



# ASAM

American Society of  
Addiction Medicine

## Integrating Digital Approaches for Treatment of Substance Use Disorders

Friday, January 20, 2023

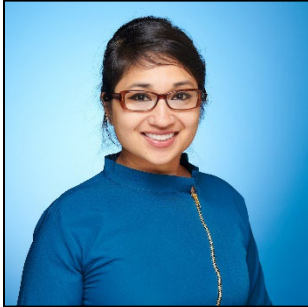
3:00 pm – 5:00 pm ET

Agenda		
Time (ET)	Sessions & Activities	Presenter(s)
3:00 pm – 3:10 pm	<p><b>Course Overview</b></p> <ul style="list-style-type: none"> <li>• Faculty introduction</li> <li>• <u>Polling Activity</u>: Getting to Know the Audience</li> <li>• Integrating Digital Approaches for the Treatment of Substance Use Disorders</li> <li>• Agenda</li> <li>• Learning objectives</li> <li>• <u>Polling Activity</u>: Keyword or Phrase</li> </ul>	Dr. Mario San Bartolome
3:10 pm – 3:20 pm	<p><b>Evolution of Digital Approaches</b></p> <ul style="list-style-type: none"> <li>• Evolution of digital approaches</li> <li>• Definitions Matter</li> <li>• Digital Therapeutics in Behavioral Health</li> <li>• Why are Digital Therapeutics Important?</li> <li>• Patients and Clinicians</li> <li>• Q &amp; A</li> </ul>	Dr. Mario San Bartolome
3:20 pm – 3:30 pm	<p><b>Summary of Digital Solutions for SUD</b></p> <ul style="list-style-type: none"> <li>• <u>Polling Activity</u>: Have you had experience with any of the following digital solutions for treating SUDs?</li> <li>• Categories of Digital Solutions</li> <li>• Adoption of Internet and Mobile Technologies</li> <li>• Importance of Technology with SUD</li> <li>• Scientific Approach to Review</li> <li>• Newer technologies (TikTok, VR, chatbots)</li> </ul>	Dr. Smita Das
3:30 pm – 3:40 pm	<p><b>Digital Therapeutics (DTx)</b></p> <ul style="list-style-type: none"> <li>• Two SUD Prescription Digital Therapeutics</li> <li>• Clinical and Economic Review's Midwest Comparative Effectiveness Public Advisory Council Review</li> <li>• Key Considerations</li> </ul>	Dr. Smita Das

Time (ET)	Sessions & Activities	Presenter(s)
3:40 pm – 3:55 pm	<p><b>Applications or Mobile Applications</b></p> <ul style="list-style-type: none"> <li>• Software for a Mobile Device</li> <li>• Lack of Reliable Research</li> <li>• Existing Reviews</li> <li>• 2019 Meta-Analysis of CBT-Tech</li> <li>• 2017 Cochrane Review of Digital Interventions for Alcohol Versus No Treatment or Face to Face</li> <li>• Newer (2020) Review of Mobile Apps for Alcohol</li> </ul>	Dr. Smita Das
3:55 pm – 4:15 pm	<p><b>Guided Care with Apps</b></p> <ul style="list-style-type: none"> <li>• 2018 Review Investigated Internet-Based Alcohol Interventions, Guided and Unguided</li> <li>• 2018 Review and Meta-Analysis of 30 Studies for Cannabis</li> <li>• 2017 Systematic Review of 17 Studies Internet Interventions for Illicit 2021 Review of Smoking Cessation Apps (Some Guided) Drug Use</li> </ul>	Dr. Smita Das
4:15 pm – 4:25 pm	<p><b>Technology to Deliver Standard Care Like Telemedicine</b></p> <ul style="list-style-type: none"> <li>• Telemedicine</li> <li>• Federal Restrictions on MOUD Were Present During the Pandemic</li> <li>• Review of 25 Innovation Studies on Treating OUD During COVID-19</li> <li>• ATA and APA Best Practice for Video Telehealth</li> <li>• 2019 Review of Telemedicine for SUD</li> </ul>	Dr. Smita Das
4:25 pm – 4:40 pm	<p><b>Emerging Areas</b></p> <ul style="list-style-type: none"> <li>• Social Media</li> <li>• Chatbots</li> <li>• Digital Peer Support</li> <li>• Wearables and Tracking</li> <li>• Virtual Reality</li> <li>• Summary</li> <li>• Q &amp; A</li> </ul>	Dr. Smita Das
4:40 pm – 5:00 pm	<p><b>Integrating Digital Approaches for SUD Treatment into Practice</b></p> <ul style="list-style-type: none"> <li>• Use Case Example</li> <li>• Ethics, Safety, and Data Privacy</li> <li>• Industry Core Principles of Digital Therapeutics</li> <li>• <u>Polling Activity</u>: Barriers for Digital Approaches to SUD Treatment</li> <li>• Barriers and Considerations</li> <li>• Q &amp; A</li> </ul>	Dr. Mario San Bartolome

## Faculty Presenting

### Smita Das, MD, PhD, MPH



Dr. Smita Das is Board Certified in Psychiatry, Addiction Psychiatry, and Addiction Medicine and has over 20 years of research experience in health care quality and addiction. She studied Chemistry and Statistics at Stanford, completed her Masters in Public Health at Dartmouth College, and then completed her MD/Ph.D. in Community Health at the University of Illinois at Urbana Champaign. Regionally, she has been a leader in the Northern California Psychiatric Society since 2012 and is a Past President of the American Psychiatric Association (APA) District Branch. Nationally, she serves on the Council on Addictions at the American Psychiatric Association, has presented to the US Congress, and is an invited speaker at national conferences. Prior to her position as Senior Medical Director of Psychiatry at Lyra Health, she was Director of Addiction Treatment Services at the Palo Alto VA System. In addition to her work at Lyra, Dr. Das practices in addictions at Stanford School of Medicine where she is a Clinical Associate Professor.

No Relevant Financial Disclosures

### Mario San Bartolome, MD, MBA, MRO, FASAM



Dr. Mario San Bartolomé is an Addiction Medicine specialist who is board certified in both Family Medicine and Addiction Medicine. Dr. San Bartolomé received his undergraduate degree from UC Davis, his MD from the UC Irvine School of Medicine and received a Master's in Business Administration from the Paul Merage School of Business at UC Irvine. Dr. San Bartolomé has leadership and health delivery experience in multiple levels of care related to substance use disorders including inpatient medical withdrawal management, residential treatment, and outpatient treatment both in programs and in medical offices. Dr. San Bartolomé has served as founding Director for the Memorial Care Addiction Medicine Unit and has held directorships for several residential and outpatient treatment organizations. He has been an active and passionate advocate for improving access to care for people with substance use disorders through leadership at the local, state, and national level. As the Medical Director for Substance Use Disorders at Molina Healthcare, Inc., Dr. San Bartolomé's focus is on aligning Molina's strategy and to improve the organization's ability to address member needs with all things related to substance use while moving forward initiatives to integrate behavioral health and physical medicine across the multiple vulnerable groups that Molina serves.

No Relevant Financial Disclosures