



OverdoseLifeline

# Continuing Education Courses

ACCREDITED & DEA MATE ACT APPROVED

Substance use disorders (SUD) are a pressing health concern in the United States, where rates of morbidity and mortality increase every year. Over 20 million people in the U.S meet the criteria for an SUD, an estimated 23 million are in recovery managing their chronic disease, and over 100,000 people died from an overdose between 2022 (Morreale et al., 2020; National Center for Health Statistics, 2021).

While a large portion of the U.S. population is affected by SUD, there is limited formal academic and professional education provided to clinicians and professionals providing services to individuals and families affected by SUD.

**Research has illustrated the need for cross-sector collaboration to tackle multidimensional problems such as substance use disorder.**

Overdose Lifeline's accredited continuing education courses and certificate program cover eight core topics on substance use disorder (SUD) to address the SUD knowledge gap for clinicians and professionals engaging with / providing services to individuals and families affected SUD.

The Overdose Lifeline continuing education and certificate program assist clinicians, law enforcement, and laypersons in building knowledge and competency in the underserved area - substance use disorder and the opioid health crisis. Allowing individuals across community sectors to work together more efficiently and effectively in prevention efforts and to better serve those affected by SUD.

**"NO SINGLE ORGANIZATION OR PERSON CAN ADDRESS THE MULTITUDE OF SERVICES NEEDED TO HELP PEOPLE AFFECTED BY MENTAL HEALTH OR SUBSTANCE USE CONDITIONS... THE BEST SOURCES ARE THE PEOPLE WHO LIVE, SERVE, AND WORK IN THE COMMUNITY AND THE BEST RESULTS ARE OFTEN SEEN WHEN THEY UNDERTAKE SUCH ACTION TOGETHER."**

**— SAMHSA, ONE VOICE, ONE COMMUNITY**



## Raise cross-sector knowledge and competency for those engaging with / providing services to individuals and families affected by SUD



Education on substance use disorders (SUDs) is often lacking in medical school curriculum. The average medical school spends only 12 hours of curricular time on SUDs, and 20% of medical school students report receiving no addiction medicine training at all (Back et al., 2017).

In a study of 4th year medical students, less than 16% of students strongly agreed that they had been properly trained in addiction medicine despite almost all agreeing that it is important for a physician to know how to treat a substance use disorder (Back et al., 2017).

General practitioners claim that working with individuals with substance use disorder is more stressful and challenging than patients with other chronic diseases. They admit to spending less time and engage less with these patients. Compared to general psychiatry and addiction professionals, general practitioners show much lower regard and less empathy for patients with substance use disorder (Van Boekel, 2013).

The Associated Press-NORC Center for Public Affairs Research recently found that 44% of Americans surveyed said opioid addiction indicated a lack of willpower or discipline, a third regard it as a character defect or the result of bad parenting, and 4 in 5 said they were unwilling to associate closely with someone with an opioid addiction (AP- NORC Study, 2018).



# ACCREDITED & DEA MATE ACT APPROVED

## On-Demand Online Continuing Education

In partnership with Purdue University College of Pharmacy, Office of Continuing Education, Overdose Lifeline has developed healthcare clinician and layperson continuing education and 20-credit Advanced Certificate program on Addiction / Substance Use Disorder with an Opioid Specialization.

### Accredited, On-Demand Online Courses

- Courses may be completed at your own pace, on your own schedule.
- May be taken as individual courses, or an 8-course certificate program with practicum.
- Progress is tracked - allowing you to pick-up where you last left off.
- Courses run 1.5 to 3 hours and priced \$25 - \$45.
- Video-based courses are video-based with discussions and "Check Your Knowledge" activities.
- Meet DEA MATE Act Training Requirement (6 of 8 courses)

### Accreditations

- Nursing: American Nurses Credentialing Center (ANCC)
- Pharmacy: Accreditation Council for Pharmacy Education (ACPE)
- Physician: Accreditation Council for Continuing Medical Education (ACCME)
- Social Work: Association of Social Work Board (ASWB) Approved Continuing Education (ACE)
- Other healthcare areas such as community health workers, addiction professionals, peer recovery etc. and layperson via AMA PRA Category 1™ (ACCME)
- Law Enforcement: Overdose Lifeline is an approved Law Enforcement Training Board training provider (#47-1333720).

### 20-Credit Advanced Certificate Program \$300 | Individual Online CE Course Fees

The Brain and the Disease of Addiction (2.0 credits) \$30 - MATE Act

Removing the Shame and Stigma of SUD / Addiction (3.0 credits), \$45 - MATE Act

Guide to Substance Use Disorder Treatment and Recovery (3.0 credits), \$45 - MATE Act

Guide to Harm Reduction (3.0 credits), \$45

Exploring the Role of Trauma in Substance Use Disorder (1.5 credits), \$25 - MATE Act

The Opioid Public Health Crisis (3.0 credits), \$45 - MATE Act

Layperson Naloxone Administration (1.5 credits), \$25

Medication-Assisted Treatment (MAT) (3.0 credits), \$45 - MATE Act



# OUTCOMES / LEARNING OBJECTIVES

## 20-Credit Advanced Certificate Program and Individual Courses

### 20-Credit Advanced Certificate Program Overarching Outcomes

- ▶ Increase knowledge about SUD and treatment, result in a more informed and aware professional, improved interaction with patients with SUD or recognition of early-stage display of risk factors.
- ▶ Raised confidence, better able to serve individuals affected by SUD.
- ▶ Improve attitudes and alleviate discomfort working with patients who have SUDs.
- ▶ Reduce barriers to care and improved health outcomes with individuals accessing/receiving support and services more easily/earlier in the disease cycle.

### Individual Course Outcomes

#### THE BRAIN AND THE DISEASE OF ADDICTION - MATE ACT APPROVED

- ▶ Discuss how the brain is affected from substances such as drugs and alcohol.
- ▶ Explain how the disease of addiction develops.
- ▶ Explain brain neuroplasticity and how through treatment and recovery the brain can change/reset.

#### REMOVING THE SHAME AND STIGMA OF SUD - MATE ACT APPROVED

- ▶ Discuss: The role of stigma and its effect on substance use disorder (disease of addiction). How stigma inhibits people from achieving long-term wellness and recovery.
- ▶ Explain: The impact of shame and stigma on the individual and family/caregivers. The consequences of experienced stigma and the impact on recovery, setback (relapse), and other social and health factors.
- ▶ Examine and Eliminate: Judgements and negative attitudes towards the individuals suffering from the disease. Assumptions and negative preconceived notions of the disease and the individual.
- ▶ Demonstrate: Stigma-free language. Advocacy toolkit for elimination/ removal of stigma.

#### EXPLORING THE ROLE OF ACES AND TRAUMA IN SUBSTANCE USE DISORDER (SUD) - MATE ACT APPROVED

- ▶ Describe an Adverse Childhood Experience (ACE) and the study of ACEs.
- ▶ Explain the connection between trauma, ACEs, and existing social conditions.
- ▶ Identify: Experiences that are classified as adverse childhood experiences ACEs and general trauma. Practices or next steps helpful for individuals dealing with ACEs, SUD, or general trauma including a trauma informed care approach and building resilience.
- ▶ Identify the relationship between trauma, ACEs, PTSD, and general health outcomes, particularly in relation to substance use disorder (SUD).

#### GUIDE TO HARM REDUCTION - MATE ACT APPROVED

- ▶ Define harm reduction as it is used in engaging people who use drugs into services and support.
- ▶ List a minimum of four benefits of harm reduction for the individual and/or community.
- ▶ Discuss the history of harm reduction and where it fits today in the continuum of SUD treatment and recovery.
- ▶ Identify the principles and philosophy of harm reduction and examples of harm reduction tools and services.
- ▶ Differentiate an effective Harm Reduction practice in contrast to a practice which does not apply harm reduction principles to the services / tools.



# OUTCOMES / LEARNING OBJECTIVES

## 20-Credit Advanced Certificate Program and Individual Courses

### Individual Course Outcomes, Continued

#### GUIDE TO SUBSTANCE USE DISORDER (SUD) TREATMENT AND RECOVERY -MATE ACT APPROVED

- ▶ Identify: DSM-5 signs and symptoms of substance use disorder. ASAMs six dimensions of multidimensional assessment and explain their relation to ASAM's level of care.
- ▶ Discuss: How the process of change contributes to interrupting the addiction cycle and achieving recovery.
- ▶ ASAMs four levels of care and explain the difference between levels 1-4. What a relapse (or setback) is, what it means for treatment plans, and what the stages of relapse entail.
- ▶ Explain: The importance of an individualized, multi-faceted approach to assessment, treatment, and recovery. The four dimensions of recovery and their alignment to the ten guiding principles of recovery.
- ▶ Identify: Evidence-based treatment services and identify available resources and support.

#### MEDICATION-ASSISTED TREATMENT (MAT) - MATE ACT APPROVED

- ▶ Discuss: Medication-Assisted Treatment (MAT) and the role MAT plays in treatment of Opioid Use Disorders (OUD). The three most common MAT medications: methadone, buprenorphine, and naltrexone.
- ▶ Explain: Why MAT is critical in the fight against OUDs and why it is a model of chronic care management. How each medication works in the brain.
- ▶ Discuss and Dispel: Myths and controversy associated with MAT.
- ▶ Identify: Characteristics of each medication. The type of client each medication may be best for. Other clinical activities to use in conjunction with these medications. Three medications used in MAT.
- ▶ Explain: How MAT fits into larger continuum of professional treatment using the National Institute on Drug Abuse (NIDA) principles of effective treatment. Basic laws and regulations surrounding the use of MAT.

#### THE OPIOID PUBLIC HEALTH CRISIS - MATE ACT APPROVED

- ▶ Discuss the opioid public health crisis - historical, current conditions and trends.
- ▶ Explain how the health crisis developed, the contributors and risk factors.
- ▶ Identify the multi-faceted solutions model that states, and communities are applying to reduce the effects of the health crisis and the actions an individual / professional can take to improve the outcomes.

#### LAYPERSON NALOXONE ADMINISTRATION

- ▶ Recognize the signs of an opioid overdose.
- ▶ Demonstrate how to administer the opioid overdose reversal drug Naloxone.
- ▶ Discuss the role of harm reduction in the overall opioid public health crisis solutions / action plan / strategy.
- ▶ List a minimum of three overdose prevention tips for people who use drugs (PWUD).

### YOUTH PREVENTION AND FAMILY SUPPORT PROGRAMMING

Contact us if you are looking for evidence-based family support or  
SUD youth prevention programming.





"I feel that anyone in my profession should understand that addiction is just as much as problem as heart disease, diabetes, and HIV. I think it is important to understand that even though this was not taught anywhere in nursing school that this major problem does exist and is affecting many."

"The training was an eye-opening realization how our stigma toward SUD has greatly hindered our society's ability to treat this disease."

"I knew that the brain was involved with the pathway of addiction, but this course helped me understand specifically how it is involved and the mechanism and anatomy of its involvement. This will help me explain to those who don't understand that addiction is beyond "just a choice". I also did not know what Harm Reduction or ACEs were and was fascinated to find out about how our environment can play a huge role at setting us up for success (harm reduction) and sometimes even set us up for failure (ACE)."

"As a pharmacist, I tend to be focused on medications and treatment of diseases. This training has taught me to evaluate the whole biopsychosocial model of addiction. I've learned about harm reduction strategies, destigmatization, and strategies to reduce the risk of a setback."

"Throughout this course I have learned a lot more than I was expecting to. I now feel much more confident and knowledgeable about the disease of addiction and opioid use than I did before. Learning how addiction changes the brain chemistry and structure really helps to understand that addiction is a disease not just a person's choice."

"I think anyone in my profession should understand not only the shame and stigma around substance use disorders, but also how important understanding the disease of addiction is. I think this is important because as healthcare providers, we can help implement harm reduction strategies in our field, help prevent accidental overdose, and allow more people to get the help that they need and deserve."

