



A Unified Approach to the Opioid Epidemic

Opioid Use Disorder

In Maine, New Hampshire and across the country, individuals, families, communities and healthcare practitioners continue to fight the epidemic of opioid addiction. In Maine alone, 418 people lost their lives due to drug overdoses in 2017 — an 11 percent increase over 2016. In all, over 2,000 Maine people have lost their lives to this epidemic since 2009. Leveraging the strength of our healthcare system to develop a comprehensive and coordinated response, MaineHealth has spearheaded a number of evidence-based strategies to address this growing problem.

MaineHealth Response

The MaineHealth Opioid Work Group was formed in 2016 to lead the development of a system-wide response to the urgent community need surrounding the opioid epidemic. The group included leaders from all of MaineHealth's member and affiliate local health systems. The plan integrates safe prescribing, education and treatment through collaboration among behavioral health, primary care and other specialty providers.

Clinical Philosophy

With the understanding that substance use disorder is a chronic brain disease, recovery from opioid use disorder has proven most effective when treated in the chronic care model. In a culture of compassion and respect, each individual with opioid use disorder is evaluated to identify the appropriate care level for treatment, which span a continuum of approaches from inpatient detoxification through outpatient Integrated Medication Assisted Treatment (IMAT).

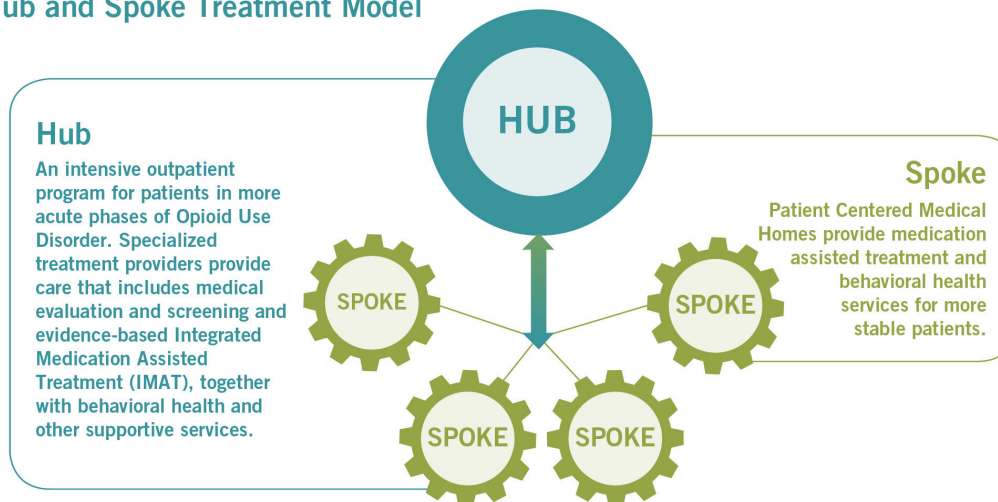
The clinical philosophy of the MaineHealth outpatient IMAT program is to facilitate the individual's return to the highest level of physiological, psychological and societal functioning. The MaineHealth IMAT program takes a holistic, evidence-based approach. It includes a formal treatment agreement; individualized treatment plan; medication; toxicology screening; prescription monitoring; patient and family education; social supports; as well as behavioral, cognitive and other interventions. Plans are underway to integrate recovery coaching into our model during 2018 and 2019.

The Hub and Spoke Treatment Model

This "hub and spoke" treatment model is led by Maine Behavioral Healthcare, which partners with Patient Centered Medical Home primary care providers to provide IMAT treatment across the MaineHealth footprint. The "hub" is an intensive outpatient program to treat patients in more acute phases of their disease. Using IMAT, clients receive behavioral and counseling therapies along with medication that reduces opioid craving and symptoms of withdrawal. The hubs are also responsible for connecting clients to social services and other supports necessary to facilitate their recovery.

Once stabilized, patients receive ongoing IMAT treatment from primary care Patient Centered Medical Home practices in local communities (the "spoke"), in which the primary care provider works collaboratively with integrated behavioral health clinicians to continue treatment for patients with opioid use disorder. In several rural regions that do not have hubs, primary care practices have taken on the responsibility of treating patients with higher levels of acuity. Known as "Intermediates," these practices work collaboratively with clinical experts from Maine Behavioral Healthcare to meet this vital need within their communities.

Hub and Spoke Treatment Model



Treatment Locations

MaineHealth members and affiliates participating in the IMAT program:

INTENSIVE TREATMENT HUBS

Franklin Community Health Network:

Evergreen Behavioral Services-IOP

131 Franklin Health Commons
Mt. Blue Health Center
Farmington, ME 04938
207-779-2398

Maine Behavioral Healthcare:

The Embark Program

A collaboration among Maine Behavioral Healthcare, Mid Coast Hospital and Pen Bay Medical Center
12 Union Street
Rockland, ME 04841
1-844-292-0111

Biddeford IMAT

235 Main Street
Biddeford, ME 04005
1-844-292-0111

Springvale IMAT

474 Main Street
Springvale, ME 04083
1-844-292-0111

Mid Coast Hospital

The Addiction Resource Center

Offices located at:

66 Baribeau Drive Brunswick, ME 04011 207-373-6950	20 Bristol Road Damariscotta, ME 04543 207-373-6950
--	---

PRIMARY CARE PRACTICES*

Lincoln County Healthcare:

Lincoln Medical Partners - Damariscotta

79 Schooner Street
Damariscotta, ME 04543
207-563-4250

Lincoln Medical Partners- Boothbay Harbor

19 St. Andrews Lane
Boothbay Harbor, ME 04538
207-633-7820

Lincoln Medical Partners- Waldoboro

592 W. Main Street
Waldoboro, ME 04572
207-832-6394

Maine Medical Partners:

Cape Elizabeth Internal Medicine

155 Spurwink Ave.
Cape Elizabeth, ME 04107
207-767-2174

Falmouth Family Medicine

5 Bucknam Rd. STE 2C
Falmouth, ME 04105
207-781-1500

Maine Medical Partners (cont.):

Falmouth Internal Medicine

5 Bucknam Road, STE 2B
Falmouth, ME 04105
207-781-1600

Lakes Region Primary Care

584 Roosevelt Trail
Windham, ME 04062
207-892-3233

Outpatient Clinics

22 Bramhall Street
Portland, ME 04102
207-662-2911

Portland Family Medicine

272 Congress Street
Portland, ME 04101
207-874-2466

Scarborough Family Medicine

300 Professional Drive
Scarborough, ME 04074
207-883-7926

Scarborough Internal Medicine

300 Professional Drive
Scarborough, ME 04074
207-883-3491

Maine Medical Partners (cont.):

Westbrook Family Medicine

1 Harnois Ave, STE 2A
Westbrook, ME 04092
207-661-3400

Westbrook Internal Medicine

1 Harnois Ave. STE 1B
Westbrook, ME 04092
207-662-1340

Memorial Healthcare:

Primary Care at Memorial Hospital

3073 White Mountain Highway
North Conway, NH 03860
603-356-5472

PenBay Part of Coastal Health Alliance:

PenBay Family Medicine

7 Madelyn Lane
Rockport, ME 04856
207-921-5900

Southern Maine Healthcare:

Saco Family Medicine

13 Industrial Park Road
Saco, ME 04072
207-283-8800

Waldo County Part of Coastal Health Alliance:

WCMP Arthur Jewell Health Center

55 Reynolds Road
Brooks, ME 04921
207-722-3488

WCMP Physical & Integrative Medicine

37 Mortland Road
Searsport, ME 04974
207-548-2475

WCMP Primary Care

119 Northport Ave.
Belfast, ME 04915
207-930-6708

Western Maine Healthcare:

Western Maine Primary Care Family Medicine

8 Pikes Hill
Norway, ME 04268
207-744-6444

**Eligibility criteria varies*

MaineHealth

MaineHealth.org