

Monitoring and Referral and Treatment

Why do we need (M)RT?

- Sorting and matching – who goes where?
- What happens when BI is not enough?
- What avenues lead in to the system in addition to screening?
- How do we identify and access and coordinate appropriate specialty interventions?
- How do we manage students during and after specialty care?
- At all phases of our system – how do we know who shows up, responds, improves, worsens, complies?
- What supervision and leverage can we apply to improve outcomes?

Monitoring – when?

- Adherence to requirements – did they actually attend assigned BI?
- Re-assessment to gauge response to BI
- Assessment for cause at any time

Question

- Optional or required? Like standard expectation with other critical health initiatives, such as vaccination.

Monitoring – how?

- Clinical approach plus standardized assessment for comparison to baseline
 - At standard interval post-intervention
 - For cause at any time
- Access to other essential sources of information
 - Disciplinary actions
 - Academic performance
 - Health and mental health

Question

- What about other substances?
 - Marijuana
 - Non medical use of prescription stimulants
 - Non medical use of prescription opioids

Setting expectations

- Do not be surprised that not everyone is fixed
- Do not be surprised that some continue to struggle, have a waxing/waning course, including recurrence after improvement
- Do not be surprised that some students lie about their substance use and other behaviors
- These do not constitute failure

Referral

- For students who
 - are identified as unlikely to benefit from BI at screening/assessment
 - continue to struggle after BI
- Provides access to specialty intervention where higher intensity and customization is available

Specialty Care

- Many flavors
- On campus vs off campus
- Important to identify local resources, establish relationships for coordination, free flow of information, and management

Working with community providers

- Identify local resources
- Establish working relationships with enthusiastic and cooperative providers
- Understand scope
- Manage handoffs in both directions
- Insist on open communication in both directions

Question

- What elements (if any) of specialty care do I already have on campus?
 - Student health
 - General counseling center
 - Specialty substance counseling center
- What elements (if any) do I want to develop on campus

Supervision

- Possible links to disciplinary leverage
- Questions about confidentiality, firewalls and thresholds for breaching those firewalls
- Questions about how intrusive we want to be about enforcing clinical outcomes

Question

- What teeth do I have?
- What teeth do I want?

Monitoring

- Adherence to requirements – did they actually attend assigned treatment?
- Re-assessment to gauge response to treatment
- Assessment and re-assessment for cause at any time
- Links to other treatment needs and health services

Other potential intervention supports

- Peer coaching and mentoring
- Self and mutual help
- Sober recreation activities
- Sober living arrangements
- Recovery culture de-stigmatization and celebration