

# MAT: Medication Assisted Treatment

Combining the use of Medications and behavioral therapy to help patients heal from Substance Abuse Disorder.

# Bighorn Valley Health Center

## Organization

FQHC established in 2012

Serving 2,000+ patients

## Seven Clinics

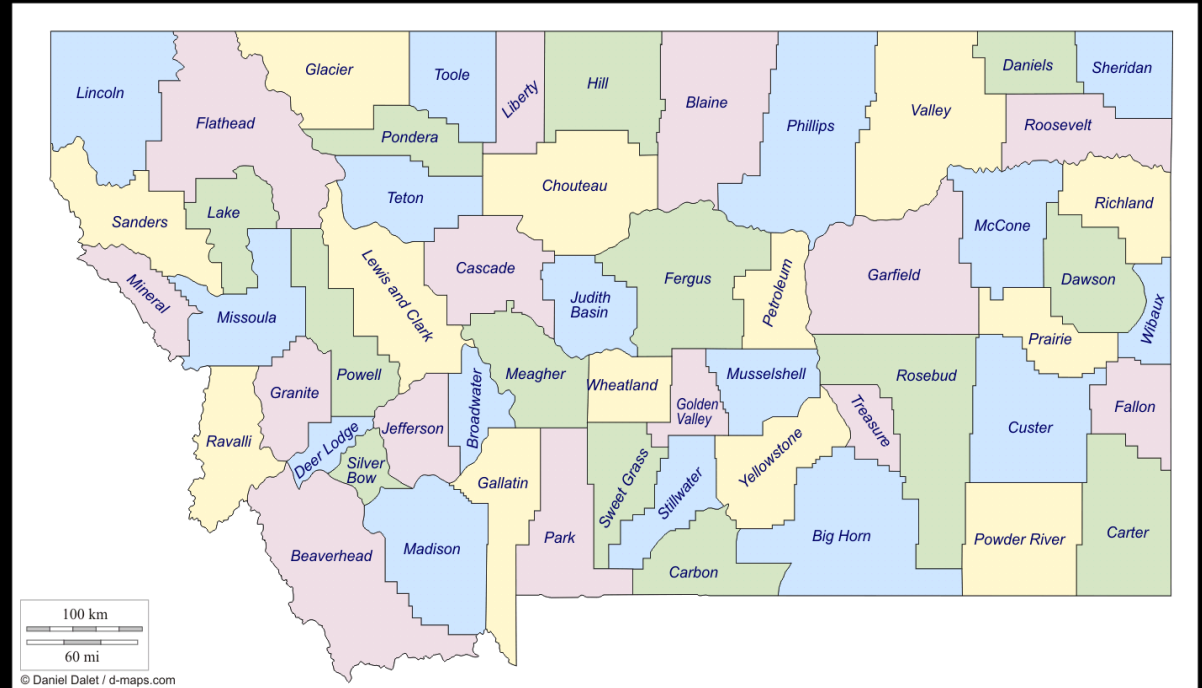
Hardin, MT – Big Horn County

Ashland/ Colstrip, MT – Rosebud County

Lewistown, MT – Fergus County

Chinook/ Harlem, MT - Blaine County

Mile City, MT – Custer County



# MAT Team Includes:

- Wavier Medical Provider
  - RN Care Manager
- Behavioral Health Provider
  - Behavioral Health Care Manager
- LAC
  - Peer Support Specialist
- Patient

# Bighorn Valley Health Center MAT Workflow:

- 1) Screening and Assessments: A behavioral health team member administers a Biopsychosocial Assessment and ASSIST screening.
- 2) Staffing Meeting: Team members discuss status and progress of patient
- 3) Treatment components intensity and goals change as progress occurs

# Central Component

- Behavioral Health Care Manager
  - Para-Professional trained in coaching Mental Health First Aid and Data Collection
  - Maintains on-going patient contact between visits
  - Re-enforces skills learned in treatment
  - Tracks data regarding patient progress
  - Coordinates with all team members regarding shared care treatment plan

# Central Components

- Peer Support Specialist
  - Provide reassurance to patient
  - Resource Support Coordinator
  - Serves as Bridge and link to community resources and patient
  - Provides additional case management services

## Grow Your Own

- Partnered with Chief Dull Knife College to extend LAC curriculum and prepare students for BH Care Manager and Peer Support Roles
- Practicum experience provided on site at BVHC clinic
- Creating Career training tracks and resources so that tribal members could receive training on reservation and progress overtime through professional careers in behavioral health

# Our Findings

- 90% of our patients have shown some form of improvement based on PHQ9 and GAD7 screenings reported on the induction appt to their following appt the week after.
- Based on induction scores and comparing to the first week of treatment of patient reporting on PHQ9 and GAD7 screenings: on average, they have improved by 59%
- 3 months into treatment: 73.5%
- 6 months into treatment: 83%