

Improving Access to Medication Assisted Treatment for Opioid Use Disorder in Snohomish County, WA



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Hypothesis

- Increased access to Medication Assisted Treatment (MAT) for Opioid Use Disorder (OUD) through increasing the number of primary care providers prescribers, and Telehealth visits.



Map of Snohomish County, WA from Snohomish County, Washington government.

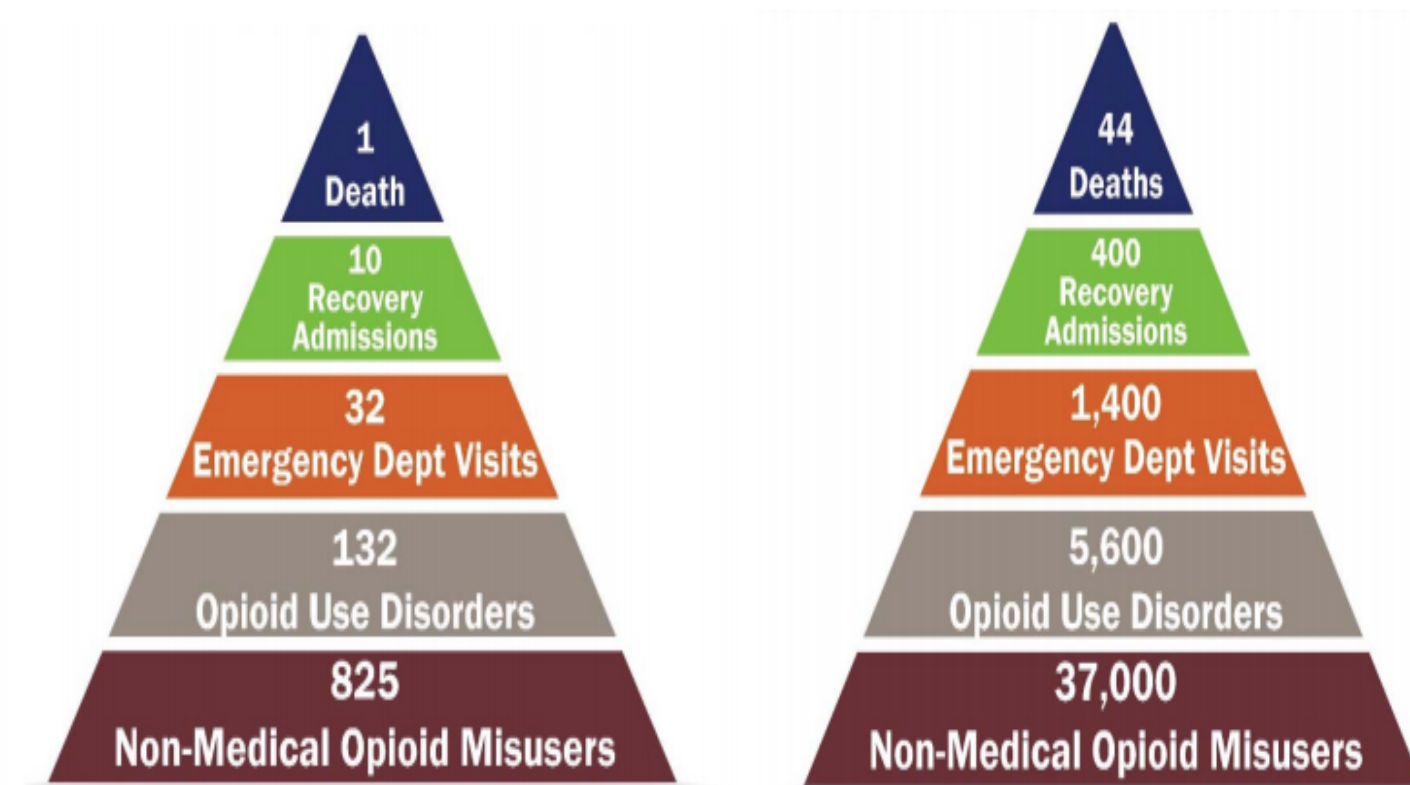
Background

- Snohomish County has an estimated population of 800,000.
- Overdose related deaths are at 12 per 100,000, higher than the rest of Washington.
- Number of overdose deaths due to synthetic opioids (Fentanyl) are increasing.
- MAT is standard of care for OUD, barriers to accessing MAT are lack of provider training and traveling long distances for care.

Community Profile Assets

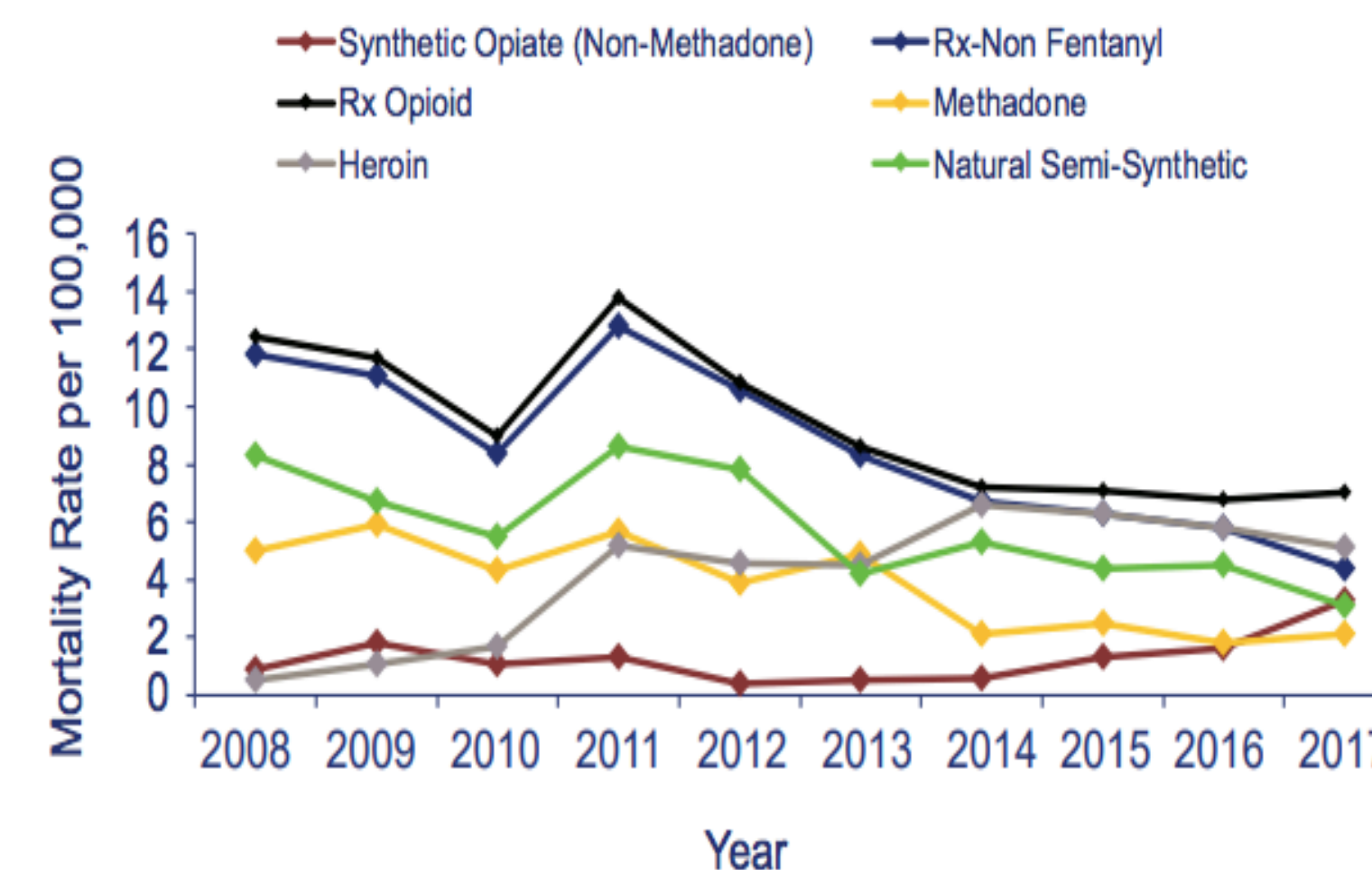
- Sea Mar Monroe Medical is a part of the broader Sea Mar organization in the Seattle area.
- It has its own behavior health sector with its own MAT program.
- The program is a non-profit buprenorphine/naloxone (Suboxone) supplying program.
- The program also requires counseling, random urine toxicology screenings, and a meeting with a provider at least once every 3 months.

Estimating Snohomish County Burden of Disease (2018).



Using the CDC model for estimating the burden of OUD, the triangle chart on the right applies the model to Snohomish county in 2019.

Snohomish County Opioid-Related Mortality by Opioid type



Snohomish County Community Health Assessment 2018.

Literature Review

- Using technology to increase access to MAT through Telehealth
- Most popular uses were streamlining appointment reminders and screening appointments
- In person counseling is preferred but Telehealth increases access to MAT.
- Some weaknesses to using Telehealth is that it requires increased access to internet/ a computer and a way to still receive urine toxicology labs and counseling.

Conclusions

- Sea Mar Monroe's MAT program for OUD is an excellent community based organization working to decrease OUD and opioid overdoses in Snohomish County.
- Sea Mar Monroe's MAT program has implemented Telehealth visits both for the counseling and provider visits, leaving only the urine toxicology labs in person.
- Sea Mar Monroe a primary care clinic, showing that improved access to MAT can come from primary care providers getting Suboxone training.
- Further increasing access to Telehealth capabilities such as internet and computers to the patients with OUD would increase access to MAT
- Further increasing access to primary care for the under or uninsured would continue to increase access to MAT in Snohomish county.
- Sea Mar Monroe Medical increases access to primary care by not having penalties for missing appointments and not utilizing collections agencies.