The 19th Annual

RURAL HEALTH CONFERENCE

Hosted by The Institute for Rural Health Research

SUBSTANCE ABUSE IN ALABAMA: When It Hits Home

April 25-26, 2018
Bryant Conference Center
Tuscaloosa, Alabama
Poster Displays

Research Posters will be on display in the back of the Sellers Auditorium for the duration of the conference. Please join us for a special Poster Session and reception on Wednesday, April 25, from 3:00-4:00 PM. Authors will be available for discussion about their work at this time.

Internet

Wi-Fi is available throughout the Conference Center. To connect, please see the registration desk for the username and password. This information will also be on display throughout the Conference Center.

Continuing Education

Continuing education tables will be located in the registration area.

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For accrediting organizations, please see the continuing education tables or visit rhcua.edu.

The Institute for Rural Health Research

Established in 2001, the Institute for Rural Health Research works to bring the highest attainable standard of health to rural citizens. The Institute pursues this mission through the combined strength of scientific knowledge, community involvement and informed public policy. The Institute’s research efforts are focused on health issues that impact people who live in rural areas. The goal is to produce research that is useful to communities, policymakers and health care providers as they work to improve the availability, accessibility and quality of health care for rural and underserved citizens. The Institute also serves as a resource for researchers, individuals and organizations working to improve the health of rural communities.
The Institute for Rural Health Research extends a very special thank you to the following organizations for their support of the 19th Annual Rural Health Conference:

**GOLD LEVEL:**

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Five Horizons Health Services
Good Samaritan Clinic of West Alabama
Indian Rivers Mental Health Services
PRIDE of Tuscaloosa

The University of Alabama at Birmingham School of Public Health
The University of Alabama College of Community Health Sciences
The University of Alabama College of Continuing Studies
The University of Alabama Master’s in Population Health Sciences
The University of Alabama School of Social Work

*Supporters and Exhibitors listed are based on registration information from 4/18/2018.*
SPECIAL THANKS TO THE 2018 RURAL HEALTH CONFERENCE PLANNING COMMITTEE:

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Dr. Mercedes Morales-Alemán  
Mrs. Susan B. Page  
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Dr. Tricia Witte  
Dr. Lea G. Yerby

The College of Community Health Sciences Communications Department

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Comments involving information perceived as inaccurate, misleading, or inappropriate should be directed to John C. Higginbotham, PhD, MPH, and the Institute for Rural Health Research.
19TH ANNUAL RURAL HEALTH CONFERENCE

CONFERENCE AGENDA

WEDNESDAY • APRIL 25, 2018

7:00 - 7:30  Research Poster and Exhibitor Set-Up
            Room: Sellers Auditorium

7:00 - 8:00  Registration and Breakfast
            Exhibitor Tables Open
            Room: Sellers Lobby

8:00 - 8:15  Welcome: Richard Streiffer, MD
            Dean, College of Community Health Sciences
            The University of Alabama
            Room: Sellers Auditorium

8:15 - 9:15  KEYNOTE: Holly Hagan, PhD, MPH, RN
            Young, White Opioid/Heroin Users in Appalachia, New York State
            Room: Sellers Auditorium

9:30 - 10:45 Morning Breakout Sessions

1A: Substance Abuse Prevention with Youth: Innovative Approaches
    Room: Rast A
    Youth-driven Adaptations of an Evidence-based Prevention Program
    Laura Hopson, PhD
    The University of Alabama, School of Social Work
    Less Than you Think: A Campaign to Reduce College Binge Drinking
    Carol Drolen, PhD
    The University of Alabama, School of Social Work

1B: The Brain and Addiction: The Intersection of Neurobiology and Mental Healthcare
    Room: Rast B
    Molecular Mechanisms of Addiction
    Jeremy Day, PhD
    University of Alabama-Birmingham, Department of Neurobiology
    Controlled Substance Prescription Practices: Addressing the Over Prescription of Benzodiazepines
    Thaddeus Ulzen, MD
    The University of Alabama, College of Community Health Sciences
11:00 - 12:00  **KEYNOTE: Stephanie McCladdie, MPA**  
SAMHSA: Focus for the Future  
Room: Sellers Auditorium

12:00 - 12:30  **Lunch**  
*Exhibitor Tables Open*  
Room: Sellers Lobby and Auditorium

12:45 - 1:15  **Oral Research Presentations**  
Room: Sellers Auditorium

1:30 - 2:45  **Afternoon Breakout Sessions**

**2A: Signs of Abuse or Misuse I**  
**Room: Rast A**  
*What Happens When a Physician is Suspected of Abusing Drugs or Alcohol?*  
Daniel M. Avery, Jr, MD  
The University of Alabama, College of Community Health Sciences

*Opioid Use in Pregnancy and Neonatal Abstinence Syndrome*  
Catherine Skinner, MD  
The University of Alabama, College of Community Health Sciences

**2B: Clinical Perspectives I**  
**Room: Rast B**  
*Case Study: Opioid Addiction in a Clinic Patient Who Overdosed*  
Efe Sahinoglu, MD  
The University of Alabama, College of Community Health Sciences

*Toward a Sustainable, Universal Prevention and Treatment Model for Substance Abuse*  
Shanna McIntosh, MS • The University of Alabama, School of Social Work  
Lauren F. Holmes, PhD • University of Alabama, School of Social Work

3:00 - 4:00  **Poster Session with Authors & Reception**  
Room: Sellers Auditorium
THURSDAY • APRIL 26, 2018

7:00 - 8:00  **Registration and Breakfast**
*Exhibitor Tables Open*
Room: Sellers Lobby

8:00 - 9:15  **KEYNOTE: Richard Spoth, PhD**
*Translating Science into Rural Community Practice: Universal Intervention Outcomes on Drugs of Interest Across 3 RCTs*
Room: Sellers Auditorium

9:30 - 10:45  **Morning Breakout Sessions**

**3A: Signs of Abuse or Misuse II**
Room: Rast A
*The Opioid Epidemic and Drug Seeking in the Emergency Department: How Do We Reduce and Improve Compassionate Treatment?*
Louanne Friend, PhD, MN, RN • The University of Alabama, College of Community Health Sciences
John Burkhardt, PsyD • The University of Alabama, College of Community Health Sciences
Tamer Elsayed, MD • The University of Alabama, College of Community Health Sciences
Richard Friend, MD • The University of Alabama, College of Community Health Sciences
Nancy Rubin, PsyD • The University of Alabama, College of Community Health Sciences

**3B: Identifying & Examining Substance Abuse at the Clinic & Community Levels**
Room: Rast B
*The Socioeconomic Context of Opioid Abuse in Alabama: A County-Level Analysis*
Qinglin Hu, PhD • The University of Alabama, Institute for Rural Health Research
Hui Wang, MS • The University of Alabama, Institute for Rural Health Research

*Alcohol Use Screening in Geriatric Primary Care: Implications for Mental Health*
Amy Albright, MSc
The University of Alabama, Department of Psychology

11:00 - 11:45  **Lunch**
*Exhibitor Tables Open*
Room: Sellers Lobby and Auditorium
12:00 - 12:15 **Poster Awards**
Room: Sellers Auditorium

12:15 - 1:15 **Community Resource Panel**
Room: Sellers Auditorium

1:30 - 2:45 **Afternoon Breakout Sessions**

**4A: Clinical Perspectives II**
Room: Rast A

*The Broken Brain*
Drake Lavender, MD
The University of Alabama, College of Community Health Sciences

*Psychiatric Co-morbidity in a Collegiate Recovery Community*
Marisa Giggie, MD
The University of Alabama, College of Community Health Sciences

**4B: The Use of Narcan to Combat the Opioid Epidemic: Implications for Rural Health**
Room: Rast B

*Fatal Opioid Overdose Prevention with Naloxone*
Samantha Schiavon, MA • University of Alabama-Birmingham, Department of Psychology
Michelle Sisson, MA • University of Alabama-Birmingham, Department of Psychology

3:00 - 4:00 **KEYNOTE: Stefan Kertesz, MD, MSc**

*A Crisis of Opioids, and the Limits of Prescription Control: A Conundrum*
Room: Sellers Auditorium

4:30 **Adjourn**
Holly Hagan, PhD, MPH, RN
The NYU Rory Meyers College of Nursing and The Center for Drug Use and HIV Research

Holly Hagan, PhD, trained as an infectious disease epidemiologist with an emphasis on methods to study disease causation and control. Her research has addressed the etiology, epidemiology, natural history, prevention and treatment of blood-borne and sexually transmitted infections in key populations in general and among people who use drugs (PWUD) in particular. She is skilled in research synthesis (systematic reviews and meta-analyses) and the methods of implementation science. She has designed and led a number of large observational and experimental studies related to blood-borne viral infections in PWUD, men who have sex with men (MSM), and heterosexuals at high risk of HIV. Dr. Hagan is a member of the WHO Global Burden of Disease Study Diseases and Injuries Group, she served on the Institute of Medicine Committee on the Prevention and Control of Viral Hepatitis in the United States, and has been an advisor to the US Department of Health and Human Services, the Centers for Disease Control and Prevention, and the Canadian Institutes of Health on national programs to detect, diagnose and treat HCV infections.

Stefan Kertesz, MD, MSc
Division of Preventive Medicine, The University of Alabama-Birmingham

Stefan Kertesz, MD, MSc, is a physician and researcher in internal medicine and addiction medicine. He is Professor at the University of Alabama at Birmingham School of Medicine and the Birmingham Veterans Affairs Medical Center. He has a 22-year history of providing and researching health care and services for vulnerable populations. He has conducted research on addiction treatment and recovery in homeless individuals, and on efforts to promote housing.

He has closely observed changes in opioid prescribing among physicians, and how those changes affect patients. He serves on both the Opioid Safety Initiative and Opiate Advice Team for the Birmingham VA Medical Center.

In the last year, he has developed a public voice on behalf of patients with pain whose care has been traumatically changed in the wake of an ongoing pendulum swing in opioid prescribing. His efforts were covered on the front page of the New York Times this past March, and led to significant revisions to plans for the Medicare drug program by the Centers for Medicare and Medicaid Services. In addition to the scholarly literature, he has published commentaries on Slate.com, Health Affairs, STATNews and the Hill.
Stephanie McCladdie, MPA

**Substance Abuse and Mental Health Services Administration (SAMHSA)**

Stephanie McCladdie, MPA, is the Region IV SAMHSA Regional Administrator. As Regional Administrator, Ms. McCladdie provides direct collaboration and liaison with Health and Human Services (HHS) colleagues in the eight states of Region IV to assure that behavioral health issues are included in the overall goals and objectives. She is also responsible for SAMHSA’s communication with the six federally recognized Tribes.

Prior to joining SAMHSA, Ms. McCladdie served as the National Prevention Network (NPN) representative for the state of Alabama, where she had direct responsibility for the twenty-percent set aside for prevention services. During her tenure of almost 11 years, Ms. McCladdie was the Multicultural Committee Co-Chair for the NPN and held the position of the past Co-Chairs for the National Prevention Network Research Conference. Her 27 years of human service experience includes Human Rights advocate for the disabled and older adult population, Family Advocacy/Mental Health specialist while stationed in Great Britain for the Department of Defense, an instructor of Psychiatry with the John A. Burns School of Medicine-University of Hawaii AIDS Education Project, staff specialist in Planning, Development & Evaluation in Dayton, Ohio, and a Project Director with Auburn University with direct collaboration for the Child Welfare System.

Richard Spoth, PhD

**Partnerships in Prevention Science Institute, Iowa State University**

Richard Spoth, PhD, is the F. Wendell Miller Senior Prevention Scientist and the Director of the Partnerships in Prevention Science Institute (PPSI) at Iowa State University. He also serves as the Director of the Coordinating Center for the Universal Prevention Curriculum in the North American region. As the PPSI Director, Dr. Spoth provides oversight for an interrelated set of projects addressing a range of research questions on universal prevention programming. These include research on engaging community participants in programs, program effectiveness, culturally-competent programming, community-university partnership effectiveness, partnership-based dissemination of evidence-based programs, and programs’ economic benefits. These projects have been funded primarily by the National Institutes of Health, the Centers for Disease Control and Prevention, and the Annie E. Casey Foundation.
19TH ANNUAL RURAL HEALTH CONFERENCE

AWARDS

WILLIAM A. CURRY EXCELLENCE IN RURAL HEALTH LECTURE AWARD

The William A. Curry Award honors one University of Alabama School of Medicine-Tuscaloosa Regional Campus medical student in his or her third or fourth year of study for outstanding scholarly work in the areas of rural medicine and research.

2018 WINNER: D. PAUL STRICKLAND, MS, MS IV

Title: Developing a Comprehensive Obstetrics Training Program for Alabama Emergency Medical Service Providers

Abstract: The purpose of this project was to assess deficits in obstetrics-related knowledge and training in Alabama emergency medical services (EMS) and develop a hands-on training curriculum that would serve as initial or continuing education training in the field management of obstetrics emergencies for Alabama EMS providers. Over the past decade, the number of newborn deliveries performed by Alabama EMS providers has steadily increased. This trend is most pronounced in rural locations, due in part to the closure of labor and delivery departments at hospitals in those areas. The increased rate of field deliveries has prompted concern for patient outcomes, with EMS providers and administrators expressing desire for further training opportunities on the field management of obstetrical emergencies. A survey of EMS providers in the 14 counties of Alabama EMS’s West Region was utilized to assess obstetrics-related knowledge, training, and experience. This data revealed that while 70 percent of EMS providers had participated in a delivery either in their EMS training or on the job, 18 percent had never received hands-on delivery training and 63 percent had not received continuing education related to obstetrics in the last 5 years. To address this deficit, an interdisciplinary team of medical professionals from the ADPH Office of EMS, The University of Alabama’s Institute for Rural Health Research, and the University of Alabama School of Medicine collaborated to design a comprehensive training program on the field management of obstetrical emergencies. This curriculum consists of didactic lectures on normal vaginal delivery, complications of pregnancy, and complications of delivery; hands-on training utilizing the SimMom advanced birthing simulator; a post-lecture examination; and handouts for post-lecture reference. This training will be piloted for EMS providers in Alabama’s West Region over the next year and potentially replicated statewide.

POSTER AWARDS

Winners for Best Poster Presentation will be announced at 12 PM on Thursday, April 26, in Sellers Auditorium. First, Second, and Third Place winners will be awarded in both the Student and Professional categories.
Based on the exceptional quality of the abstracts they submitted for poster presentation, the following applicants have been invited to share brief oral previews of their projects. The Oral Presentations will take place at 1 PM on Wednesday, April 25, in Sellers Auditorium.

The posters that accompany these presentations will be available to view during the Poster Session at 3 PM on April 25, in Sellers Auditorium, and for the duration of the conference.

STUDENT DIVISION

Elizabeth Brandley, MS
Title: Effects of Tobacco, Alcohol and Other Drug Abuse on Osteoporosis and Osteoporotic Fractures

Devon Romero, MA
Title: Preliminary Effects of the Mindful Coping Power Program on Children’s Reactive Aggression and Self-Regulation

Hannah Woodard
Title: Stigma, Spirituality, and HIV Knowledge in African American Congregants of a Faith-Based Anti-Stigma Intervention in Rural Alabama

PROFESSIONAL DIVISION

Diana Dolliver, PhD
Assistant Professor
Department of Criminology & Criminal Justice, The University of Alabama
Title: When the Mail Carrier is your Drug Dealer: The Potential Impact of Darknet Drug Sales on Rural Communities

Thomas English, PhD
Assistant Professor
Culverhouse College of Business, The University of Alabama
Title: Assessment of Opioid Overdose, Narcan Use, and Travel Times from Emergency Medical Services in Alabama.

Margaret McNamara, PhD
Postdoctoral Researcher
Alabama Transportation Institute, The University of Alabama
Title: Route-Based Travel Time Analysis of Hospital Access in Alabama
1. Substance Abuse Services and Recovery Outcomes in US Urban and Rural Settings
   Matthew Amick, E A Stinson, T Witte

2. Stressors That Shape the Minority Faculty Experience at Predominately White Institutions (PWIs) and Colleges
   Dashauna Ballard, K Allen-Watts, G Logan, A Paschal

3. Role of Self-Efficacy in Treating Depression
   Deborah Baxter, L W Turner

4. Role of Physical Activity in Addiction Recovery
   Deborah Baxter, S Hendrix, K Loggins, L Turner

5. Effects of Tobacco, Alcohol and Other Drug Abuse on Osteoporosis and Osteoporotic Fractures
   Elizabeth Brandley, S Hendrix, L Turner

6. Investigating Reported Stress Levels in Rural and Urban Emergency Medical Service Workers
   Austin Brooks

7. Preliminary Findings from a Lupus Education Provider Pilot Program Administered to Substance Abuse Clients
   Thometta Cozart, J Mawasha, J Evans, S Owens

8. Digital Media Addiction: An Emerging Societal Problem
   Tomasz Gruchala, A Blum

9. The Frontlines of the Opioid Crisis-An Investigation of Narcan Usage in Alabama EMS
   Jared Halstrom, D P Strickland, G Davis, T Parker

10. Illness or Deviance?: How College Students at The University of Alabama Understand Substance Misuse
    Nicole Henderson

11. The Mindful Leader: The Effect of Leaders’ Mindfulness Embodiment on Student Outcomes in Coping Power Programs
    Helmi Henkin

    Robert King, R Friend, A Gregg, A Arciniegas, M Crowther, E Crawford, J C Higginbotham
13. Systematic Review of EMS Community Paramedicine and Mobile Integrated Health Care Interventions in the United States
   Matthew Leatherwood, J Tutek, A Gregg, R Friend, M Crowther, E Crawford

14. African Americans in Rural Alabama Explain Their Medical Distrust
   Paris Long, J Wheat, M Cox

15. Disparities in Syringe Exchange Program Efficacy in Urban and Rural Environments
   Zachary McCann

16. Effects of Tobacco, Alcohol and Other Drug Addictions on Oral Health
   Johnny Moore, L Turner, A Paschal

17. Preliminary Effects of the Mindful Coping Power Program on Children’s Reactive Aggression and Self-Regulation
   Devon Romero, C Boxmeyer, S Miller, N Powell, S Jones, L Qu, J Lochman

18. Health and Opioid Use in College Students
   Melissa Sharpe

19. Developing a Comprehensive Obstetrics Training Program for Alabama Emergency Medical Service Providers
   D. Paul Strickland, W L Riley, J Willis, D M Avery, G Davis, T Parker, J Halstrom

20. Affordability of Medications Prescribed at a Free Primary Care Clinic
   Addison Upton, K M Lisenby

21. Determinants for the Use of Complementary and Alternative Medicine in Rural Populations
   Kristen Watts, G Logan, D Ballard, L Turner

22. Stigma, Spirituality, and HIV Knowledge in African American Congregants of a Faith-Based Anti-Stigma Intervention in Rural Alabama
   Hannah Woodard, R Paxton, X Yang, P Payne-Foster
1. Implementing Teleplay in a Rural Primary Care Office: A Telehealth Tool for Autism Spectrum Disorder Screening and Early Identification
   Angela Barber, L G Yerby

2. Evidence-based Approach to Opioid Addiction: Implementation and Evaluation of Clinical Practice Guidelines
   Tonya Carter, B A Graves, J G Williams

3. Comorbid Health Conditions and Racial/Ethnic Differences in Advance Care Planning among Middle-Aged and Older Adults
   Shinae Choi, I M McDonough, M Kim, G Kim

   Melissa Cox, L Downey, A Gardner, J Wheat, S Guin, G Johnson, J Leeper

5. When the Mail Carrier is your Drug Dealer: The Potential Impact of Darknet Drug Sales on Rural Communities
   Diana Dolliver

6. Assessment of Opioid Overdose, Narcan Use, and Travel Times from Emergency Medical Services in Alabama
   Thomas English, D Lewis, G Davis, C Hanson, T Parker, M Whitman

7. Route-Based Travel Time Analysis of Hospital Access in Alabama
   Margaret McNamara, A Hainen, S Jones, T Atkinson

8. Substance Abuse in Alabama: Nursing’s Critical Role in Addressing a National Crisis
   Mercy Mumba
Save the date! The 20th Anniversary of the Rural Health Conference will be:

April 10-11, 2019

Join our mailing list at rhc.ua.edu for more information.