

NORTH CAROLINA SOCIETY OF ADDICTION MEDICINE

WINTER EDITION 2012

Welcome to the first of the new quarterly e-newsletter exclusively for NCSAM members. Most of you are already receiving the ASAM News and the bi-monthly SA4DOCS Updates, so why another newsletter? Those publications provide a lot in the way of updates, summaries and links to information. There's no need to try to duplicate that. The plan for this newsletter is to have a brief, NC focused bulletin-board kind of a forum to provide a means for sharing and interaction among the membership. There is a lot going on in Addiction Medicine in NC, with plenty of challenges but also opportunities for working together.

We'd like to make this newsletter "interactive": So, we'll present announcements of upcoming events and trainings but we'll also highlight state-level initiatives that might be of particular interest or provide chances to work together. We'll post recent presentations or publications by NC members but also ask members to submit work they might want to share. We'll post links to useful web-based clinical resources and ask members to provide links that they have found useful.

The goal is to be of use: to promote interaction among the membership and build on the energy that has been growing within the chapter over the past several years.

Call for Speakers, etc.

As everyone knows, prescription medication abuse, particularly opioid abuse has finally caught the attention of the medical community. There are a number of training initiatives developing for primary care clinicians. If you feel you have particular expertise in this area, either in relation to pain management or in working with abuse of pain medications, please let us know so we can include you. Much of this is still in the planning stages but NCSAM and the Governor's Institute would like to begin building a trainer network. Contact [Tyler Van Steinburgh](#).

Web-based Clinical Resource

One challenging aspect of minimizing prescription abuse is providing patients tools to use to manage anxiety and agitation without relying on benzodiazepines or other sedatives. The National Health Service in Britain provides a number of web-based resources for patients in this regard. Web pages include topics like "Ten Ways to Fight Your Fears" or "Five Steps to Mental Wellbeing". My favorite is the "Couch to 5K" downloadable podcasts. They're worth checking out to see if you find them useful. [Click here](#) to review them yourself.

Are there other web-based tools you've found useful?

Please forward links to [Tyler at GI](#) so we can share them on future newsletters.

Upcoming Events

March 30 & 31, 2012 Addiction Medicine 2012 Conference Asheville, NC

This year's conference will be even bigger than last year's and will take place at the Asheville Renaissance Hotel in the center of beautiful downtown Asheville.

[Click here for more information.](#)

Make sure to register at the reduced NCSAM Member rate!

News Updates

1st North Carolina Society of Addiction Medicine Dinner Meeting

The first NCSAM dinner meeting was held on November 17, 2011 at One Restaurant in Chapel Hill, NC. Approximately 25 people gathered together to hear Dr. Ashwin Patkar's excellent presentation "Dealing With Challenging Psychiatric Co-morbidity In The Patient With Addiction", followed by a challenging clinical discussion. Input for future NCSAM activities was given and discussed. Make sure to join us for the next NCSAM activity!

For those who weren't able to attend, Dr Patkar has agreed to having his [powerpoint presentation posted here](#). Obviously, if anyone chooses to use any of this material in presentations, **please give attribution**.

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News Updates Cont.

Medicaid Medical Homes Saved \$1 Billion in North Carolina

- **American Medical News (1/23/12)**

North Carolina's Medicaid medical home program saved nearly \$1 billion in state and federal spending over four years, largely by reducing hospitalizations and emergency department visits. The state's Medicaid care management program, called Community Care of North Carolina, covered about two-thirds of the state's 1.5 million Medicaid enrollees in 2010. Some beneficiaries, such as those living in nursing homes, are excluded from the care management program, which formally launched in 1998.

The strategy produced a combined \$984 million in net savings from fiscal years 2007 to 2010, according to estimates released in mid-December by Milliman, a consultant hired by the state's Medicaid agency to review the medical home program's effectiveness. Total savings increased each year and were calculated by comparing actual spending to the expected spending for the same population had it remained in traditional Medicaid. Risk-adjusted spending for program participants in fiscal 2010 was about 15% lower than for others in Medicaid.

To read more, [click here](#).

ASAM Board Adopts New Prescription Drug Diversion, Misuse and Addiction Policy Statement

- **ASAM (1/26/12)**

ASAM board announces adoption of "Public Policy Statement on Measures to Counteract Prescription Drug Diversion, Misuse and Addiction." The American Society of Addiction Medicine recommends that the following components be included in any public policy response to the growing problem of prescription drug addiction, diversion, misuse and overdose deaths: Prescriber Education, Patient Education, Medical School and Residency Education, Prescription Drug Monitoring Programs (PDMP) and Better Data Through Research.

To read more, [click here](#).

Response

Please send any feedback or comments by [clicking here](#).

Sincerely,



James W. Finch, MD
President, NC Society of Addiction Medicine
Director of Physician Education, Governor's Institute
Medical Director, Changes by Choice, Durham, NC

