



HIGHLAND HOSPITAL

A member of Alameda Health System

Highland Hospital Bridge Program

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Substance Use Navigator
Hep C Navigator



Bridge Clinic Model

- Provide evidence-based medications for Substance Use Disorders
- Eliminate unnecessary barriers and obstacles for SUD treatment.
- Offer a stigma free and welcoming environment for patients.
- Hire staff (SUNs) with lived experience and addiction knowledge.
- Utilize harm reduction principles and ideologies.

Bridge Clinic Services

- Drop-in appointments and televisits.
- Medical visits with addiction medicine experts to prescribe MAT.
- Free harm-reduction supplies including Narcan and safer use kits.
- hygiene and wound care supplies Behavioral Health services and linkage
- Linkage to outpatient and residential treatment programs.
- HIV/HCV/STI Testing, prevention, and treatment

Medication Assisted Treatment or Medication for Addiction Treatment

- evidence based medication that supports people who use drugs (PWUD)
 - prevents withdrawal and/or decreases cravings
 - can replace positive impacts of drug use without the more negative impacts
 - ex: Bupropion (Wellbutrin) for Stimulant Use Disorder can give PWUD the energy and motivation they were seeking through cocaine/meth, without the negative impacts of the substances (insomnia, paranoia, increased risk for laced drugs/OD, criminalization)
 - several medications are offered for a wide variety of substance use disorders, both oral and monthly injectable medications

What Bridge Clinic SUNs do:

- Assist patients with SUD within emergency departments and inpatient settings for linkage to treatment and recovery programs.
- Establish a positive relationship with patients struggling with substance use including initial patient assessments and brief interventions.
- Implementing culture change within hospital and clinic settings
- Facilitate initiation of substance use treatment with hospital clinicians based upon harm-reduction strategies focusing on patient goals and desired outcomes.
- Help patients fill prescriptions, navigate insurance, schedule follow-up appointments, and overcome other barriers to treatment services.

- Up to 100 patients daily not including ED consults.
- ED SUNs average of 10-25 patients daily.
- 16,200 scheduled visits.
- 2,350 clinic visits from unduplicated patients.
- 552 new patients.
- 84% on low-income state health care plan (MediCal).

Outcomes:

- 30 Day Engagement in Addiction Treatment:
 - **50% with SUN** vs 16% without SUN
- Medication for SUD administered:
 - **40% with SUN** vs 17% without SUN
- Medication for SUD prescribed at discharge:
 - **47% with SUN** vs 21% without SUN

Just in Time Adaptive Interventions = Bridge Clinic staff and providers are available WHEN and HOW people need them

Just in time = folks can call the warmline or walk into clinic without an appointment (or even a chart!) and they can leave the call (or the clinic) with a prescription sent to Highland Pharmacy or another pharmacy of their choice

Adaptive Interventions = we meet people where they are, and give them access to tangible resources (aka evidence based MAT) that can support their recovery goals. we hold space for frustrations and fears, and allow folks to make decisions that work best for their body and their life situations

What is Harm Reduction?

- Harm reduction is a set of practical strategies and ideas aimed at **reducing negative consequences** associated with drug use
- a social justice movement built on a **belief in, and respect for, the rights of people who use drugs.**
- most common and well known forms of harm reduction are syringe exchanges, and MAT clinics.
- HR exists for all types of “risky” behaviors, like sex and food habits
 - ex: how people address “sugar cravings” → sugar free desserts, supplements, portion control

How do we apply Harm Reduction in a hospital based clinic?

- offering naloxone (Narcan), testing strips, and other safer use supplies (as well as condoms and pregnancy testing). *teaching people how to use naloxone and test strips accurately*
- educating pts on risks of certain methods of use, how to be safer (smoking vs injecting, using alone vs with a friend)

- Bridge offers HIV/Hep C/STI **testing** and **treatment** Mon-Fri (we can order labs and walk people over to labs station– labs are NOT done in the clinic itself)
 - specifically for Hepatitis C, a virus that disproportionately impacts People who inject drugs (PWID), we have a treatment navigation program where folks can access medications and follow up appointments while they are also receiving treatment for SUD through MAT
 - Hep C treatment is very different than what it used to be
 - 6-12 month treatment with 50 percent cure rate vs **2-3 month treatment with 95 percent cure rate**. (many people are only familiar with the old treatment and need to know about treatment advancement!!)
 - meds can be delivered or picked up at HGH pharmacy
 - Navigator addresses barriers to treatment and follows patient through treatment
 - checking in on **adherence** (very important) and side effects

How to link patients

CALL/TEXT 510-545-2765 (warmline)

Email: SUN@alamedahealthsystem.org

No referrals needed – we are a walk-in clinic 9am-4:30pm – **they can always just show up!**

1411 E 31st Street, Oakland CA 94602

OA-1 “Right below the dental clinic!”

after entering the main entrance, there is a volunteer desk, they can help patients find their way down to Bridge. **ANYONE with a badge is REQUIRED to help people find their way around the hospital!**