

Using Telemedicine Services to Expand and Enhance Alcohol and Substance Abuse Treatment for Rural College Students



June 19, 2014

Janine Gracy, MSE, CHES, CPP
KU Center for Telemedicine & Telehealth



KU Center for Telemedicine & Telehealth (KUCTT) has focused on videoconferencing over the last two decades



History of KUCTT



- First implemented in 1991 with one hospital
- Expanded programs to 250 sites
 - hospitals, nursing homes, schools, and clinics
- Primarily facilitated by interactive videoconferencing
- First program in country to deliver school-based telemedicine beginning in 1998
- One of the longest running and most successful telehealth program in the world

Substance Abuse on the College Campus



- Half of all full-time college students binge drink, abuse prescription drugs and/or illicit drugs
- 1 in 4 meet the medical criteria for substance abuse or dependence
- Drug and alcohol abuse is the leading cause of death for people between the ages of 15 and 24
- 95% of all college campus violence is related to alcohol
- 40% of all college students having academic problems abuse alcohol
- 28% of all college dropouts are alcoholics



Ohio University Student Found Dead

GRANVILLE, Ohio, Feb. 10, 2014 (UPI) -- The body of a college student in Ohio was found in the snow this past weekend, and authorities say they suspect *alcohol* was a factor in his death from exposure.

USC Student Found Dead, Alcohol Poisoning Suspected

Oct. 29, 2013 A University of Southern California student who was found dead last weekend may have died from *alcohol poisoning*, just as the school started to crack down on student drinking and partying, officials said Monday.



Missing Student Found

An autopsy indicates that a 23-year-old *University of Kansas student died* in December 2013 from a fall after he had been *drinking*



Molly Overdose

September 03, 2013 2:00 AM DURHAM — The overdose death of a 20-year-old University of New Hampshire student at a New York City music and dance festival over the weekend is believed to have been caused by a popular club drug known as "Molly," a hallucinogen that local officials say is prominent among college students.



Consequences of Abusive College Drinking

- Injury
- Assault
- Sexual Abuse
- Unsafe Sex
- Academic Problems
- Drunk Driving
- Alcohol Poisoning
- Dependence



Healthy Limits

No Drinking = No Risk

Men Low Risk

- 14 drinks per week
- 4 per occasion

Women Low Risk

(and adults 65 years and older)

- 7 drinks per week
- 3 per occasion

Risky Drinking Amounts:

Amounts that Risk Adverse Consequences

Binge Drinking

- Men
 - 5 or more in 2 hours
- Women
 - 4 or more in 2 hours



High Risk Drinking

5 or more drinks on 5 or more occasions in one month

KUCTT SAMHSA Grant

Provide clinical telemedicine services to college students with mental health and alcohol and substance abuse issues



Image courtesy of Apple Inc.



Goal 1: Substance abuse treatment over telemedicine:



Central Kansas Foundation

High-quality treatment and prevention services since 1967



- Extend Central Kansas Foundation telemedicine expertise to rural college campus settings
 - Motivational Interviewing
 - Cognitive Behavioral Therapy

Highland Community College Highland, Kansas



Goal 2: Dual diagnosis treatment over telemedicine:

Extend University of Kansas Medical Center telemental health expertise to rural college campus settings

- Depression and other mental disorders often co-occur with *substance abuse*



Goal 3: Substance use prevention using web-based strategies:

- eCHUG or eTOKE from San Diego State University

- Provides 5-page report
- Takes 15 minutes to complete
- Prevention and intervention
- Can customize for campus need



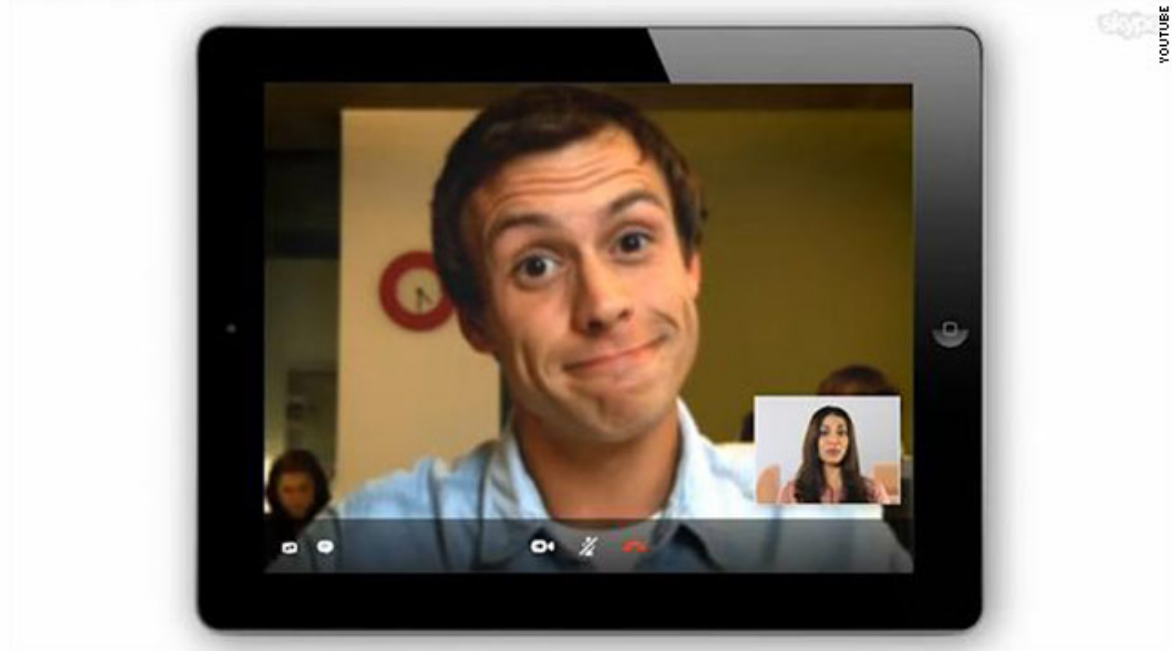
- Mental Health First Aid Training

- 8 Hour Training for Faculty, Staff, Student Leaders
- Learn the skills to identify, understand, and respond to signs of mental illnesses and substance use disorders



Equipment Provided

- iPad
 - PolyCom
 - Zoom.us



Getting Started:

- Write and Adopt Protocol
- Obtain Equipment
- Find a secure room for telemedicine appointments
- Work with staff and student leaders to promote this program.

What Types of Referrals?

- Student with an alcohol and/or drug violation Campus
- Student who self-identifies an alcohol and/or drug abuse problem or addiction
- Student Health Center referral
- Professional Staff member who witnesses concerning behavior while student is in class or on the premises

How Does This Work?

- Student Services Professional will refer students to Central Kansas Foundation and KUMed and assist with paperwork.
- Referred student will be provided with an iPad to check out through Student Services utilized for the sole purpose of substance abuse counseling and treatment with the provider.
- Student will be provided a private, quiet, and safe environment to receive counseling and treatment. Students will return the iPad to Student Services immediately after completion of appointment with the provider.

Anything Else?

- Assistance with 6 month Follow-Up Information
- Reduce stigma associated with Mental Health
- Train faculty, staff and student leaders to recognize signs and symptoms

SUCCESS STORIES



LESSONS LEARNED

- Extremely slow to begin
- Standard Protocol needed
- Need a variety of data plans
- 6 month follow-ups are difficult as college students tend to be transient
- Students are the clients/College staff are the partners

For More Information Contact:

Janine Gracy

The University of Kansas Medical Center

4330 Shawnee Mission Parkway, Suite 136

Fairway, KS 66205

jgracy@kumc.edu

913-588-2352

