



## ACCEPT

### Addiction & Co-morbid Conditions: Enhancing Prevention & Therapeutics

Webex link to join from PC, Mac, iOS or Android:

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Meeting number/Access code: 120 276 9209

Password: 12345

For attendance, purposes please text the following code: **FESBUB** to **608-260-7097**

**Session Date:** Friday, December 17, 2021

**Didactic Topic and Presenter:**

Practicing the Pause

Julia Yates, LCSW

*Director of Behavioral Health and Wellbeing for UW Madison's Department of Family Medicine and Community Health*

**Content Experts:**

Ritu Bhatnagar, MD; Lindsey Peterson, MS, CRC; Sheila M. Weix, MSN, RN, CARN

- 
- 12:15 PM: Attendance text-in – Introductions
  - 12:25 PM: Didactic Presentation
    - Presenter: Julia Yates, LCSW
  - 1 PM: Case Presentation and Discussion
    - Presenter: Vincent Minichiello, MD - *UW Department of Family Medicine and Community Health, Integrative Health Program*
  - 1:15 PM End of Session

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**ECHO ACCEPT**  
**Addiction & Co-morbid Conditions: Enhancing Prevention & Therapeutics**  
**2020-2022**  
**Strategies to Address Cocaine and Methamphetamine Use Disorder**  
**12/17/2021**

**Didactic Presenter:** Julia Yates, LCSW

**Case Presenter:** Vincent Minichiello, MD

*Provided by the University of Wisconsin-Madison Interprofessional Continuing Education Partnership (ICEP)*

**Intended Audience:**

Nurses, Nurse Practitioners, Pharmacists, Physicians, Physician Assistants, Pharmacy Technicians, Psychologists, Social Workers, Patient/Caregivers, Students

**Objectives:**

As a result of this educational regularly scheduled series, learners as members of the healthcare team will be able to:

1. Define mindful awareness
2. List clinical benefits of mindful awareness practices
3. Demonstrate brief mindful awareness experiences can promote shifts in presence and mood.

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Name	Role	Financial Relationship Disclosures	Discussion of Unlabeled/Unapproved uses of drugs/devices in presentation?	COI completion date
Randall Brown	RSS Chair	No relevant financial relationships to disclose	Yes	3/11/21
Nada Rashid	RSS Coordinator	No relevant financial relationships to disclose	No	3/11/21
Kathleen Maher	Planner	No relevant financial relationships to disclose	No	3/15/21
Ritu Bhatnagar	Planner	No relevant financial relationships to disclose	Yes	3/12/21
Paul Hutson	Planner	No relevant financial relationships to disclose	Yes	3/11/21
Susan Mindock	Planner	No relevant financial relationships to disclose	No	3/11/21
Lindsey Peterson	Planner	No relevant financial relationships to disclose	No	3/11/21
Sheila Weix,	Planner	No relevant financial relationships to disclose	No	3/11/21
Kellene Eagen	Planner	No relevant financial relationships to disclose	No	6/23/21
Joseph Galey	Planner	No relevant financial relationships to disclose	Yes	6/23/21
Julia Yates	Presenter	No relevant financial relationships to disclose	No	11/28/2021
Vincent Minichiello	Presenter	No relevant financial relationships to disclose	No	12/14/21

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# Case Presentation

Vincent Minichiello, MD

UW Department of Family Medicine and Community Health

Integrative Health Program

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For this educational activity there are no reported conflicts of interest

# Case Introduction

- ▶ One-liner (including age/sex):
  - SM is a 73y/o woman with chronic bilateral lower back pain with left-sided sciatica and chronic bilateral shoulder pain.
- ▶ Primary question for discussion:
  - How might mindfulness be supportive in a therapeutic relationship with a patient?

## Medical & Behavioral Health Diagnosis:

- Chronic bilateral lower back pain with left-sided sciatica
- Fibromyalgia
- Osteopenia
- Non-traumatic complete tear of right rotator cuff
- Generalized anxiety disorder
- Hyperlipidemia
- Tobacco Use
- Alcohol Use

## Current Medications:

- Low dose naltrexone 1.5mg nightly
- Previous had taken at longer durations: citalopram, gabapentin, trazodone



# Substance Use

- ▶ History: **smoking cigarettes for 20+ years, currently 4-5 cigarettes/night; 2 alcoholic beverages per night (wine or beer)**
- ▶ Consequences of Substance Use:
  - Social/occupational/educational: **N/A**
  - Physical (including evidence of tolerance/withdrawal):  
**Extreme anxiety even when considering stopping smoking or drinking alcohol**
- ▶ Past treatments: **None**

## Social History:

- Social Factors/History: Retired school librarian, divorced after 20 years of marriage, has 3 children; besides family, fairly socially isolated
- Income source: Retirement savings

## Family History:

- Father died of CHF at 70y/o
- Mother died of lung and bone cancer at 70y/o
- Brother died of renal cancer at 45y/o
- Multiple family members with depression

## **Patient strengths & protective factors:**

- Motivated to engage with active forms of treatment and rehabilitation (walking, plant-based diet)
- Has not been on opiates for chronic pain
- Interested in non-pharmacological approaches to pain management

## **Risk factors:**

- Does not want to quit smoking
- Does not want to decrease alcohol intake
- Does not want statin therapy

# Patient Goals & Motivations for Treatment

- ▶ Would like to be able to complete daily chores without significant back and shoulder pain
- ▶ Improved sleep quality
- ▶ Playing with grandchildren with less pain
- ▶ Wants a “reward” at the end of her day

# Proposed Diagnoses

- Chronic bilateral lower back pain with left-sided sciatica
- Non-traumatic complete tear of right rotator cuff
- Generalized anxiety disorder
- Tobacco Use
- Alcohol Use
- Social Isolation

# Proposed Treatment Plan

- ▶ Motivational interviewing for tobacco cessation
- ▶ Acupuncture for lower back pain (covered by Medicare when performed by physician)
- ▶ Mindfulness practice: in-session, MBSR course recommendation

# Discussion:

- ▶ Primary question:

How might mindfulness be supportive in a therapeutic relationship with a patient?

# Mindfulness: The Clinician

## Empathy

Affective, emotional resonance  
Automatic mirroring with patients



Cognitive appraisal  
Perspective taking,  
curiosity

## Compassionate Empathy

Affective, emotional resonance  
Automatic mirroring with patients



Cognitive appraisal  
Perspective taking,  
curiosity



*Empathic Response*  
*Enactive compassion or stance*

## Distancing Empathy

Affective, emotional resonance  
Automatic mirroring with patients



Cognitive appraisal  
Distancing



Aversion  
*Blaming, anger, avoidance,  
ignoring*

## Distressed Empathy

Affective, emotional resonance  
Automatic mirroring with patients



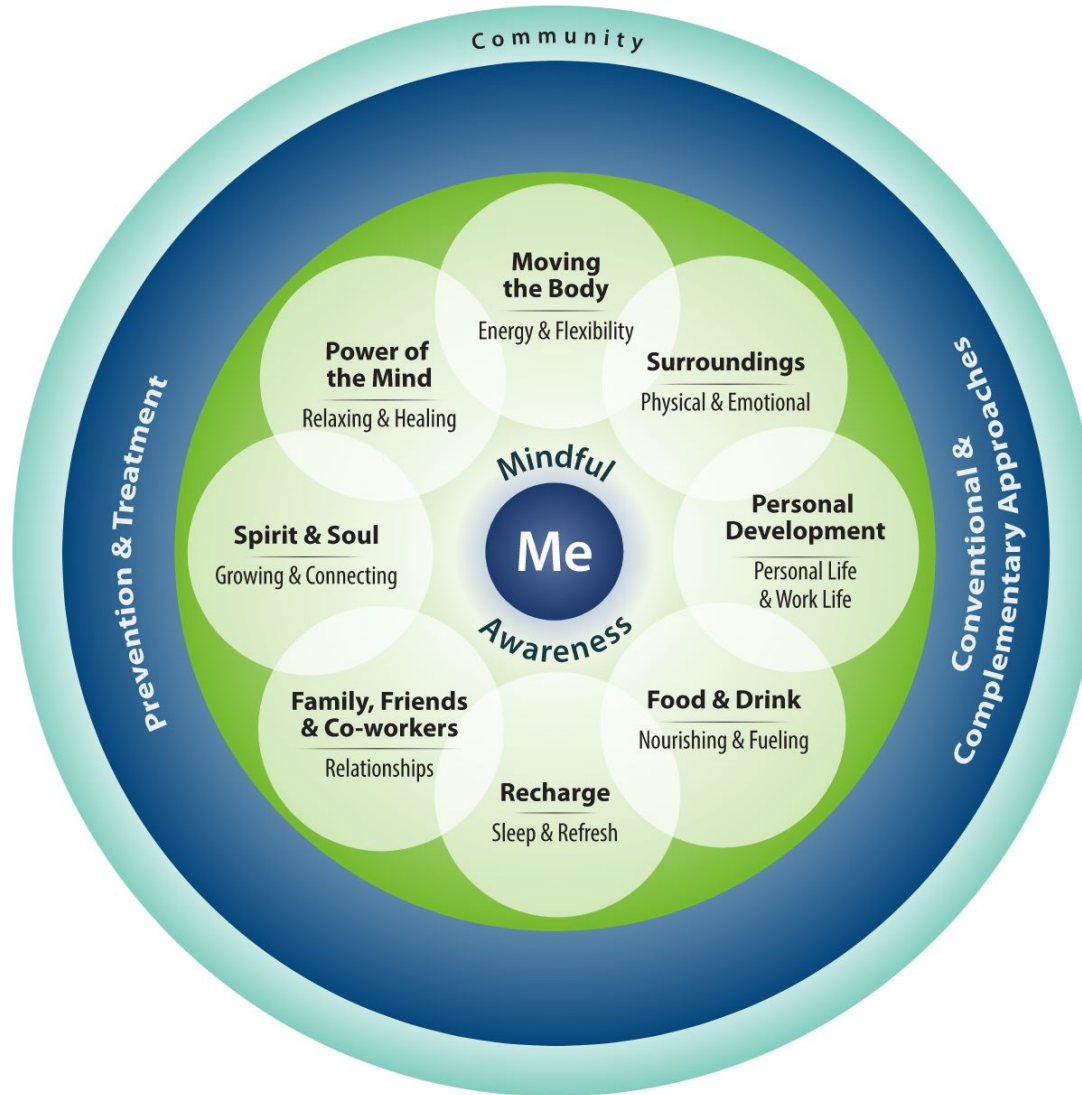
Empathic or Personal  
Distress



Over-arousal  
*Self related concern, Avoidance*



# Mindfulness: Clinical Care



# Mindfulness: Resources

- ▶ UW Health Mindfulness Program
  - <https://www.uwhealth.org/services/mindfulness-based-stress-reduction>
- ▶ STREaM Website
  - <https://www.fammed.wisc.edu/stream/>

# Thank You All!

# DSM-5 Substance Use Disorder ("Addiction")

- ▶ Tolerance
  - ▶ Withdrawal
- } **Physical Dependence  $\neq$  Use Disorder**
- ▶ Larger amts/longer periods than intended
  - ▶ Persistent desire/failed attempts to quit/control use
  - ▶ Much time obtaining/using/recovering
  - ▶ Important activities sacrificed
  - ▶ Continued use despite known adverse effects
  - ▶ Failure to fulfill major obligations
  - ▶ Recurrent hazardous use
  - ▶ Craving
  - ▶ Ongoing use despite interpersonal problems
- 2-3 = mild  
4-5 = moderate  
 $\geq 6$  = severe

By initialing here \_\_\_\_\_ you have acknowledged that Project ECHO case consultations do not create or otherwise establish a provider-patient relationship between any ECHO clinician and any patient whose case is being presented in a teleECHO clinic.

# PRACTICING THE PAUSE

Julia Yates, LCSW

Director of Behavioral Health and  
Wellbeing for UW Madison's  
Department of Family Medicine and  
Community Health

Echo Accept 12/17/21







# A MOMENT TO SETTLE IN



# PAUSE, NOTICE, CHOOSE

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Image: fosteringreaders.weebly.com

Not everything that is noticed can be changed...  
but nothing can be changed until it is noticed.






# BEING MINDFUL

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- Way of being
- In the present moment
- On purpose
- Non-judgmentally
- With kindness

A close-up photograph of a bee with yellow and black stripes and translucent wings, flying towards the left. It is positioned in front of a cluster of purple flowers. The background is a soft, out-of-focus green, suggesting foliage. The overall image has a slightly desaturated, artistic feel.

Not everything that is noticed can be changed, but nothing can be changed until it is noticed

# Mind Full, or Mindful?



@forbesoste



# PLEASE SHARE...



When are you at your most:

Aware?

Present?

Centered?

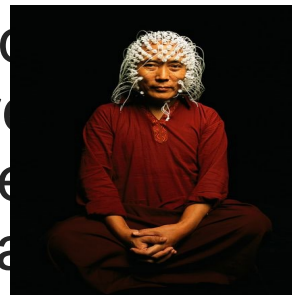
Focused?

Calm?



# RESEARCH HIGHLIGHTS: BEING MINDFUL

- Supports us in navigating stress, sadness, feeling anxious and overwhelmed
- Supports us in navigating moral injury and burnout
- Better quality of life, concentration, creativity
- Supports our empathy and builds resiliency
- More self-compassion
- Clinical impact and benefit for those suffering from chronic pain, depression, anxiety, substance use, disordered eating, sleep disturbance, trauma, PTSD



A serene sunset scene over a body of water. In the foreground, tall reeds are silhouetted against the water. In the middle ground, a small building with large windows is visible, reflecting the sunset. The background shows a distant shoreline with trees under a soft, orange and blue sky.

**Between stimulus and response, there is a space.**  
**In that space is our power to choose our response.**  
**In our response lies our growth and our freedom.**

**-Rollo May**

A long-exposure photograph of a night landscape. In the foreground, a large, smooth, light-colored rock sits on the left. A calm lake reflects the light from the sky. The middle ground is filled with a dense forest of dark evergreen trees. In the background, dark mountain ranges are visible under a starry sky. The Milky Way galaxy is prominently displayed, arching across the upper half of the frame with its characteristic pinkish and bluish nebulae. The overall scene is serene and majestic.

# A Pause – Notice – Choose Experience



HOW WAS THAT  
EXPERIENCE?  
WHAT DID YOU NOTICE?



Image: ienailsh.it

**Questions,  
Reflections,  
or  
Comments?**





