



# Provider Resources

## Opioid Screening Tools

- [Opioid Risk Tool](#) – Questionnaire to assess risk of opioid addiction
- [Screen and Opioid Assessment for Patients with Pain \(SOAPP\)](#) – A tool to help clinicians determine how much monitoring a patient on long-term opioid therapy might require
- [DIRE Questionnaire](#) – Patient selection for chronic opioid analgesia
- [Current Opioid Misuse Measure \(COMM\)](#) – A brief patient self-assessment to monitor chronic pain patients on opioid therapy
- [Prescription Drug Use Questionnaire \(PDUQ\)](#) – A tool to help clinicians identify the presence of opioid use or dependence in chronic pain patients
- [Clinical Opiate Withdrawal Scale](#) – 11 item scale to rate and monitor opioid withdrawal

## Other Substance Screening Tools

- [SBIRT Toolkit](#) – A step-by-step guide for screening and intervening for unhealthy alcohol and other drug use
- [CRAFFT Screening Tool](#) – A short assessment tool designed to screen for substance-related issues and problems in adolescents
- [Cut Down, Annoyed, Guilty, Eye-Opener tool, Adapted to Include Drugs \(CAGE-AID\)](#) – Conjointly screen for alcohol and drug problems
- [Relax, Alone, Friends, Family, Trouble Tool \(RAFFT\)](#) – A five question survey to assess a patient's alcohol and drug use
- [Drug Abuse Screening Test \(DAST\)](#) – A 28-item self-report sensitive screening instrument for the abuse of drugs other than alcohol
- [Alcohol Use Disorders Identification Test \(AUDIT\)](#) – a 10-item screener to assess alcohol consumption, drinking behaviors, and alcohol-related problems
- [Ethyl Glucuronide Test](#) – Using ethyl glucuronide in urine to detect light and heavy drinking

## Pain Screening Tools

- [PEG Pain Screening Tool](#) – A three item scale assessing pain intensity
- [Pain Medication Questionnaire](#) – A 26 self-assessment questionnaire to help patients assess the risk of opioid medication misuse among chronic pain patients
- [Numeric Pain Rating](#) – Scale to give to patients asking them to make three pain ratings based on past 24 hours



- [McGill Pain Scale](#) – Questionnaire to evaluate a person experiencing significant pain
- [Pain Assessment in Advanced Dementia Scale](#) – Tool to evaluate pain in dementia patients
- [Doloplus-2 Scale](#) – Behavioral pain assessment in the elderly
- [Verbal Pain Descriptors Matched to Adjuvant Drugs](#) – PDF with verbal descriptors of pain and pain medications that may match the type of pain described

### Suicide Screening Tools

- [Collaborative Assessment and Management of Suicidality](#) – Suicide risk assessment and prevention training framework
- [Columbia-Suicide Severity Rating Scale \(C-SSRS\)](#) – Supports suicide risk assessment through plain-language questions

### Calculators and Converters

- [Anticholinergic Calculator](#) – Use this calculator to determine the anticholinergic burden of a medication
- [MME Calculator](#) – Calculate total daily morphine milligram equivalents of a drug
- [CMS MME Conversion Factor Table](#) – Table with conversion factors for hand-calculating MMEs
- [Equivalent Opioid Calculator](#) – Equianalgesic dosage conversion calculator
- [Benzodiazepine Equivalent Dosage Converter](#) – Find comparative dosages for benzodiazepines

### Toolkits and Flyers

- [Provider Toolkit](#) - Developed by the Idaho Opioid Misuse and Overdose Strategic Planning Group, the toolkit provides Idaho-specific data as well as tips and tools for the Idaho PMP, prescribing naloxone, MME calculations and more
- [Opioid Patient Counseling Guide](#) – A medication guide you can provide to patients receiving an opioid prescription
  - You can order hardcopies of the document [here](#).
- [Remove the Risk](#) – A safe opioid disposal toolkit created by the Food and Drug Administration
- [NEON Treatment Resource Guide](#) - A list of addiction treatment services for people in Western Idaho and Eastern Oregon
- [RELIEF+](#) - A toolkit of eight primary care-focused video training modules on pain management and opioid safety best practices
- [Lock, Monitor, Dispose Flyer](#) – A printable flyer with information on requesting Deterra Drug Deactivation pouches and Vaultz Medication lock boxes



- [Wallet Resource Card](#) – A pdf of Idaho-based resources

### Drug Interactions

- [Drug Interactions Table](#)– Drug Interactions Flockhart Table
- [Drug Interactions Checker](#) – Enter all drugs taken to check for potential interactions
- [NarxCheck Scores Explanation](#) – Analyzes controlled substance data from PDMPs

### Apps

- [Medscape](#) – A downloadable app to help get immediate clinical answers
- [Epocrates](#) – Medical reference app
- [CDC Opioid Guideline Mobile App](#) – Designed to help providers apply the recommendations of CDC’s Guideline for Prescribing Opioids for Chronic Pain into clinical practice
- [OpioidRx](#) – Intermountain Healthcare is working to keep patients off of opioids by using internal data to help doctors prescribe the least number of opioids after surgery based on patient consumption surveys

### Groups, Workshops, and Conferences

- [Behavioral Health Groups](#) – Boise VAMC’s guide to behavioral health groups and workshops
- [Mountain West Child Life Association](#) – Provides educational and networking opportunities for Child Life professionals and programs
- [Harm Reduction Coalition](#) – Working group of needle exchange providers and advocates
- [Idaho Medical Group Management Association](#) – A professional association of medical practice administrators and managers throughout Idaho
- [Intervention 180](#) – Provides family, mental health, trauma, and adolescent interventions; provides transportation and sober companions

### Naloxone

- [Naloxone Use](#) - How and when to administer naloxone
- [Injectable Naloxone Instructions](#) – How to use injectable naloxone
- [Nasal Naloxone Instructions](#) – How to use nasal naloxone
- [Prescribe to Prevent](#) – Information on how to start prescribing and dispensing naloxone



- [Naloxone Brochures](#) – Free informational booklets and brochures on prescribing naloxone
- [Idaho Harm Reduction Project](#) – This organization provides naloxone to people who use drugs across the state
- [Direct Relief](#) – This organization provides free naloxone to qualifying organizations

### General Videos

- [Rural Health Clinic Technical Assistance Series](#) – Timely and useful information on operation and policy issues specific to Rural Health Clinics
- [Addiction Neuroscience 101](#) – Overview of the neurobiology of addiction
- [Unpacking the 3 Minute Breathing Space](#) – A breakdown of the 3 Minute Breathing Space
- [Chronic State Documentary](#) - A video on how marijuana normalization impacts communities
- [Pain Management](#) – A video discussing pain management and opioid agreements

### Opioid Guidelines and Information

- [CDC Factsheet and Guidelines](#) – Guidelines for prescribing opioids for chronic pain
- [Appropriate Dosage Reduction or Discontinuation of Long-Term Opioids](#) – Guide for clinicians by the US Department of Health and Human Services
- [Qualis Health Medicare](#) – Compilation of resources for appropriate opioid prescribing
- [Brief Opioid Knowledge Patient Questionnaire](#) – Ensure patients are properly educated about opioids by screening their knowledge
- [Opioid Response Network](#) – Provides free local training and education; ask for technical assistance [here](#)

### General Substance Information

- [Drug Overdose Prevention Program](#) – Information through the Idaho Department of Health and Welfare for first responders, providers, and patients
- [DEA Diversion](#) – Prevent, detect, and investigate the diversion of controlled pharmaceuticals from legitimate sources
- [Stop Drug Abuse Informational Website](#) – Educate families and the community about prescription drugs and potential consequences of misusing them
- [Controlled Substance Public Disposal Locations](#) – The DEA website for public disposal locations



- [FDA Approved Drug Products](#) – Check to see if a drug is approved by the FDA

### Legislation, Policies, and Legal Information

- [Idaho Syringe and Needle Exchange Legislation](#) – Legislative language of the Syringe and Needle Exchange Act
- [Idaho Good Samaritan Legislation](#) – Legislative language of Good Samaritans
- [Board of Medicine Opioid Policy](#) – Idaho’s Board of Medicine guidelines for the chronic use of opioid analgesics in the treatment of chronic pain
- [Theft/Loss of DEA Number](#) – DEA Diversion Control Division where you can report a stolen or lost DEA number
- [PDMP Mandatory Checking](#) – A FAQ document created by the Idaho State Board of Pharmacy

### Complaint Forms

- [Board of Medicine Complaint Form](#) – File a complaint with the Board of Medicine
- [Board of Pharmacy Complaint Form](#) – File a complaint with the Board of Pharmacy
- [FDA Safety Information and Adverse Event Report](#) – Form to complete for the voluntary reporting of adverse events, product problems, and product use errors

### Opioid Articles

- [Opioid Metabolism and Effects on Cytochrome P450](#) – This review focuses on the effect of the CYP450 enzyme system metabolism on opioid agents
- [Opiate Metabolism Flow Chart](#) – Details the metabolism of opioids to aid in the interpretation of toxicology testing results
- [Opioid Metabolism](#) – This review describes the basics of opioid metabolism as well as influencing factors
- [The ATMAN Approach to Managing Chronic Non-Cancer Pain without Opioids and Tramadol in Older Adults](#) – A look at managing chronic non-cancer pain without opioids
- [Idaho Board of Medicine Policy for the Use of Opioid Analgesics in the Treatment of Chronic Pain](#) – Describes the Idaho Board of Medicine’s position on the use of controlled substances for pain, particularly opioid analgesics
- [Curriculum Infusion Package on Opioid Use Disorders](#) – Used for infusing OUD content into related curricula
- [Prescription Opioid Addiction Treatment Study \(POATS\) Training Materials](#) – Package of tools and training resources for substance use disorders treatment providers



- [Opioid Overdose Prevention Flyer](#) – Printable flyer created by the Boise Police Department that includes information on Narcan and the Good Samaritan Law
  - [Flyer is also available in Spanish](#)
- [Sleep Assessment in People with OUD](#) - An article discussing sleep disorders in patients receiving treatment for opioid use disorder
- [Mind-Body Therapies for Opioid-Treated Pain](#) – An article evaluating the association of mind-body therapies with pain and opioid reduction

### Buprenorphine

- [Buprenorphine Myths and Realities](#) – New England Journal of Medicine article on buprenorphine
- [Improving the Quality of Buprenorphine Treatment](#) – New England Journal of Medicine article on moving addiction care to the mainstream
- [Naltrexone versus buprenorphine for opioid use disorder](#) – a podcast featuring Dr. Andrew Saxon, chair of the American Psychiatric Association’s Council on Addiction Psychiatry
- [Buprenorphine and Sleep Disorders](#) – Learn more about how buprenorphine may affect patients’ sleep
  - Watch Dr. Paula Carvalho’s lecture on this [here](#).
- [Prior Authorization Form](#) – From the Idaho Department of Health and Welfare
- [Idaho Medicaid Preferred Drug List with Prior Authorization Criteria](#) (pg. 56)
- [Injectable Buprenorphine Cost Information](#)
- [InSupport Patient Enrollment Form](#) – Assistance in getting a patient injectable buprenorphine
  - [Patient Enrollment Form](#)

### Adverse Childhood Experiences (ACES)

- [CDC-Kaiser Permanente ACE Study](#) – One of the largest investigations of childhood abuse and neglect and household challenges and later-life health and well-being
- [Resilience Questionnaire](#) – Focuses on the aspects of an individual’s psychological resilience, patterns of thinking and behavior that affect their ability to respond positively to setbacks and challenges

### General Information

- [Use of Low-Dose Naltrexone for Chronic Pain](#) – A review on low-dose naltrexone as an anti-inflammatory agent



- [Harm Reduction Suboxone Education Handout](#) – Harm reduction and caring for patients with substance use disorder
- [Addiction Treatment Program](#) – A slideshow presentation on the Addiction Treatment Program from Dr. Lofgran at North Canyon Medical Center
- [CAPT Resources to Prevent the Non-Medical Use of Prescription Drugs](#) – SAMHSA handout on the Center for the Application of Prevention Technologies' resources
- [Enhancing Motivation for Change in Substance Abuse Treatment](#) – A Treatment Improvement Protocol (TIP) by SAMSHA on motivational interviewing
- [Center for Evidence-Based Practices](#) – “Technical assistance for service innovations that improve quality of life and other outcomes for people with mental illness or co-occurring mental illness and substance use disorders”
- [Shatterproof](#) – A national nonprofit organization dedicated to ending the devastation of addiction
- [Timer Cap](#) – A pill bottle with a digital timer on the cap that shows the amount of time it's been since you've last taken your pills
- [Washington PMP](#) – Check the Washington State Prescription Monitoring Program (not currently integrated into the PDMP)
- [Idaho Recovery Centers](#) – Find peer-based recovery support services
- [Cognitive and Emotional Flexibility](#) – Resiliency and its relationship to emotional flexibility
- [Abused Pharmaceutical Substances](#) – Oversized brochure with photos of medications that are often diverted. Created by the National Association of Drug Diversion Investigators, Inc.
- [Pacific Northwest Region of the National Network of Libraries of Medicine](#) – health information services, resource sharing, community partnerships, outreach program development, and evaluation
- PCSS Implementation (PCSS-I) – PCSS has clinical and implementation experts as facilitators available to work with you and your team to develop strategies tailored specifically to support you and your team to meet your needs in integrating evidence-based practices for the treatment of substance use disorders and opioid use disorder into your clinical practice. For more information and to request an application to participate, email [jennifer@aaap.org](mailto:jennifer@aaap.org).
- [Pain Treatment Agreement](#) – A sample chronic pain and controlled substance treatment agreement from Idaho Physical Medicine and Rehabilitation
- [MAT Ongoing Resource List](#)



## Books

- [Motivational Interviewing: Helping People Change](#) – A book for professionals and students on the four processes of motivational interviewing
- [Dreamland: The True Tale of America's Opiate Epidemic Book](#) – A nonfiction book that investigates opiate use in America
- [The Deepest Well: Healing the Long-Term Effects of Childhood Adversity](#) – A book that looks at the negative impact of childhood trauma on the body
- [The Fifteen Minute Hour: Therapeutic Talk in Primary Care](#) – Family doctors can solve and prevent many psychological and behavioral problems by incorporating therapeutic talk into daily practice

## Funding and Opportunities

- [Naloxone Mini-Grant Program](#) – The Office of Drug Policy is offering this mini-grant program to help first responders and eligible agencies purchase and distribute naloxone kits.
- [Pacific Northwest Region of the National Network of Libraries of Medicine](#) – Funding to improve access to health information, increase engagement with research and data, expand professional knowledge, and support outreach

## Additional Training

- [Idaho Prescription Monitoring Program \(PMP\)](#) – designed to help healthcare providers gain a deeper understanding of the Idaho PMP and the CDC Guideline for prescribing opioids
- [Idaho Office of Drug Policy](#) – Online courses to support the fulfillment of PFS and SABG grantee Provisional Prevention Specialist requirements

## Questions from ECHO

- [Prescribing Opioids to Commercial Vehicle Drivers](#) – A Board of Medicine perspective on “What are the legal implications for a provider knowingly prescribing hydrocodone for an individual who drives a commercial vehicle?”
- [A Physician Seeking Opioid Use Disorder Help](#) – A Board of Medicine perspective on “If the patient seeking care for their opioid use disorder is another physician, are there reporting requirements to the Idaho BOM?”
- [PAs and Supervising Physicians Obtaining MAT Waivers](#) – A Board of Medicine perspective on “If a PA has gotten their MAT waiver, does their supervising physician also need a MAT waiver in order to supervise them?”



- [What gives pharmacists the ability to prescribe naloxone?](#) – Idaho statute 54-1733B passed in 2015 allows “any health professional licensed...[to] prescribe and dispense an opioid antagonist.”

### Provider Self-Care

- [COVID Frontline Worker Services](#) – Coronavirus counseling assistance for frontline workers
- [Program for Recovering Nurses](#) – A confidential alternative to formal disciplinary action offered by the Idaho Board of Nursing for nurses suffering from chemical abuse or dependency, mental health issues, or behavioral problems
- [Pharmacist Recovery Network](#) – Designed to assist impaired pharmacists in every aspect of recovery from chemical dependence, including intervention, consultation, monitoring, advocacy, education, and support

### Health Disparities and Racism

- [Resource List](#)

## Patient Resources

### Free Online Meetings and Virtual Platforms *(from the Office of National Drug Control Policy)*

- [12 Steps.org](#) – Listing of online 12-step meetings on various platforms
- [Al-Anon Electronic Meetings](#) – This forum and recovery chatroom for Narcotics Anonymous members features voice chat, Skype, and text chat meetings connecting people from around the world
- [Alcoholics Anonymous Online Intergroup](#) – Listing of online meetings from AA Intergroup
- [Narcotics Anonymous](#) – Listing of online meetings provided by NA
- [Smart Recovery](#) – Message board, chatroom, online meetings, and online library
- [Adult Children of Alcoholics](#) – Phone and online meetings
- [In the Rooms](#) – An online platform supporting a wide range of 12-step and non-12 step meetings
- [Bridge Club Virtual Meetings](#) – Meetings that are specifically focused on women and LGBTQIA+ folks who are sober or interested in sobriety
- [Refuge Recovery Online Meetings](#) – Listing of daily online meetings
- [Families Anonymous Virtual Meetings](#) – Online meetings for parents, grandparents, siblings, spouses, significant others, other family members, and friends of those with a current, suspected, or former drug problem



- [Life Ring Recovery](#) – Listing of online meetings
- [The Temper](#) – An online publication/site that explores life through the lens of sobriety, addiction, and recovery
- [My Recovery](#) – Online 12-step meetings
- [Sober Grid](#) – A free online social networking platform for people in recovery. Available in mobile app stores

#### Find a Provider

- [Health Centers](#) – Find a health center near you
- [Get Help](#) – Find treatment and support through the Health and Welfare website
- [Certification Matters](#) – Find out if a doctor is board certified

#### Find a Substance Use Disorder Provider

- [Idaho Licensed Substance Use Providers](#) – Find a substance use disorder or behavioral health treatment program
- [Idaho Recovery Centers](#) – Find peer-based recovery support services
- [Find Treatment](#) – SAMHSA collection of state-licensed substance use disorder providers
- [Opioid Dependence](#) – Find a healthcare provider who is waived to treat opioid dependence with Suboxone
- [Buprenorphine Practitioner Locator](#) – Find practitioners authorized to treat opioid dependency with buprenorphine
- [Intervention 180](#) – Provides family, mental health, trauma, and adolescent interventions; provides transportation and sober companions

#### Medication Discount Information

- [GoodRx](#) – Compare medication prices and discounts from over 60,000 US pharmacies
- [Suboxone Savings Card](#) – Eligible patients using insurance may pay as little as \$5 each month for Suboxone film
- [Patient Medication Assistance Programs from Allergan](#) – Provides certain products to patients unable to afford the cost of their medication

#### Naloxone Information

- [Naloxone Information](#) – Learn about naloxone, an opioid overdose reversal medication
- [Naloxone Use](#) - How and when to administer naloxone



- [Injectable Naloxone Instructions](#) – How to use injectable naloxone
- [Nasal Naloxone Instructions](#) – How to use nasal naloxone
- [Idaho Harm Reduction Project](#) – This organization provides naloxone to people who use drugs across the state
- [Direct Relief](#) – This organization provides free naloxone to qualifying organizations

### Medication Disposal Information

- [Controlled Substance Public Disposal Locations](#) – The DEA website for public disposal locations
- [Disposal of Unused Medicines](#) – The FDA website about safely disposing medicines
- [Medicines Recommended for Disposal by Flushing](#) – A list of FDA-approved medications that can be disposed of through flushing

### General Medication Information

- [Medication Risk in Pregnancy](#) – Resources for learning more about medication use during pregnancy
- [FDA Approved Drug Products](#) – Check to see if a drug is approved by the FDA
- [Timer Cap](#) – A pill bottle with a digital timer on the cap that shows the amount of time it's been since you've last taken your pills
- [Opioid Counseling Guide](#) – A medication guide to help you understand your opioid prescription

### Self-Assessment Tools

- [DIRE Questionnaire](#) – Patient selection for chronic opioid analgesia (inability to feel pain)
- [Pain Medication Questionnaire](#) – A 26 self-assessment questionnaire to help you assess the risk of opioid medication misuse

### Self-Management Resources

- [Mindfulness-Based Stress Reduction](#) – A free online mindfulness-based stress reduction course
- [Leisure Resource Manual](#) – Find a variety of leisure options all over the state of Idaho
- [Self-Management Resource Center](#) – Interactive programs focusing on building skills, sharing experiences, and providing support



- [American Chronic Pain Association](#) – Peer support and education in pain management
- [Wallet Trigger Management Plan](#) – business-card-sized plan to help plan for triggers and how to manage them. Includes drug abuse information. Created by the National Institute on Drug Abuse.
- [Chronic Disease Self-Management Program](#) - a workshop-based program given for two and a half hours, once per week for six weeks in the community setting that provides information and teaches practical skills on managing chronic health problems

### Apps

- [Stress Free Now](#) – App to help you practice relaxation techniques
- [CBT-I Coach](#) – App for people to try Cognitive Behavioral Therapy for Insomnia
- [UCLA Mindful](#) – Free app to help practice mindfulness meditation