

# Provider Referral Informational Training

3/20/21

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# Welcome!



## Agenda:

- Introduction
- Overview of the 5-Actions Program™
- Need for program
- Brief live tour
- Making referrals
- Using the program with clients
- Questions

# Introduction

## John Fitzgerald, PhD, LPC, CAS

- **Clinical Faculty in the Department of Psychiatry** at Oregon Health & Sciences University since 1998, Adjunct Faculty in the **Systems Science Graduate Program** at Portland State University since 2007
- Licensed Professional Counselor since 2001, and a **Certified Addiction Specialist** since 2006
- **Practicing clinician** in Lake Oswego, Oregon



# Overview of the 5-Actions Program™

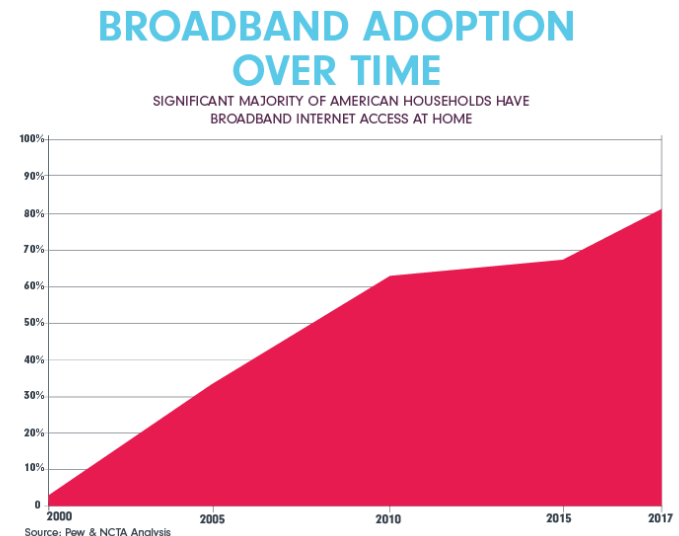
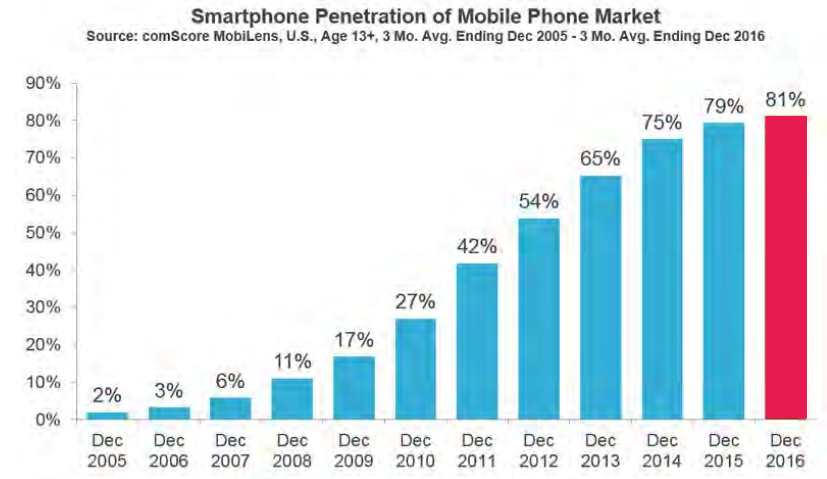
**1997-2004:** Began exploring how best to optimize addiction treatment and long-term outcomes

**2005-2014:** Researching abuse of Rx drugs in U.S.

**2015-2019:** Development of the 5-Actions Program™

**2020:** Launched the 5-Actions Program™ in New Mexico

*First statewide digital health addiction program with 24/7 phone support free to all NM residents*



# New Mexico Array of Services

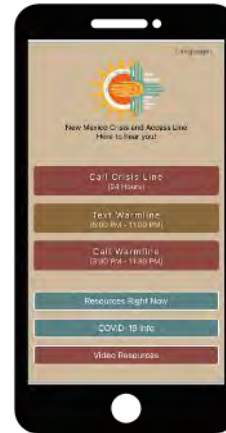
New Mexico Crisis and  
Access Line



New Mexico Peer-to-  
Peer Warmline



NMConnect  
App



New Mexico Healthcare  
Support Line



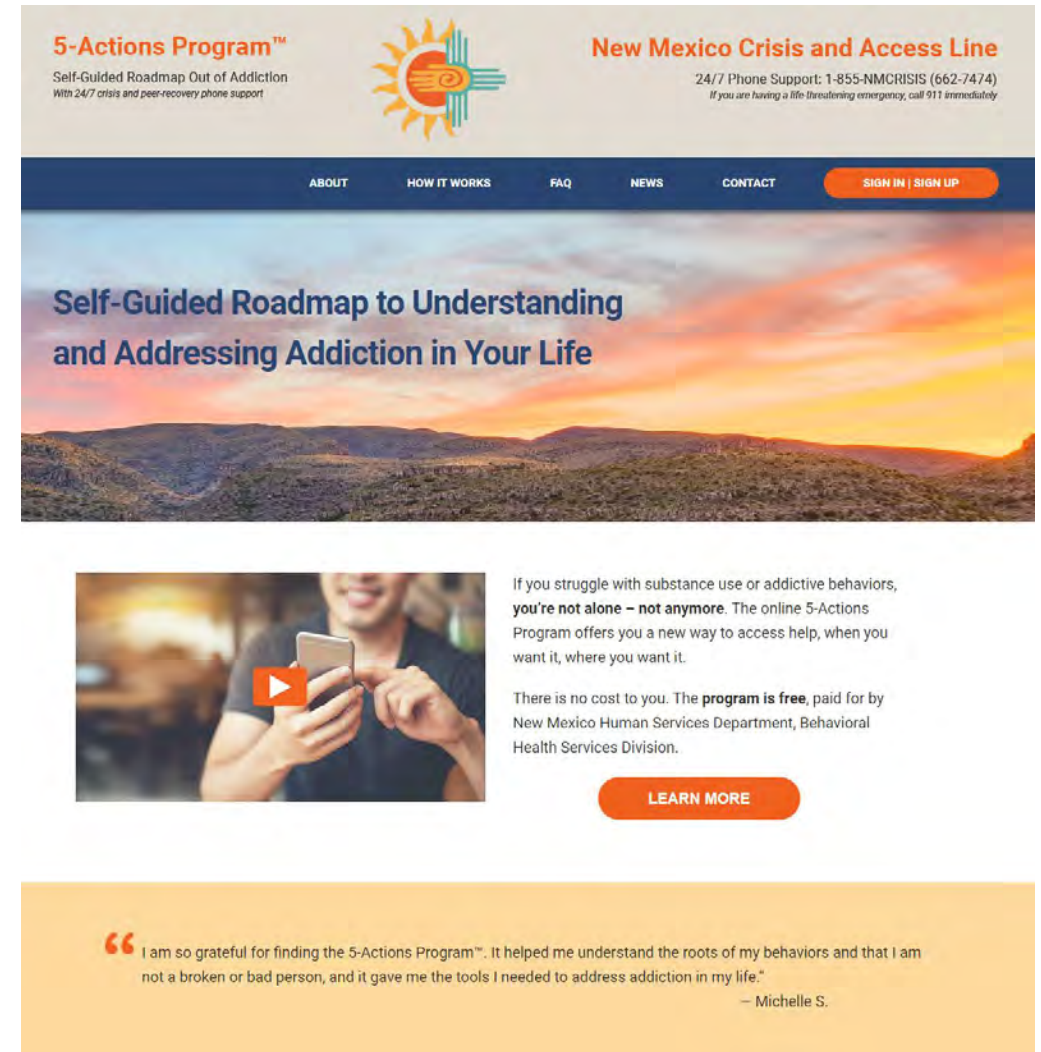
New Mexico  
5-Actions  
program



# What is the 5-Actions Program™?

## A New Type of Care

- **NOT** a replacement for traditional treatment
- **Self-guided roadmap** to understanding and addressing addiction (substance and behavioral)
- Aimed at **low to moderate** addiction severity (and pre-addictive behavior as well)
- Targeted to those who are **not presently receiving any type of addiction care**, but can also be used adjunctively by treatment and addiction medication prescribers
- In its present state, it is a **digital health learning platform**, but goal is to become a digital therapeutic with evidence of behavior change



The screenshot shows the homepage of the 5-Actions Program. At the top, there's a header with the program name, a logo, and crisis line information. Below is a navigation bar with links like 'ABOUT', 'HOW IT WORKS', 'FAQ', 'NEWS', 'CONTACT', and 'SIGN IN | SIGN UP'. The main content area features a large image of a sunset over a desert landscape with the title 'Self-Guided Roadmap to Understanding and Addressing Addiction in Your Life'. Below this, there's a video player showing a person using a smartphone, followed by text explaining the program's purpose and that it's free. A 'LEARN MORE' button is present. At the bottom, there's a testimonial from Michelle S.

**5-Actions Program™**  
Self-Guided Roadmap Out of Addiction  
With 24/7 crisis and peer-recovery phone support

**New Mexico Crisis and Access Line**  
24/7 Phone Support: 1-855-NMCRISIS (662-7474)  
If you are having a life-threatening emergency, call 911 immediately

ABOUT HOW IT WORKS FAQ NEWS CONTACT SIGN IN | SIGN UP

### Self-Guided Roadmap to Understanding and Addressing Addiction in Your Life

If you struggle with substance use or addictive behaviors, **you're not alone – not anymore.** The online 5-Actions Program offers you a new way to access help, when you want it, where you want it.

There is no cost to you. The **program is free**, paid for by New Mexico Human Services Department, Behavioral Health Services Division.

[LEARN MORE](#)

**“** I am so grateful for finding the 5-Actions Program™. It helped me understand the roots of my behaviors and that I am not a broken or bad person, and it gave me the tools I needed to address addiction in my life.”  
— Michelle S.



# What is Unique About the Program?

- Comprehensive video-based digital health intervention **combined with 24/7** crisis and peer-recovery phone/text support
- **Addresses all addictions**, both substance and behavioral, within one integrated program
- Identifies and intervenes upon **key leverage points** perpetuating addictive behavior, including insecure attachment, ACEs, trauma, and other co-occurring mental health disorders
- Interventions of successful behavior change **organized into five action categories**: motivate, evaluate, resolve, manage and create (5-Actions)
- Built upon two **evidence-based theories of change**: Contextual Model and Self-Determination Theory
- Provides support and tools to **help a loved one** with addiction



# Is the 5-Actions Program Evidence-Based?

It's not a specific practice, but a framework built upon the evidence-based **contextual model** of treatment (Wampold & Imel, 2015)

- Program motivates that a good life is built upon relationships, and that **healing relationships** are the most critical ingredient to good outcomes.
- Change occurs when those who struggle have an accurate **understanding of the problem** and solution, and **expectations about the future** are clear and hopeful.
- No one EBP can solve the problem of addiction, so the 5-Actions framework provides way of understanding **when and how to use various EBPs over time** (like a puzzle key).

## Initial Connections



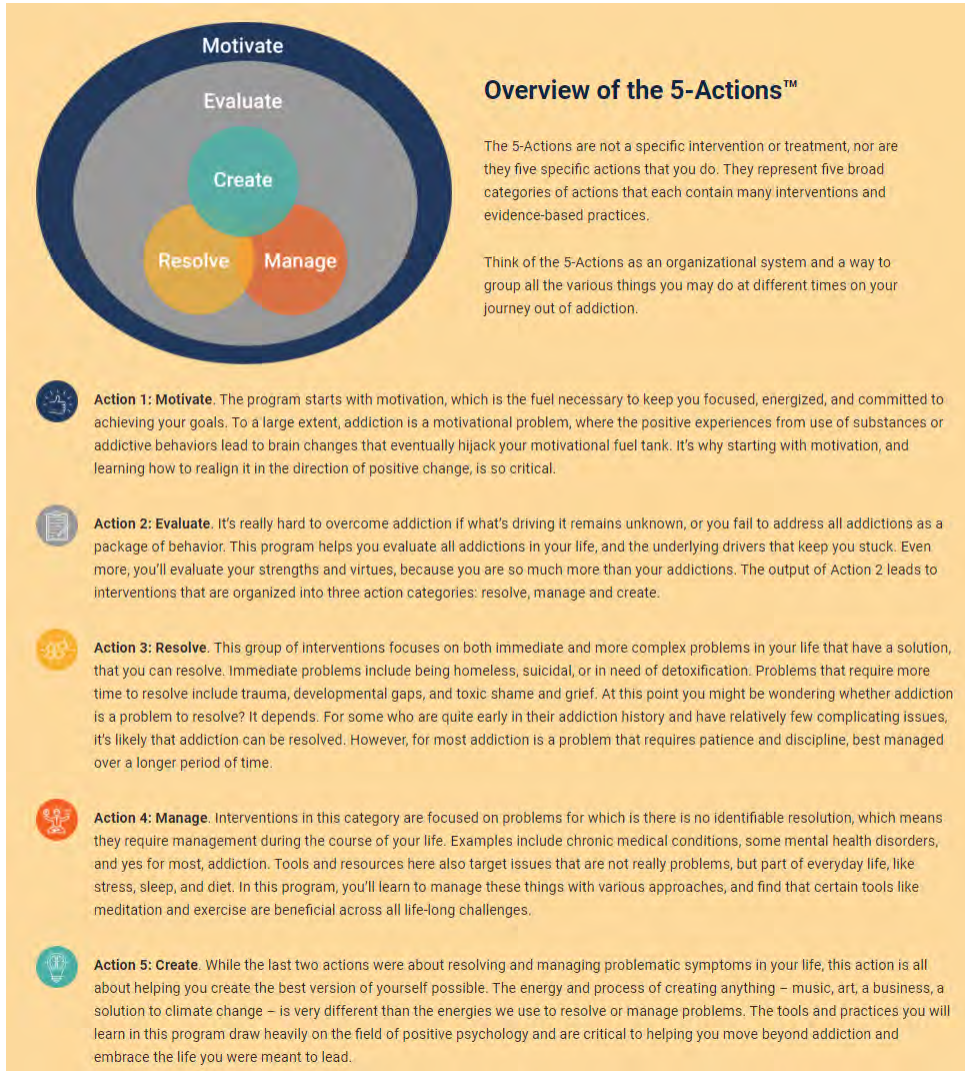
## Three Change Pathways

1. Healing/Real Relationships
2. Expectations (problem-solution)
3. Intervention Actions (EBPs)

## Good Outcomes

Better Quality of Life  
Symptom Reduction

# What Are the 5-Actions?

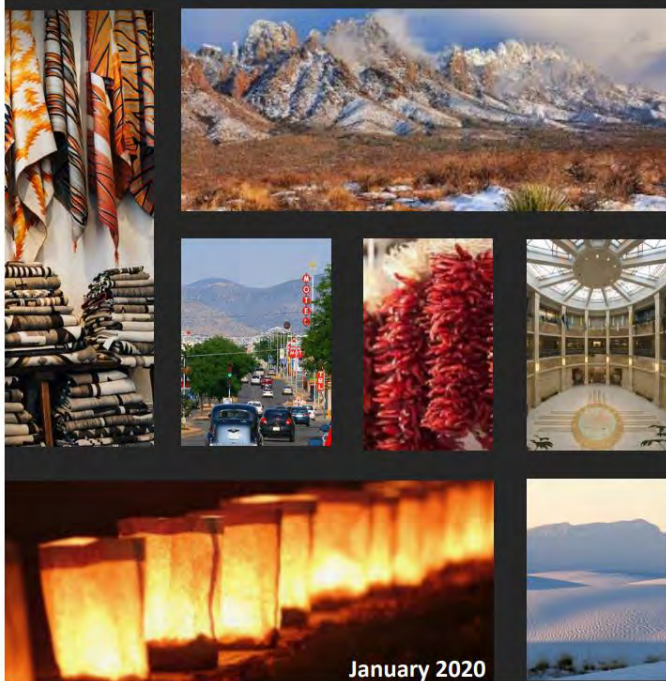


- Ingredients of successful behavior change that optimize outcomes
- Organizational system, a way to group interventions used at different times during the journey out of addiction
- Include interventions to *decrease symptoms* (Resolve/Manage) and *enhance quality of life* (Create)
- Differentiates acute (solvable) and chronic (require management) interventions
- Dynamic vs. linear



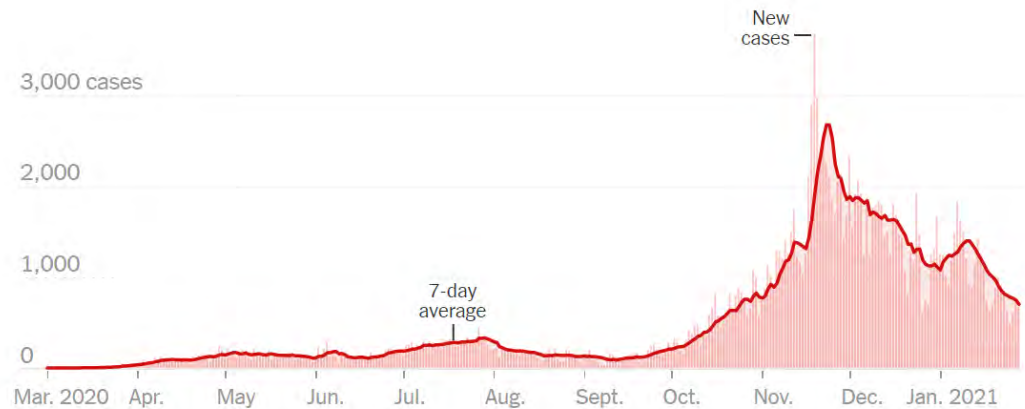
# Estimate of the SUD Treatment Gap by Substance (2018)

## New Mexico Substance Use Disorder Treatment Gap Analysis



Substance Type	People Living with SUD	People Who Received Treatment	People Needing Treatment	People Who May Enter Treatment
Alcohol	101,012	27,834	73,178	7,318
Opioids	38,989	33,415	5,574	557
Stimulants (Methamphetamine)	21,694	12,834	8,860	886
Benzodiazepines	15,987	1,769	14,218	1,422
Cannabis	17,776	10,580	7,196	720
<b>Total</b>	<b>204,681</b>	<b>70,303</b>	<b>134,378</b>	<b>13,438</b>

# COVID-19 in New Mexico



	TOTAL REPORTED	ON JAN. 28	14-DAY CHANGE
Cases	172,798	672	-44% ↘
Deaths	3,250	28	+17% ↗
Hospitalized		556	-22% ↘

## NEWS

### In New Mexico, prescription opioid deaths fall while overdoses from illicit drugs rise

**Bethany Freudenthal** Las Cruces Sun-News

Published 3:26 p.m. MT Nov. 30, 2020



#### Why fentanyl is so deadly

Due to its lethal potency, the synthetic opioid named fentanyl has claimed hundreds of Hoosiers' lives in recent years.  
*Dwight Adams, dwight.adams@indystar.com*

**Methamphetamine was involved in 44% of all drug overdose deaths in 2019**

# New Mexico Crisis And Access Line


Home Who We Are Resources News & Events Careers Contact Us

## New Mexico Crisis And Access Line

Call toll free anytime 24/7/365 **1-855-NMCRISIS (662-7474)**  
If you are having a life threatening emergency, call 911 immediately.



If you or a loved one is experiencing any kind of emotional crisis, mental health or substance use concern, you can find help 24 hours a day, seven days a week, by calling the New Mexico Crisis and Access Line or Peer to Peer Warmline.




### Crisis And Access Line

Call for support and resources  
**1-855-NMCRISIS (662-7474)**  
Toll Free 24/7/365



### Peer to Peer Warmline

Call or text to connect with a peer  
**1-855-4NM-7100 (466-7100)**  
call 3:30pm - 11:30pm / text 6pm - 11pm




### NMConnect App

Call, text and access mental health resources



### Healthcare Worker and First Responder Support Line

**1-855-507-5509**



### NM 5 Actions

Self-guided road map to understanding and addressing substance use and addictive behaviors



### Path to Wellness


Mental Health Awareness Messages

COVID-19 pandemic can cause New Mexicans of any age and any walk of life to feel overwhelmed, scared, anxious, or make it harder to cope with mental health conditions they struggled with before the pandemic.



# Let's Take a Brief Tour

**5-Actions Program™**  
Self-Guided Roadmap Out of Addiction  
With 24/7 crisis and peer recovery phone support



**New Mexico Crisis and Access Line**  
24/7 Phone Support: 1-855-NMCRISIS (662-7474)  
If you are having a life-threatening emergency, call 911 immediately

[ABOUT](#) [HOW IT WORKS](#) [FAQ](#) [NEWS](#) [CONTACT](#) [SIGN IN | SIGN UP](#)

## Sign In / Sign Up

### Sign In

Email Address

Password

☐ Remember Me

LOG IN

Lost Password?

### Sign Up (Create New Account)

The 5-Actions Program provides self-help coaching for problems associated with alcohol, other drugs, and/or behavioral addictions. It's not a substitute for professional treatment, but offers you a place to learn more about your behaviors, options for change, and how to access treatment if you so choose.

**The program is FREE to use and funded by the New Mexico Human Services Department, Behavioral Health Services Division.**

To access, you must first enroll in the program and agree to the terms of use. Enrollment allows you to manage your account settings, track your progress, and get the most out of the program.


E-mail Address

Password

County

☐ I have read and agree to the [Terms of Use and Privacy Policy](#)

SIGN UP NOW

A photograph of a person's hands typing on a laptop keyboard. Overlaid on the image are various digital icons connected by lines, representing a network or cloud system. The icons include a cloud with a Wi-Fi symbol, a server rack, a location pin, a person icon, a camera, and a smartphone. The background is a blurred indoor setting.



# Referring Clients/Patients to the 5-Actions Program™

- **Accessible online** (nm5actions.com) from most computers, tablets, and smartphone devices that have access to high speed internet
- Signing up is **EASY, FREE, and CONFIDENTIAL**
- All you need is an email address to set up your username and password after agreeing to the Terms of Use
- Once Logged on, **My Dashboard** has menu to help navigate to desired content – **Get Started** good place to start
- There is no right or wrong way to use the program.
- **Use flyers and User Information Guide** to let people know about the program (both available on the website)

**Struggling with addiction?**  
The 5-Actions Program™ is your roadmap to recovery.

**This Program is Free**  
*Funded by New Mexico Human Services Department, Behavioral Health Services Division*

**Sign up today: [www.nm5actions.com](http://www.nm5actions.com)**

**Comes with free, 24/7 program phone support**

**COVID-specific resources, if and when you need them**

**Addresses both substance and behavioral addictions**

**Tools to help a loved one struggling with addiction**

**Over 6 hours of video to address addiction in your life**

**Participate in live webinars on critical addiction topics**

**What You Will Do**

- Learn about addiction, treatment, and how people successfully change
- Explore your own behaviors, and identify powerful leverage points for change
- Assess all your addictions and co-occurring mental health issues
- Develop a personalized roadmap for your journey out of addiction

The 5-Actions Program™ is not a substitute for professional or expert treatment. It does not provide medical advice, clinical diagnoses, or replace care from a licensed clinician. The Program is not a specific treatment or intervention.

# Important Safety Information

- Before using the 5-Actions Program™, you should contact your **primary care physician** and discuss your plans to reduce or stop your drinking, drug use and/or addictive behaviors, because doing so abruptly can be dangerous.
- If at any time during the use of the 5-Actions Program™ you feel overwhelmed, in crisis, suicidal, at risk for relapse, or in danger to yourself or someone else, **call the New Mexico Crisis and Access Line** at: 1-855-NMCRISIS (662-7474).
- If you are presently in treatment for addiction, please **discuss with your primary counselor** your intent to use the 5-Actions Program™.
- Short and long-term outcomes from using the 5-Actions Program™ **have not been evaluated**, so its ability to help you reduce or stop use of substances or addictive behaviors has not been studied.

## USER INFORMATION GUIDE for the 5-Actions Program™

### Indications for Use

- The 5-Actions Program™ ("the Program") is not a substitute for professional or expert treatment. It does not provide medical advice, clinical diagnoses, or replace care from a licensed clinician. The Program is not a specific treatment or intervention.
- The Program is a self-guided, online learning program designed to help adults (18 years of age and older) address challenges with substance use and/or addictive behaviors (gambling, sex, food, technology).
- The Program can be a resource for those who have never received professional treatment, but also provide additional support for those presently in treatment, or who have experienced treatment in the past.
- The Program brings attention to the underlying drivers of addiction, including insecure attachment, adverse childhood experiences, and trauma.
- The 5-Actions Program™ is a learning platform that can be used to help address the chronic nature of addiction over time. Therefore, you are free to use the Program for as long as it is made available, and to whatever degree is most helpful to you.
- The Program is intended for users whose primary language is English, and who have access to a computer, tablet, or smartphone with a high-speed Internet connection.
- The Program emphasizes healing relationships as the primary vehicle of behavior change, and offers suggestions on how to develop such relationships in your life.
- The Program is offered in partnership with the New Mexico Crisis and Access line, whose counselors are available 24/7. The Peer to Peer Warm Line is available daily from 3:30pm – 11:30pm (phone) and 6pm – 11pm MT (text).

### Important Safety Information

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your plans to reduce or stop your drinking, drug use and/or addictive behaviors, because doing so abruptly can be dangerous.

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### Getting started with the 5-Actions Program™

- The 5-Actions Program™ is accessed online ([www.nm5actions.com](http://www.nm5actions.com)) from most computers, tablets, and smartphone devices that have access to high speed internet.
- Signing up is EASY, FREE and CONFIDENTIAL.
- All you need is an email address to set up your username and password after agreeing to the Terms of Use.
- Begin exploring the site with the **Get Started** page with three starting videos that provide an overview of the program and discuss the 24/7 phone support.
- There is no right or wrong way to use the Program. Feel free to skip around and watch videos, check out links, and download resources in whatever order makes sense to you.

### Getting Additional Help – 24/7/365

#### Phone Support

- The New Mexico Crisis and Access Line is here to help. Call us anytime at 1-855-NMCRISIS (662-7474).

# Suggestions for Use

- **Assign videos**, worksheets, exploration of external links and resources based on individual needs
- Encourage use of **phone support** – Crisis and Access and Peer to Peer Warmline – as needed
- **Watch video(s) together** (individual/group) and then have discussion
- Utilize **screening tools and forms** as needed to further evaluation efforts
- **Print transcripts of videos** and use as handouts if videos are unavailable
- Use the **Access Treatment & Self-Help Groups** page to locate local programs and services



# Evidence-Based Educational Content

## Understanding Addiction

- **Origins of Addiction:** Genetics, Attachment, ACEs, Trauma, Co-Occurring Disorders, Environment
- **Multiple Addictions:** Substance and Behavioral, Personality, Interaction
- **Consequences of Addiction:** Hijacked Brain, Chronic Condition, Relapse, Life of Parts, Shame, Grief
- **Overview of the Solution:** Treatment 101, Contextual Model, Healing Relationships

## 5-Actions Interventions



**Motivation:** Personal Why, Self-Determination Theory, Grit, CRAFT



**Evaluation:** Screening Tools, Leverage Points, Past Records, Expert Help



**Resolve:** 4-Steps, Medications, Self-Help Groups, Unified Protocol, Focusing, TRE, IFST, Three Pillars Attachment Repair



**Manage:** Coordinated Care, Relapse Management, Grief Work, Giving Back



**Create:** Creative Process, Finding Meaning, Deep Work, Love, Spirituality



# Addiction Medications and the 5-Actions Program™

## Addiction Medications

module 8: video 4



Rate this video:



SUBMIT

### • Read Transcript

#### • Alcohol

- [Medications for the treatment of alcohol use disorder](#) – short guide
- [Medication for the treatment of alcohol use disorder: A brief guide](#), is produced by SAMHSA and is designed for healthcare professionals, but is also a good overview for anyone wanting to learn more about these medicines

#### • Opioids

- Learn more about [buprenorphine](#), [methadone](#), or [naltrexone](#)
- Learn more about [naloxone](#) to counter opioid overdose, and checkout [A Dose of Reality](#)
- [FDA information about approved medications for opioid use disorders](#)
- [Buprenorphine Practitioner Locator](#)
- Learn more about which medication may be right for you with this interactive tool from SAMHSA: [Decisions in Recovery: Treatment for Opioid Use Disorders](#)

#### • Tobacco

- [Want to Quit Smoking? FDA-Approved Products Can Help](#) – published by the FDA
- [Prescription drugs to help you quit tobacco](#)

- Educate patients on **medication options** in the context of a broader intervention plan
- Encourage use of the program as **adjunctive** intervention to medication treatment
- Encourage use of **24/7 phone support** (crisis and access/peer to peer warmline) when needed
- Enhance **adherence** to medications

# Questions



## Why is the program FREE to use?

Because it is funded by New Mexico Human Services Department, Behavioral Health Services Division.

## Is the 5-Actions Program™ a replacement for addiction treatment?

No. This program does not replace professional or expert treatment. It's a self-guided roadmap designed to help you better understand and address problems related to alcohol, other drugs, and/or behavioral addictions.

It encourages use of traditional treatment, self-help groups, and other interventions shown to be effective in reducing or stopping problematic behaviors. Because over 90% of people who could benefit from treatment don't receive it, this program fills a much

needed gap by offering you an online, self-guided change program with 24/7 crisis and peer-recovery phone support.

## Can physicians, prescribers of addiction medications, and other healthcare workers refer patients to the 5-Actions Program™?

Yes! Because all citizens of New Mexico have free access to the program, it offers another option for learning about addiction and how to address as a challenge. If you work in the healthcare field and would like more information on using the program in your practice, please contact us.

## What is the evidence that the 5-Actions Program™ works?

The program's primary goals are to help you better understand problems with substance use and/or behavioral addictions, and implement a plan to effectively address these issues in your life. If you watch the videos, complete the self-assessments, and follow-up on the suggested resources, you will undoubtedly accomplish the goals of the program.

If your question is more directed at how well the program works to help you overcome addiction – or *change your behavior* – at this time it has not been tested in a randomized clinical trial. But plans to assess such outcomes are in the works, and we'll update you when we know more.

You should know that while many programs on the market claim many things, few **well designed studies** have assessed digital health and digital therapeutic outcomes for addiction.

**5-Actions Program™**  
**Info@nm5actions.com**

**New Mexico Crisis And Access Line**  
**info@nmcrisisline.com**