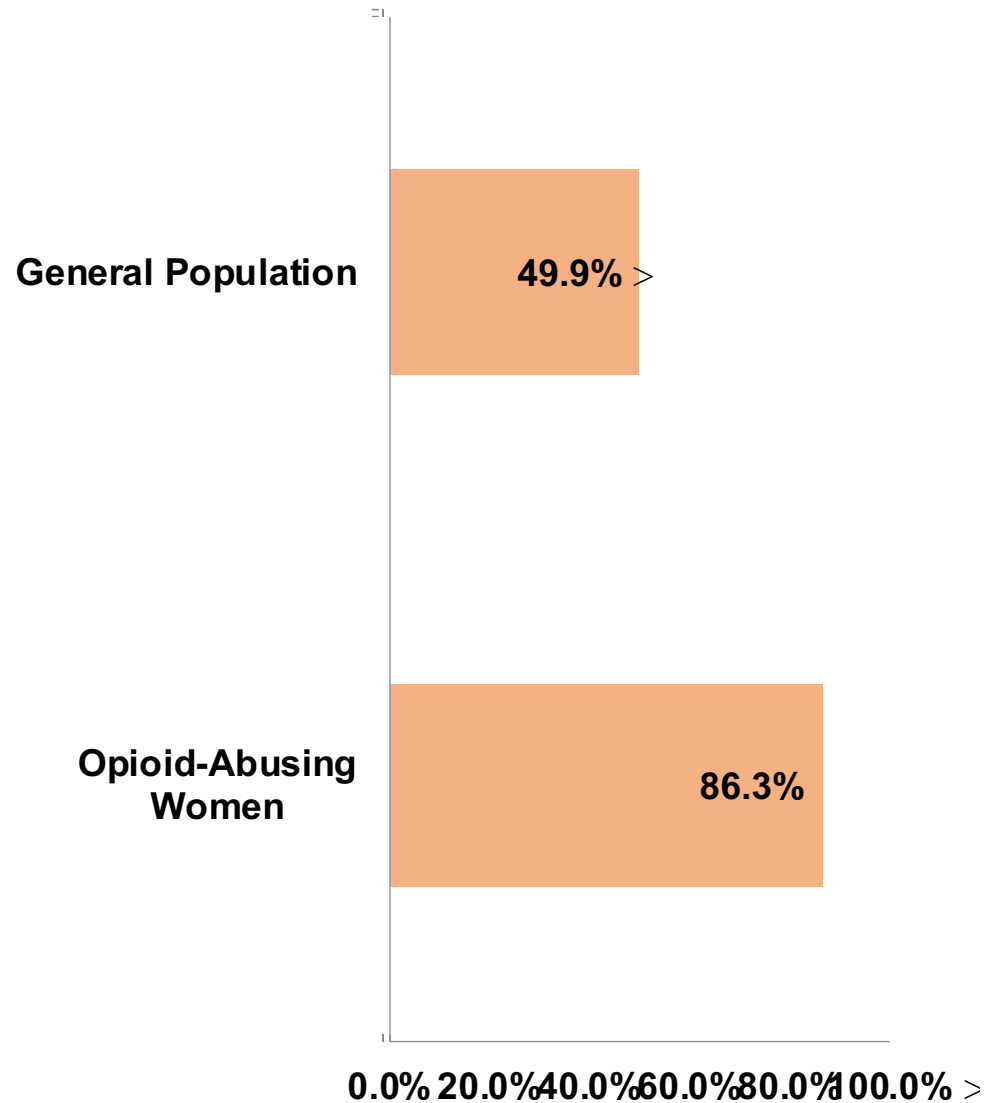
NIH National Institute on Drug Abuse

DRUGABUSE.GOV

- Incidence: 54% - 96% of those exposed +
- Hyperactivity of the central & autonomic nervous system & GI tract
- Polysubstance exposure - particularly antidepressants, benzodiazepines, and gabapentin contribute to the incidence & severity of symptoms
- Onset can be dependent on drug(s), dose, and last use
- 2.5x more likely to be re-admitted in first month of life
- Emerging evidence of long-term complications

Unintended Pregnancy Among All Women & Opioid Abusers

- Journal of Substance Abuse Treatment. 2011. March; 40(2): 199-202.
- <http://hit.state.tn.us/Reports/HealthResearch/PregnancyRisk2009.pdf>



Unintended Pregnancy Among All Women & Opioid Abusers

More likely to have

no preconception counseling

(77.7% vs. 55.4%)

short inter-pregnancy interval

(45.0% vs. 15.6%)

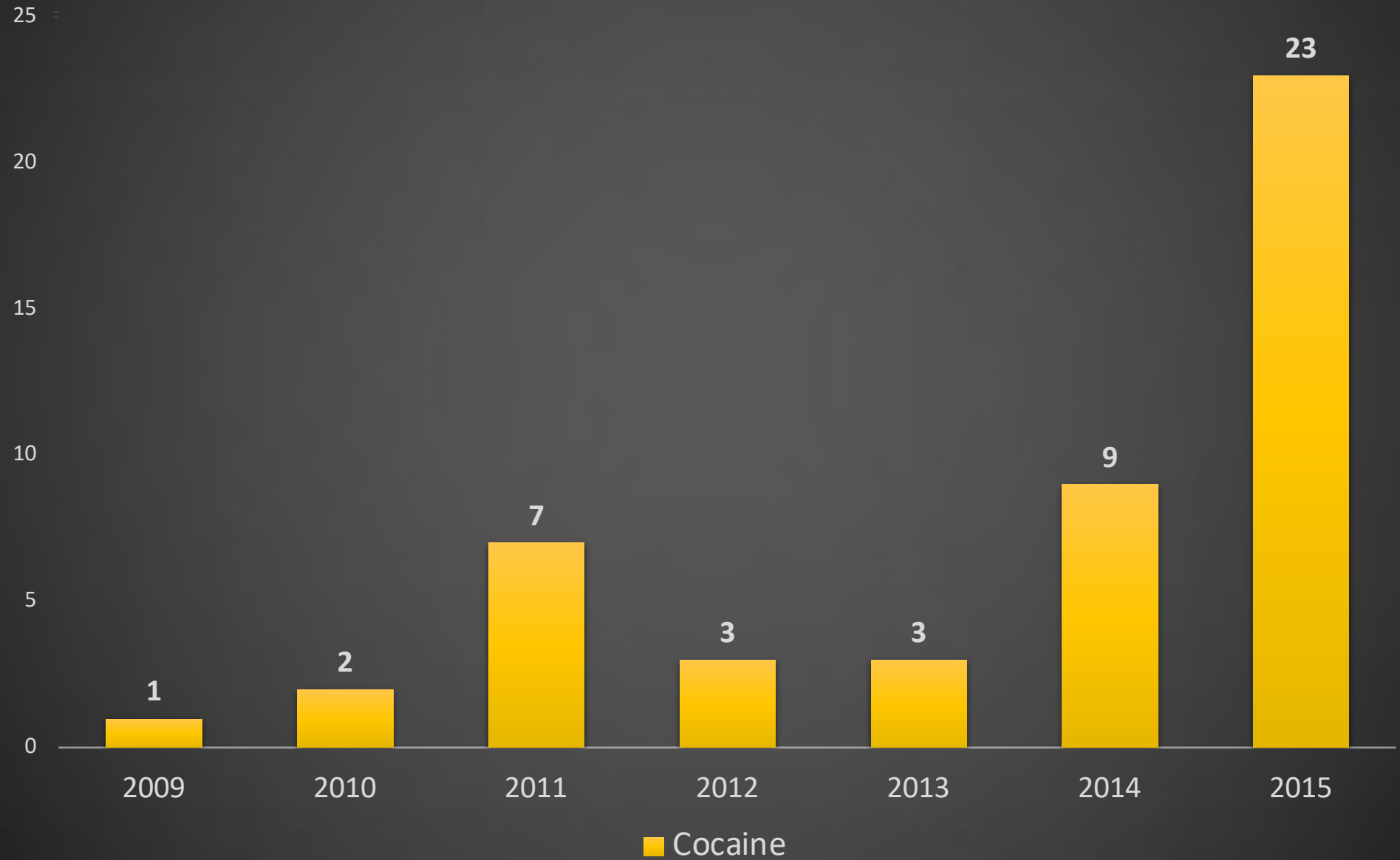
late or no prenatal care

(28.1% vs. 10.9%)

National sample of opioid-abusing women

Women with unintended pregnancy **60%** more likely to have used *cocaine within past 30 days* compared to women with intended pregnancy

Cocaine Exposure (all NICU admissions)





Births delivered by hepatitis C virus–infected women, compared with births overall occur more often

women aged 20–29 years (60.7% vs 50.9%)

white, non-Hispanic (80.2% vs 52.8%)

Medicaid or other gov insurance (79.2% vs 43.9%)

had rural residence (26.0% vs 14.0%)



From 2011 to 2016 laboratory data, among women of childbearing age

hepatitis C virus testing increased by 39%

positivity increased by 36%



Among pregnant women, hepatitis C virus

testing increased by 135%

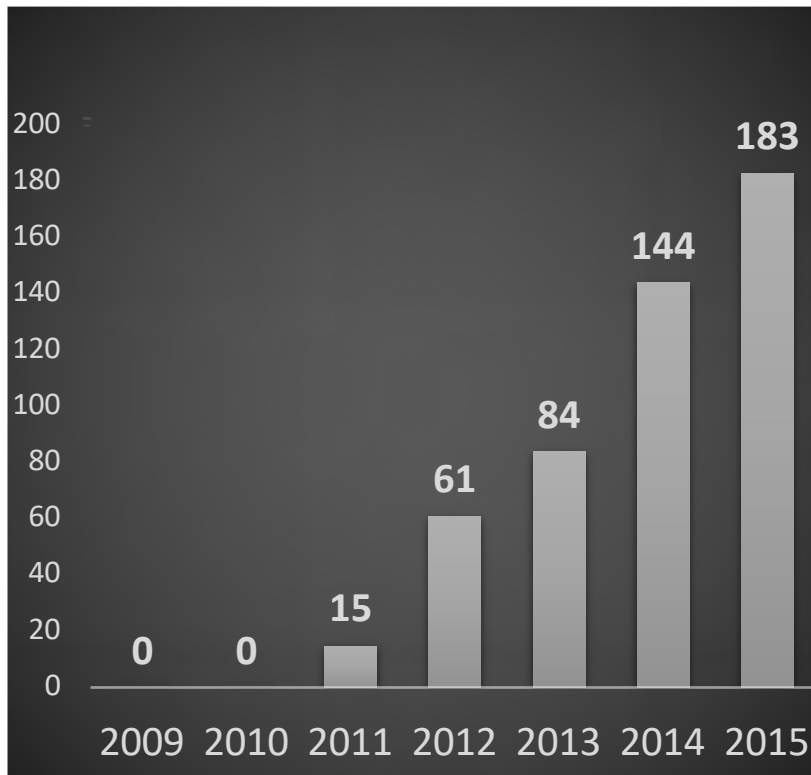
positivity increased by 39%

Among children, hepatitis C virus testing increased by 25%, positivity increased by 13%

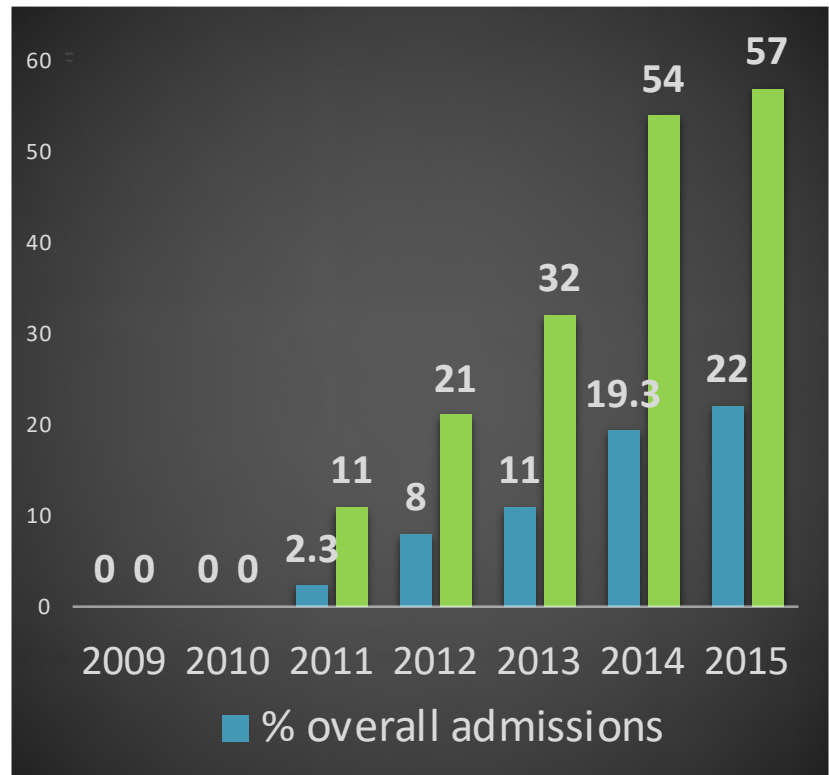
Hepatitis C Virus in Women of Childbearing Age, Pregnant Women, and Children

Hep C Exposure Trend NICU

ALL ADMISSIONS

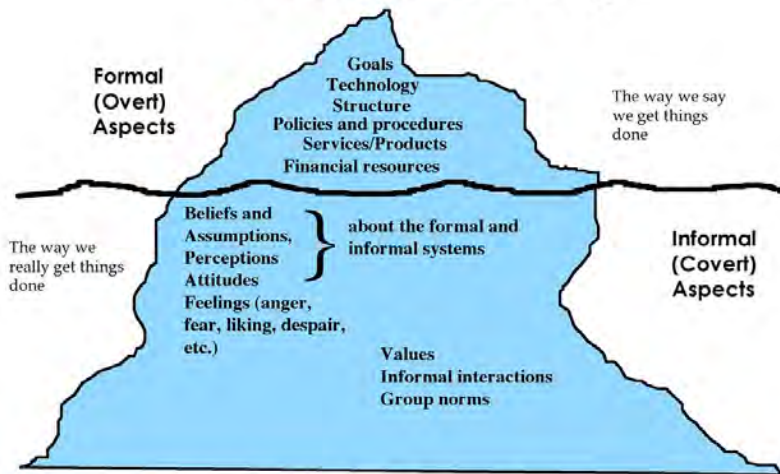


%NAS vs Overall



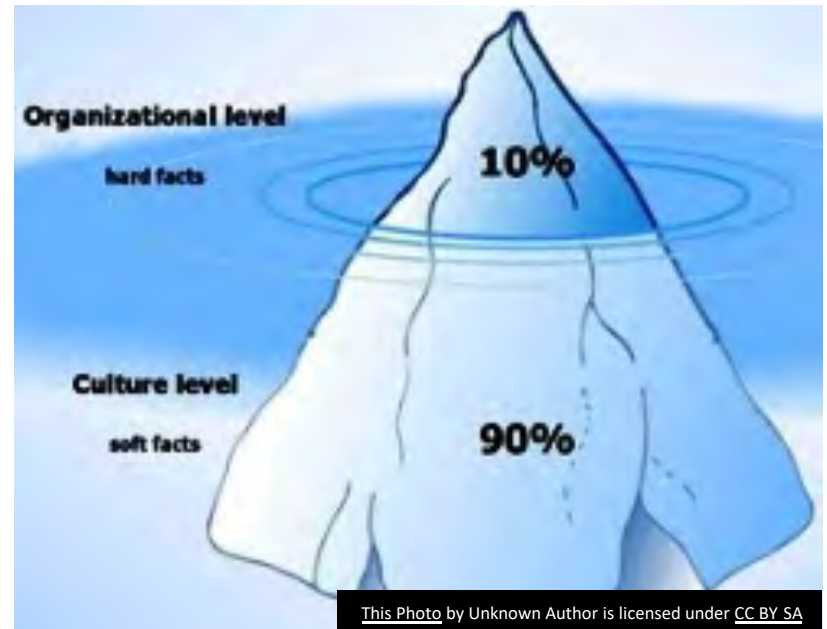


Cultural Iceberg



Created by Statista

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This Photo by Unknown Author is licensed under [CC BY SA](#)


I was part of the problem

I blamed

I judged


I avoided

I felt powerless

A black and white photograph of a dog, possibly a pit bull mix, with its front paws held up to its mouth as if to silence itself. The dog has a white blaze on its face and dark fur around its eyes and ears. The background is a plain, light color.

We don't learn from talking

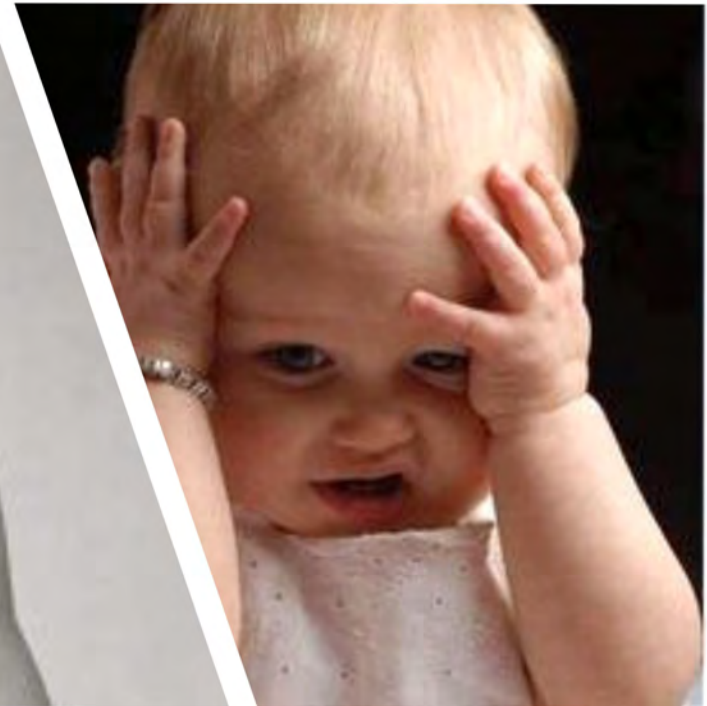
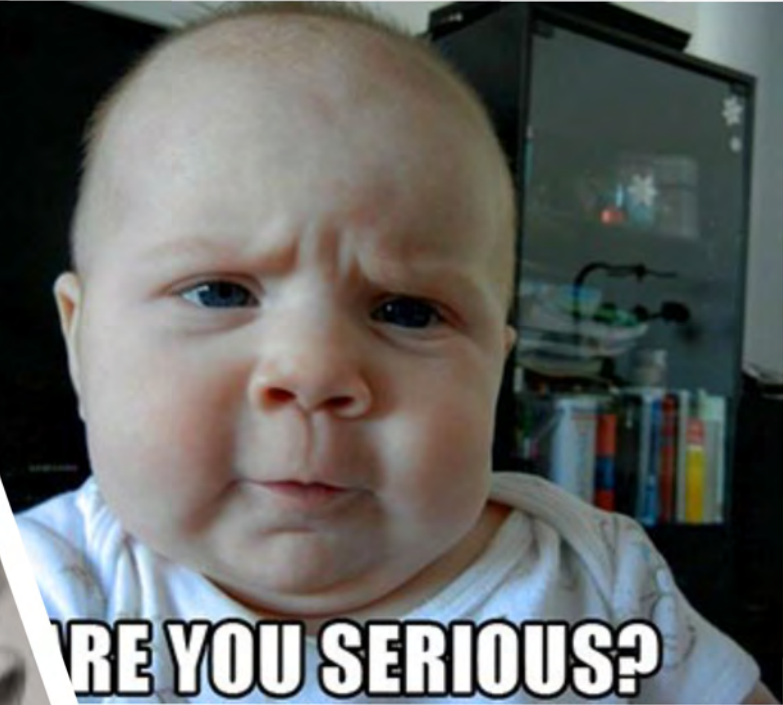
If you want people to listen to you, listen to them

A glowing lightbulb hangs from a cord against a dark background. The lightbulb is illuminated, casting a warm glow. The cord is dark and blends into the background.

Most people do
not listen with
the intent
to understand.

They listen with
the intent to
reply.

- Predetermined outcome
- Preparing our defense
- Making our case





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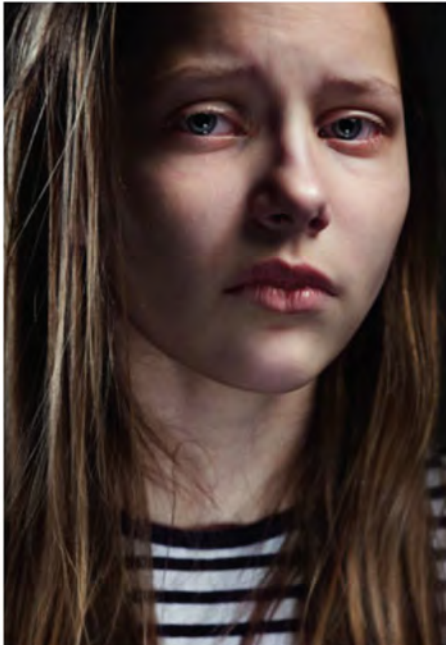
“

It takes 40 seconds to convey compassion..
Sometimes doing the right thing is not about
“doing” as much as “being” Be present. Listen.
Hear what the heart is trying to say.

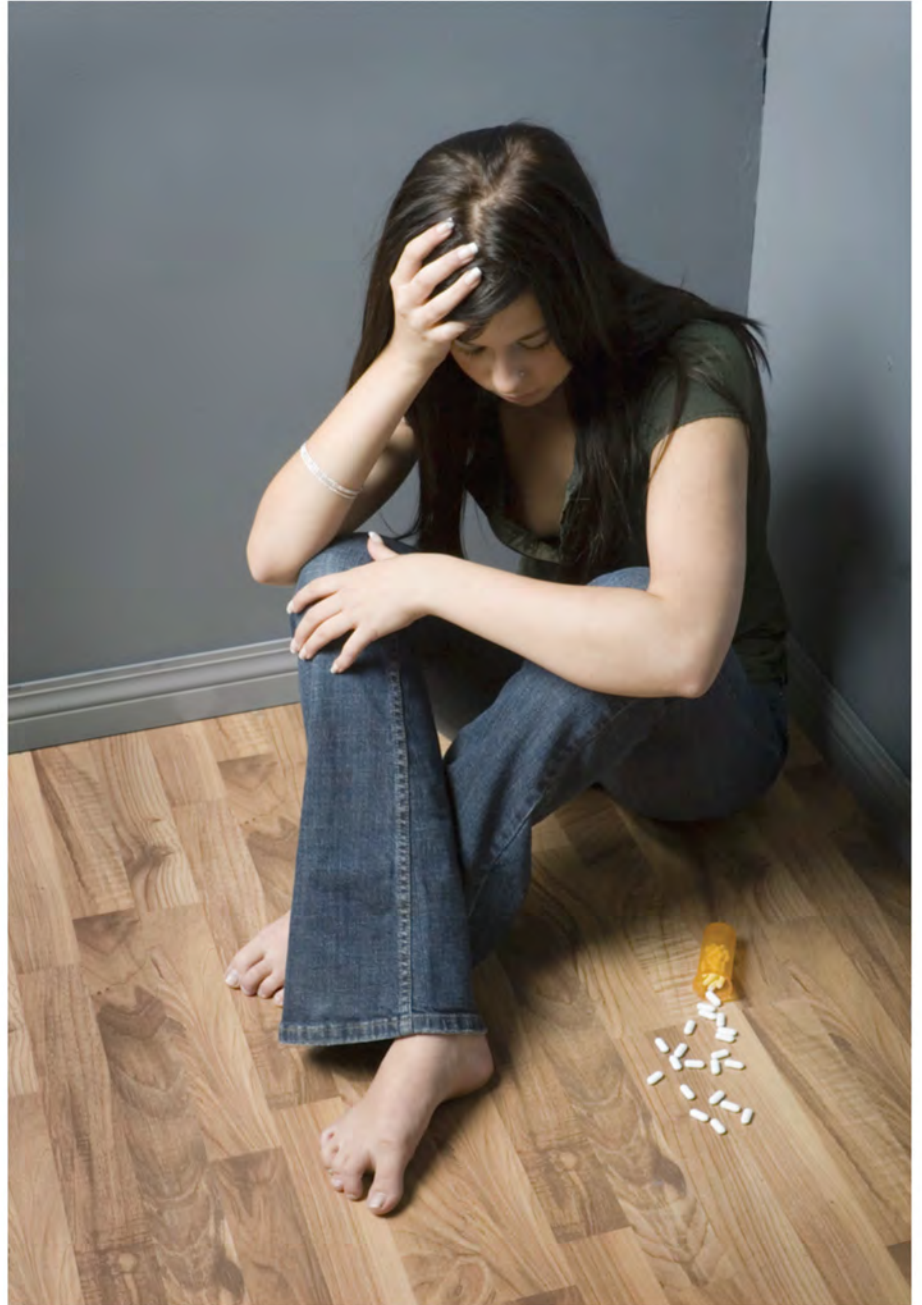
—Mary Coughlin *Caring Essentials*

As I listened, I learned.
As I learned, I began to understand.
As I began to understand, I gained
compassion.

As I began to interact from a place of
compassion, my entire entire world began
to change.



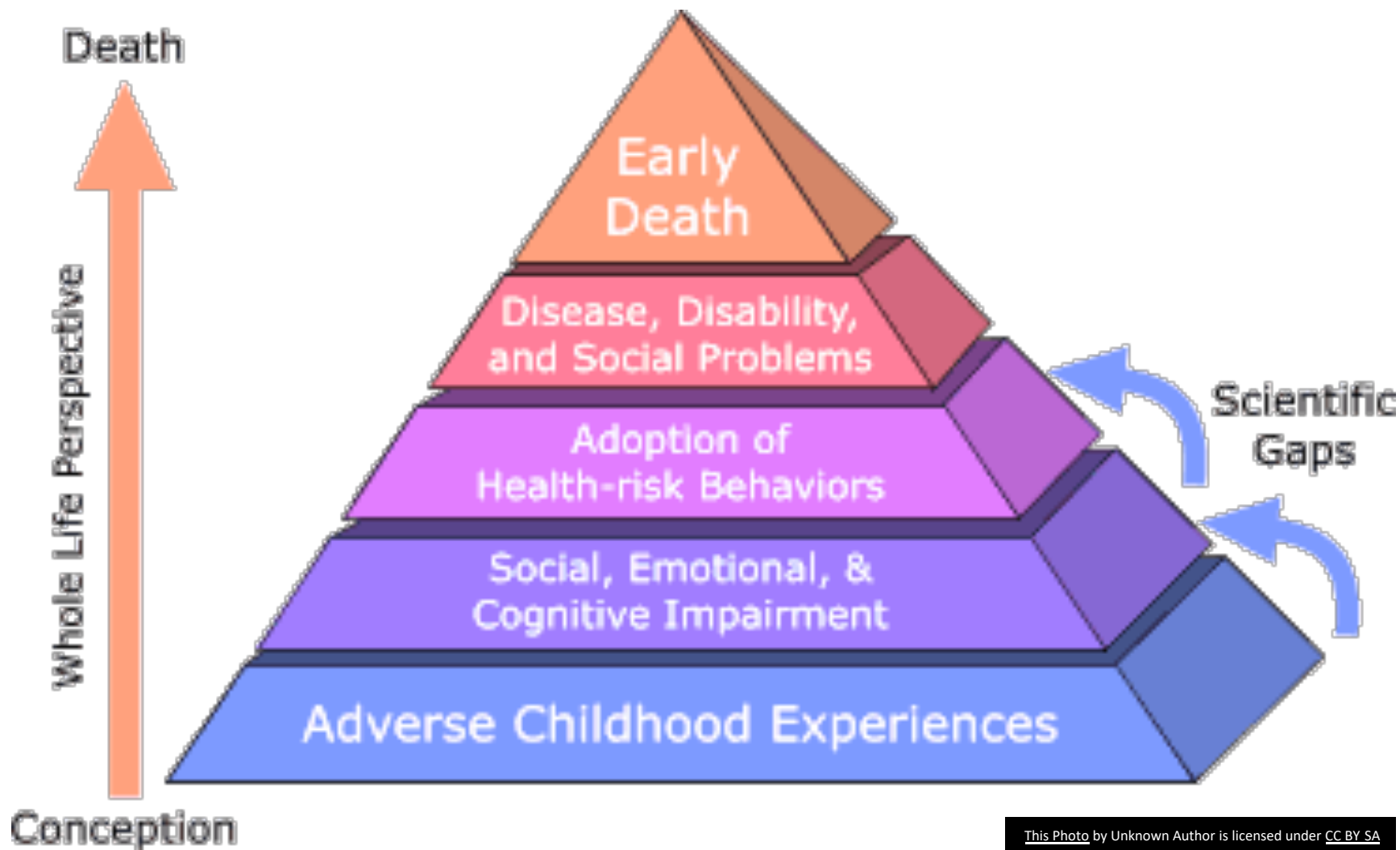
© Alamy



Pregnant women don't
start using

Women with SUD become pregnant

Many women with SUD
have suffered deep
trauma



*Nurses in Washington
(NIWI)*



National Rx Drug Abuse and Heroin Summit

My Why.

Giving a Voice

- Over 2000 babies treated for NAS in our program.
- Estimated 6000 babies that were exposed.
- For the mothers, fathers, grandparents, foster parents who asked for their voices to be heard.
- For the incredible team who answered the call.
- Pediatricians, nurses, DCS workers, social workers, teachers, pre-school teachers, law enforcement officers, judges, legislators, and coalitions that said “we can’t do this alone”

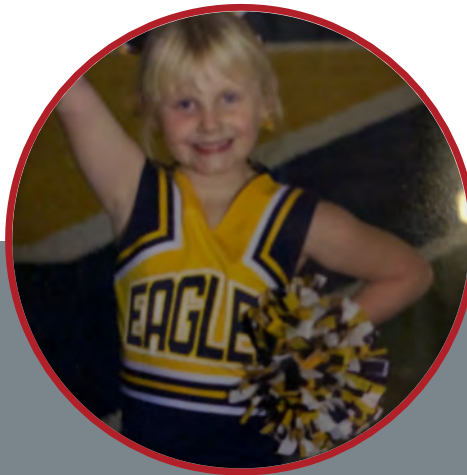
For Jama & Jim



For the 3 grandchildren they are raising



6yr old
Jaece



10yr old
Jaely



14yr old
Jaeden

For their son Curt

- A son
- A brother
- An uncle
- Because he took his own life at age 36 to be free from the “bondage of addiction”



For their daughter Heather, age 39

- A daughter
- A mother
- A sister
- Because no one knows where she is







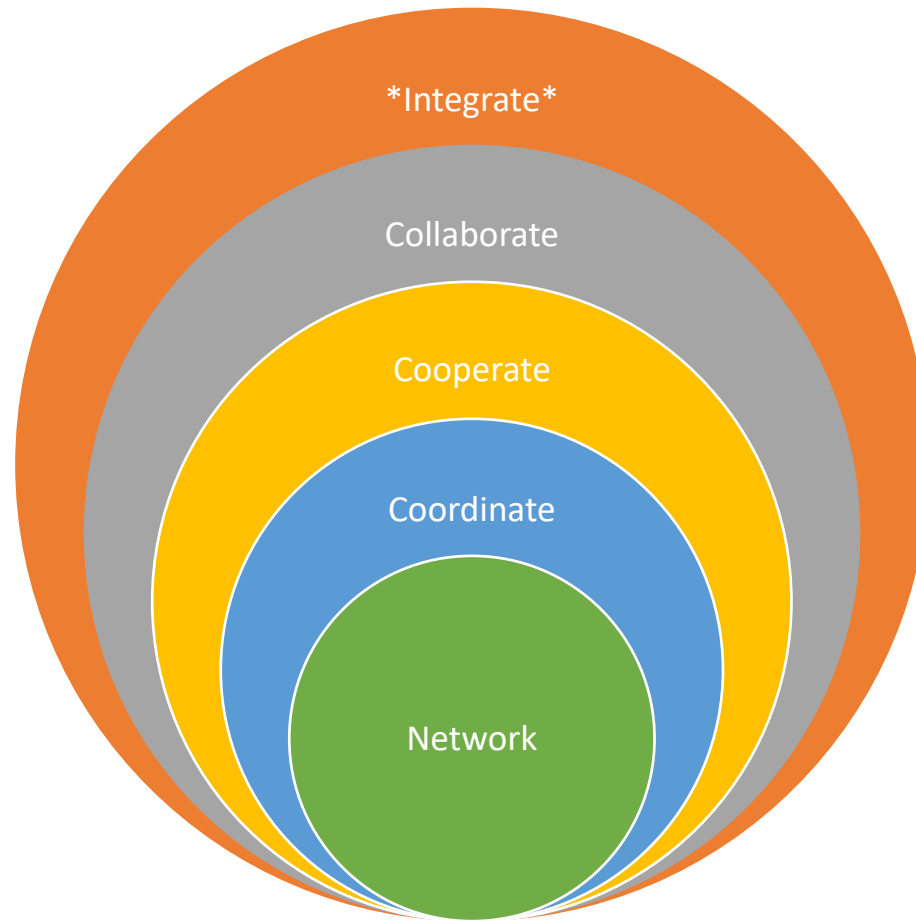
Fighting
the Opioid
Epidemic.
Together.



Collaboration: A developmental continuum



Seek first to understand





1
developing awareness

- Curious about learning more
- Seeking to understand
- Information gathering

2
deepening understanding

- Theory-based learning
- Investigating models
- Identifying experts

3
initiating implementation

- Setting structures
- Developing skills
- Piloting practice
- Scaffolding support

4
extending implementation

- Reflecting
- Evaluating
- Modifying practice
- Improving skills

5
refining practice

- Sustaining
- Embedding in practice

Collaboration Life-cycle



	Networking	Coordinating	Cooperating	Collaborating
Definition	Exchanging information for mutual benefit	Exchanging information for mutual benefit, and altering activities to achieve a common purpose	Exchanging information for mutual benefit, and altering activities and sharing resources to achieve a common purpose	Exchanging information for mutual benefit, and altering activities, sharing resources, and enhancing the capacity of another to achieve a common purpose
Relationship	Informal	Formal	Formal	Formal
Characteristic	Minimal time commitments, limited levels of trust, and no necessity to share turf; information exchange is the primary focus	Moderate time commitments, moderate levels of trust, and no necessity to share turf; making access to services or resources more user-friendly is the primary focus	Substantial time commitments, high levels of trust, and significant access to each other's turf; sharing of resources to achieve a common purpose is the primary focus	Extensive time commitments, very high levels of trust and extensive areas of common turf; enhancing each other's capacity to achieve a common purpose is the primary focus
Resources	No mutual sharing of resources necessary	No or minimal mutual sharing of resources necessary	Moderate to extensive mutual sharing of resources and some sharing of risks, responsibilities, and rewards	Full sharing of resources, and full sharing of risks, responsibilities, and rewards

Himmelman

Matrix of Strategies for Working Together

COLLABORATION CONTINUUM¹



IMMURING

Conducting activities without input from or exchange with other institutions



NETWORKING

Exchanging information for mutual benefit



COORDINATING

In addition, altering activities to achieve a common purpose



COOPERATING

In addition, sharing resources (e.g., staff, finances, space, instrumentation)



COLLABORATING

In addition, learning from each other to enhance each other's capacity



INTEGRATING

Completely merging operations, administrative structures, and budgets. The constituent parts are no longer discernible

CAPACITIES NEEDED



IMMURING **BASIC CAPACITIES**

Basic capacities for functioning within a single institution.



NETWORKING **CLEAR COMMUNICATION**

Clear communication channels across institutions; strategies for identifying interested others at all institutions.



COORDINATING **STATED OBJECTIVES**

Stated objective; known leadership structure through which activities and alterations are managed; plan for regularly evaluating the success of the group's work and goals and making needed adjustments.



COOPERATING **STATED PROCESS**

Stated process for managing budget and/or staff time; possibly written agreements and access to decision-making bodies.



COLLABORATING **RECIPROCAL LEARNING**

Regular opportunities to come together for reciprocal learning.



INTEGRATING **RESOURCES AND SUPPORT**

Access to all resources and support available to groups contained within a single organization (e.g., decision-making bodies, leadership, visibility within each organization).

INTER-INSTITUTIONAL SUPPORT NEEDED



**IMMURING
NONE**



**NETWORKING
ADMINISTRATIVE SUPPORT**

Administrative support for data collection and list, website, and publication preparation and upkeep; tools for connecting people.



**COORDINATING
SHARED OBJECTIVES**

Professional development opportunities for articulating shared objectives, leading across institutions, assessing progress toward common purpose; incentives for participation; funds for program implementation.



**COOPERATING
DECISION MAKING**

Professional development opportunities for budget development and management, working with staff; templates and explicit pathways for writing, endorsing, documenting, and archiving written agreements; direct liaisons to decision making bodies; staff to coordinate and conduct assessments.



**COLLABORATING
ADDITIONAL RESOURCES**

Additional resources to support programming.



**INTEGRATING
CODIFIED PROCEDURES**

Champions and sponsors in every institution; codified procedures to ensure stable access to all resources and support; clear pathways to request and vet changes to policy and positions.

Collaboration Continuum





Essential Elements



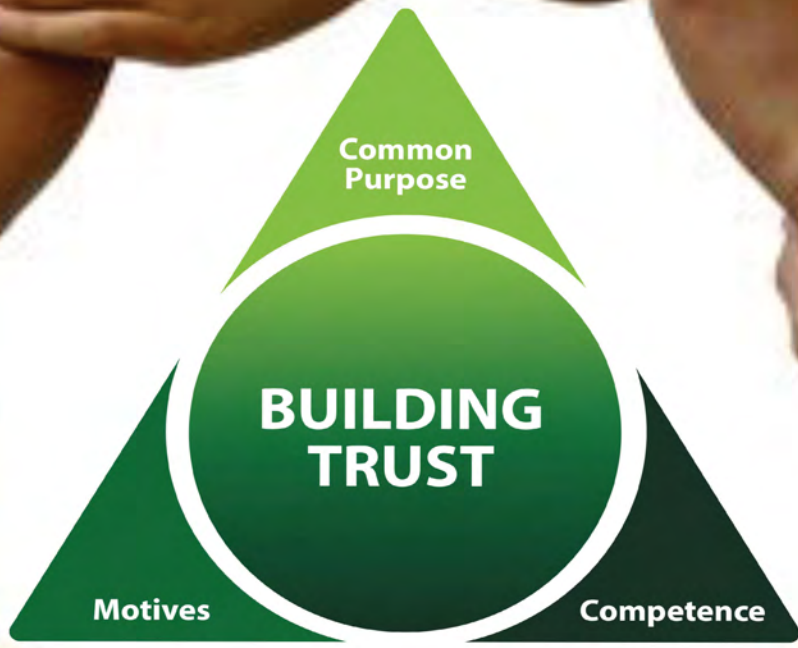
Time



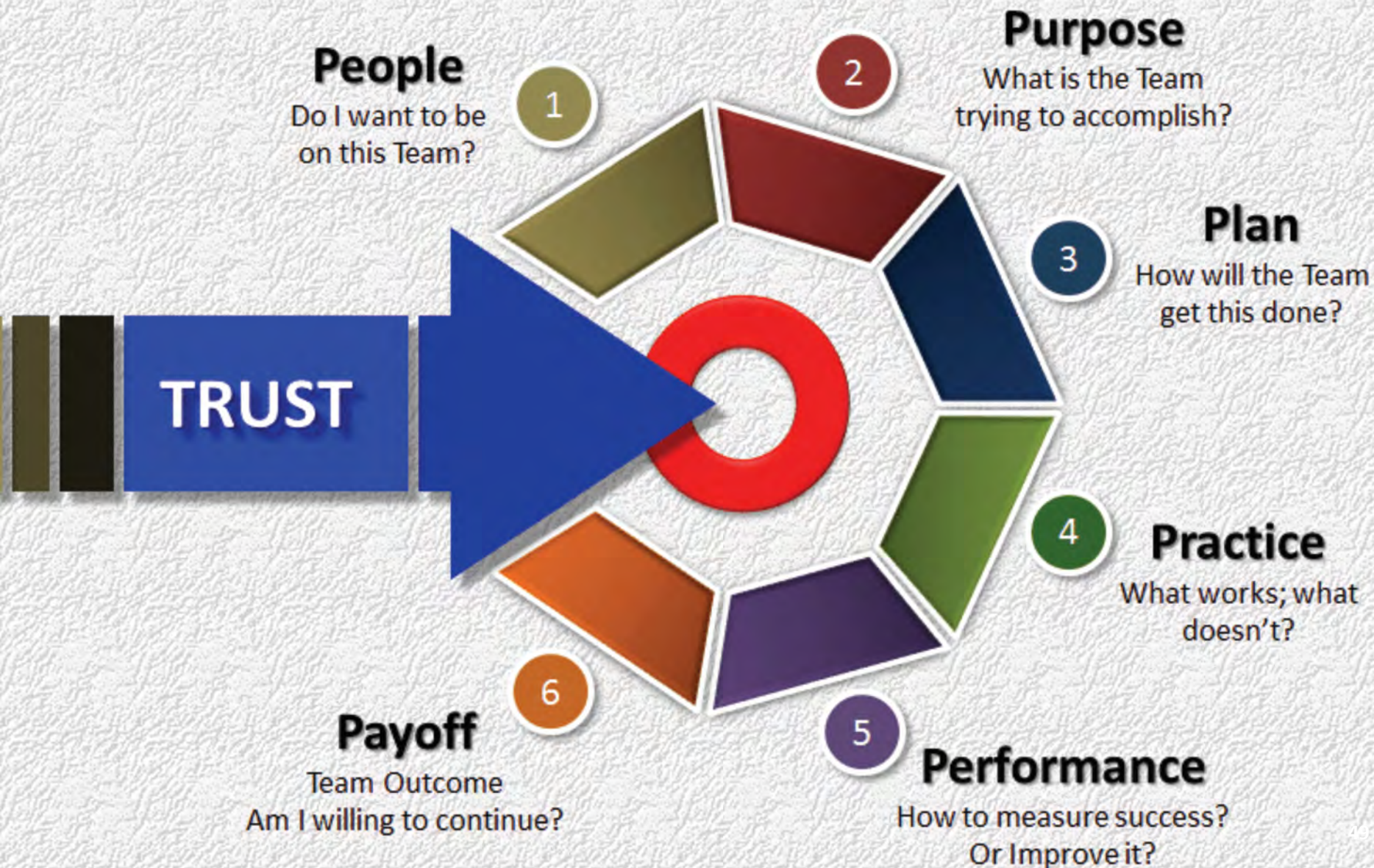
Turf



Trust



The Team Trust Model©



Group activity



Start with self-assessment



THE INTEGRATION CONTINUUM

Where do you think you are on the Continuum?

Isolation

Agencies don't recognize the need to communicate, no attempt to communicate

Communication

Agencies talk to each other, share some information

Coordination

Staff from different agencies work together on a case-by-case basis to coordinate some support

Collaboration

Agencies work together on a project-by-project basis, including joint analysis, planning

Integration

Intensive collaboration, agencies are interdependent, significant sharing of resources, high level of trust

Where do you want to be on the Continuum?



Source: Systems of Care, Stages of Integration, based on Burt, Spellman, 2007.

Are you ready?!



Let's GO!!

ONE Tennessee Strategic Plan: Leading People to Collaborate



Coordinate and facilitate state-wide collaboration to identify and promote potentially better, scalable evidence-based practices to pain management



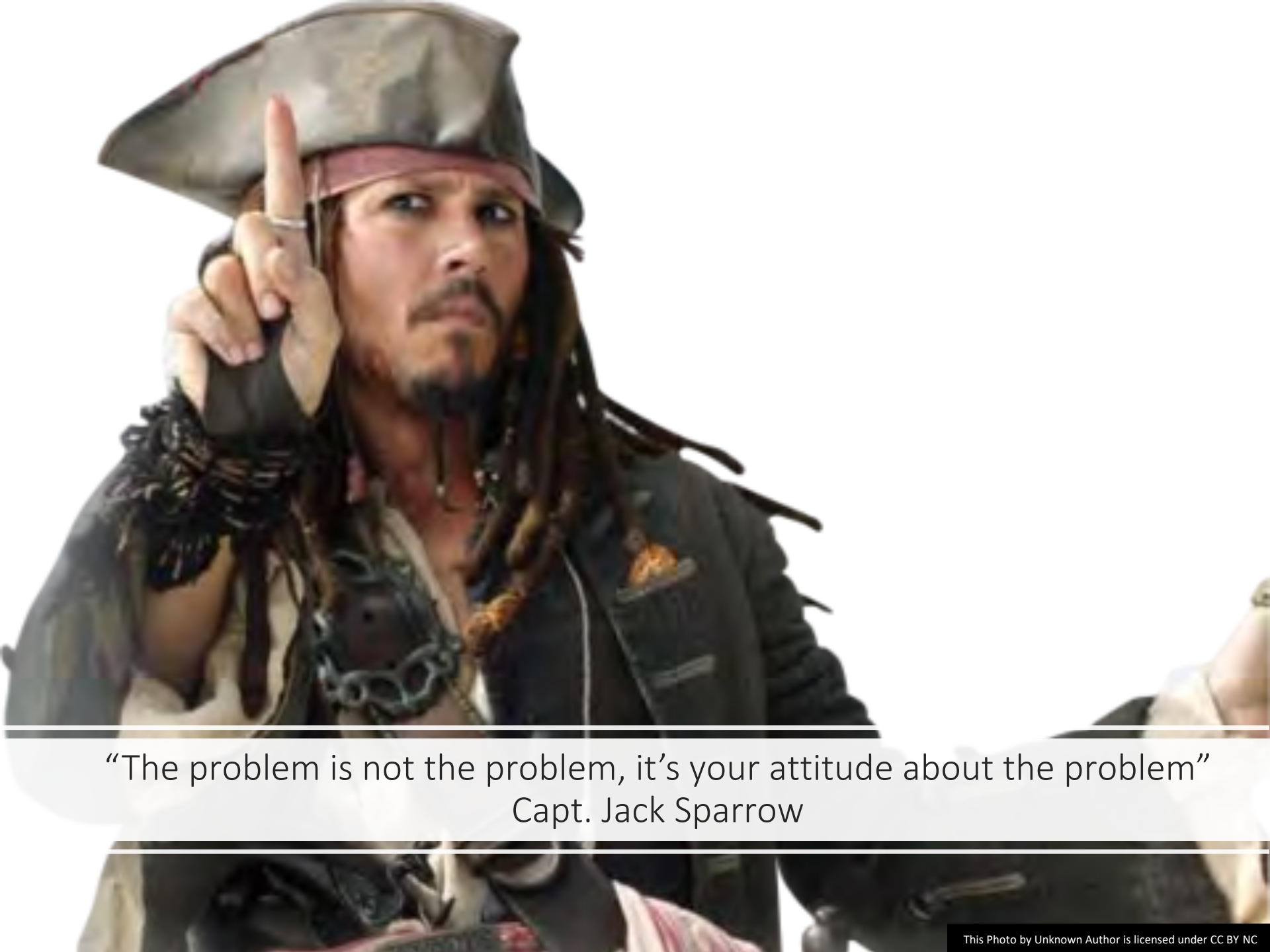
Promote state-wide culture change among providers, organizations, and patients by serving as leaders and conveners for such stakeholders



Coordinate and connect prevention efforts to decrease opioid misuse and abuse across the state of Tennessee

The Challenge.

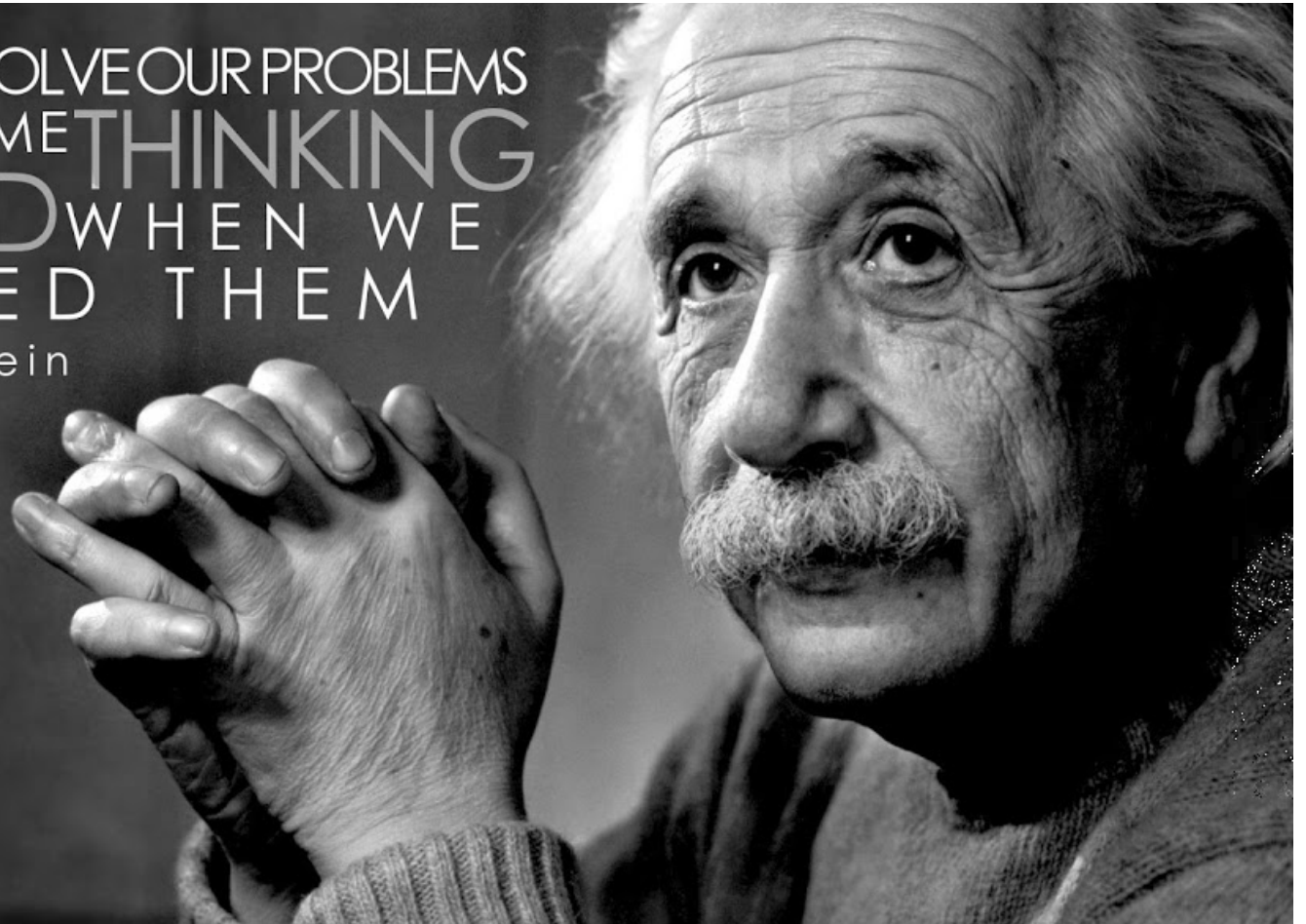
Step 1:
Consider you are part of
the problem.



“The problem is not the problem, it’s your attitude about the problem”
Capt. Jack Sparrow

Step 2:
Believe you *are* part of
the solution

WE CANNOT SOLVE OUR PROBLEMS
WITH THE SAME THINKING
WE USED WHEN WE
CREATED THEM
-Albert Einstein



Step 3:
Make the right thing to do
the easy thing to do

“The biggest obstacles to our progress exists within our own lives in the form of cowardice and the tendency to give up. Breaking through these barriers will unleash a surging wave of change”



Bridge the gap between silos





Make Mental Health (Risk & Resiliency) Assessment

The *FIRST* Vital Sign





Never underestimate the Power of ONE.

“ONE individual interaction with another
can change the trajectory of ONE life.

The power of ONE collective voice can
change the trajectory of the future”

Carla Worley Saunders CEO

Fighting
the Opioid
Epidemic.
Together.

