

Drug Testing Solutions – During a Pandemic of Unknown Duration



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Housekeeping

- Webinar is in listen only mode.
- All attendees will remain on mute.
- The chat function is disabled.
- Questions may be submitted through the Q&A function at any time during the webinar.
- The Q&A function will be monitored, and, if time allows questions will be submitted to the presenters & panel members.
- Following the webinar, we will respond to the questions and send out the Q&A to everyone along with the slide deck.

Prepare & Plan to Navigate COVID-19 Into 2021 ^[1]



Phase 1: Slow Spread of COVID-19 (Jan to Apr 2020)

- Social distancing and lockdowns
- Overwhelming majority of economic activity stops
- Most countries, except China, currently in Phase 1



Phase 2: Stagger Reopening (Apr to Dec 2020)

- Reopen on the condition that we maintain social distancing
- Domestic travel resumes, no international travel
- Prohibition of large public gatherings
- Likely required use of masks in public
- Widespread COVID-19 testing and tagging of immune individuals
- Continued self-isolation of vulnerable population
- Only China in this Phase 2, many expected to follow daily



Phase 3: Return to Normal or Never-Normal (in 2021)

- Full lifting of physical restrictions on operations and individual movement
- Presumes national and potentially global availability of vaccine (Fall of 2021) and launch of mass vaccination program

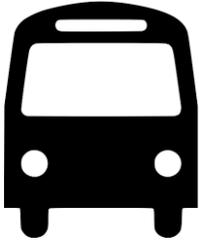


Phase 4: Prepare for Next Crisis (from 2021)

- Similar to creating a global institutional architecture after World War II
- Significant investment in public health services and surveillance mechanisms
- Significant changes to work location, supply chains, employee management, etc.
- Mixture of national and global initiatives

[1] Adapted from works created by J.P. Morgan.

COVID-19 Exacerbates Challenges for a High Risk, High Need Population

						
Health-related Need	Employment	Transportation	Housing	Food Security	Social Support	Safety
COVID-19 Challenge	Unemployment likely to have more adverse impact on people with Substance Use Disorder	Public transportation systems reducing frequency of routes	Increase in housing insecurity due to inability to pay rent Ability to quarantine comprised by living arrangements	Increase in food insecurity due to loss of income	Elimination or reduction of in-person social support services and pro-social opportunities	Economic stress may trigger domestic abuse, crime rates, and discrimination

Worry & Fear Drive Anxiety

Health concerns, social isolation, and the stress of job losses are taking a toll on people's well-being.

- More than 1 in 3 people say the pandemic is having a “serious impact” on their mental health.^[1]
- 34.1% increase in benzodiazepine prescriptions from mid-February to mid-March.^[2]
- 18.6% increase in antidepressant prescriptions from mid-February to mid-March.^[2]
- 86% increase in psychotropic prescriptions from February to March.^[3]

Benzodiazepines and antidepressants, especially when combined with alcohol, reduce the drive to breath, which can increase vulnerability to COVID-19

[1] American Psychiatric Association survey, March 25, 2020.

[2] Express Scripts, a pharmacy benefits manager.

[3] Ginger, a supplier of video and chat-based mental health services.

Why Do We Drug Test?

Healthcare Basis for Drug Testing:

- Informs on patient progress
- Help patients develop coping and refusal skills to new use
- Foster daily engagement in recovery
- Contingency management
- Positive affirmations & reinforcement

Drug Testing is the only **objective** measure in addiction medicine.

Would we ask a(n):

- Cardiologist to treat high blood pressure without a blood pressure cuff
- Dietitian to treat obesity without a scale
- Endocrinologist to treat diabetes without a glucose monitor
- Orthopedic to treat a broken bone absent an X-ray

Treating medical conditions absent the correct information is medical malpractice.

What about Stay-at-Home / Shelter-in-Place Orders?

Laboratories licensed by the U.S. Department of Health and Human Services (e.g., CLIA, CAP) are deemed Essential Critical Infrastructure by the U.S. Department of Homeland Security.^[1]

*"If you work in a critical infrastructure industry...
...such as healthcare services and pharmaceutical and food supply,
you have a special responsibility to maintain your normal work schedule."
-- U.S. Department of Homeland Security*



[1] <https://www.cisa.gov/publication/guidance-essential-critical-infrastructure-workforce>.

Can We Safely Provide Drug Testing?

Safely administering drug testing requires that we understand how COVID-19 is spread and implement practices that protect patients and providers alike.

		Viability/Survival Duration of Virus	Mode of Transmission	Mitigating Practice(s)
Air		Droplets can hang in the air for 0.5-3 hrs as aerosol ^{[1][2]}	Likely primary mode of transmission	<ul style="list-style-type: none"> • Wear Masks • Physical Distancing
Surfaces	Cardboard	About 8 hrs ^[3]	Hypothesized to be a mode of transmission ^[6] , however, studies show low concentration of virus ^[7]	<ul style="list-style-type: none"> • Sanitize Surfaces • Frequently Wash Hands
	Paper	4-5 days ^[4]		
	Glass	Up to 4 days ^[4]		
	Metals	Up to 48 hrs on stainless steel ^[3] and up to 4 hrs on copper ^[1]		
	Wood	Up to 4 days ^[4]		
	Plastic	6-9 days ^[4]		
	Ceramics	Up to 5 days ^[4]		
	Stone	2-12 days ^[4]		
	Packaging	Up to about 16 hrs ^[5]		
Textiles	Up to about 16 hrs ^[5]			

[1] <https://www.nejm.org/doi/full/10.1056/NEJMc2004973>.

[2] <https://www.nytimes.com/2020/03/17/health/coronavirus-surfaces-aerosols.html?auth=login-email&login=email>.

[3] <https://www.who.int/docs/default-source/coronaviruse/who-china-joint-mission-on-covid-19-final-report.pdf>.

[4] [https://www.journalofhospitalinfection.com/article/S0195-6701\(20\)30046-3/fulltext](https://www.journalofhospitalinfection.com/article/S0195-6701(20)30046-3/fulltext).

[5] <https://www.medrxiv.org/content/10.1101/2020.03.09.20033217v1.full.pdf>

[6] <https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center>.

[7] <https://www.sciencedaily.com/releases/2020/03/200330110348.htm>.

How to Safely Administer Drug Testing Today & Tomorrow



- Discontinue breath alcohol testing until a vaccine/treatment is developed
- Increase cleaning and sanitation of the patient care centers focusing on high touch areas such as door handles, counters, sinks, and toilets
- Ensure proper use of personal protective equipment (PPE), such as gloves and masks
- Increase hand washing for staff and patients
- Limit the care center to 6 or less patients
- Maintain physical distances of 6 feet (i.e., spread waiting room chairs 6 feet apart)



How to Safely Administer Drug Testing Today & Tomorrow



- Patients and staff only – no visitors allowed
- Monitor staff temperature (take temperature before and after shift) and symptoms
- Monitor patient temperature prior to entering the patient care center
- Notify patients of least busy times
- Manage testing schedule to promote physical distancing
- Provide staff with Essential Critical Infrastructure letter on official letterhead



Check-in Text Messaging to Ensure Physical Distancing when Possible



PLEASE READ BEFORE ENTERING:

Please return to your vehicle and text **XXX-XXX-XXXX** that you are here and ready to test.

You will receive a verification text and another text when it is your turn to enter the facility.

If you do not have a phone, please enter the lobby, let staff know that you do not have a phone, what vehicle you are driving and where it is parked. Then return to your vehicle. We will place you in line and will come out and notify you when it is your turn to enter the facility.

Monitor Patient Temperature & Symptoms



PLEASE READ BEFORE ENTERING

Have you been diagnosed with COVID-19?

Have you been exposed to someone who is diagnosed with COVID-19?

Do you currently have a fever above 100.0?

Have you traveled outside the USA to Europe or Asia?

If you answered "YES" to any of the above questions:

DO NOT enter the facility.

You must **IMMEDIATELY CALL YOUR PROBATION OFFICER** and let them know the reason you could not test today.

If you DO NOT call your Probation Officer, you are considered a "NO SHOW" and it will be reported to your Probation Officer and/or your Judge.

We appreciate you following these instructions for the safety of our staff and other patients.

Mobile Oral Fluid Testing During COVID-19

- In rural/low volume areas where judicial centers are temporarily closed, mobile oral fluid testing is an option
- Customer designates the collection location (e.g., judicial parking lot)
- Patient sends a text or calls patient care technician upon arrival at the collection location
- Patient care technician, wearing PPE, goes to patient's vehicle maintaining physical distancing, verifies the patient's identity, and provides patient with oral fluid testing device and tamper evident seal
- Patient care technician observes patient provide sample (patient remains in car)
- Patient writes name and personal identifier on the collection vial, places the specimen in the tube, seals the specimen, and initials the tamper seal



Concept Overview – Video-Observed Oral Fluid Testing – PILOT OPPORTUNITY

- Via AverChat, a secure and HIPAA compliant mobile application, patient care technician remotely observes and records a patient completing an oral fluid drug test
- Patient seals sample in a tamper-evident manner and in view of the video
- Patient mails sample to laboratory
- AverChat verifies client identity via facial recognition and the technician will reference a stored patient picture to provide a double identity check
- Recorded video stored and retained for future use



Would you like to pilot video observed oral fluid testing?
Please email media@averhealth.com if interested.

CDC Guidance for Critical Workers Exposed to COVID-19



Pre-Screen:

- Employers should measure the employee's temperature and assess symptoms prior to them starting work.
- Ideally, temperature checks should happen before the individual enters the facility.

Regular Monitoring:

- As long as the employee doesn't have a temperature or symptoms, they should self-monitor under the supervision of their employer's occupational health program.

Wear a Mask:

- The employee should wear a face mask at all times while in the workplace for 14 days after last exposure.
- Employers can issue facemasks or can approve employees' supplied cloth face coverings in the event of shortages.

Physical Distance:

- The employee should maintain 6 feet and practice social distancing as work duties permit in the workplace.

Disinfect and Clean Workspaces:

- Clean and disinfect all areas such as offices, bathrooms, common areas, shared electronic equipment routinely.

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/critical-workers-implementing-safety-practices.pdf>

Alternative Measures for ALL to Consider

- **Daily Check-in** – Encourage all patients to virtually check-in by a given time. Clients can virtually check-in via some drug testing notification system, case management system, text message, email, or phone.
- **Client Outreach** – Contact clients that have not checked-in by the specified time.
- **Self-Report New Use** – Encourage clients to self-report new use events, just do not sanction the messenger and good to trust but verify client did not just selectively self-report.
- **Positive Affirmations** – Increase use of positive affirmations (e.g., Congratulations on seven consecutive daily check-in's) that help to increase self-worth.



Keys to a Good Test

Random, scientifically valid, forensically defensible, and timely objective, a combination that enables therapeutic intervention, helps people to develop coping and refusal skills to new use, and enhances public safety.



Forensically Defensible

Test results meet Daubert and Frye scientific rules of evidence and supported by case law



Sustained Sobriety

Providing accurate test results that facilitate timely treatment intervention and support recovery



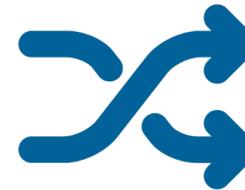
Scientifically Valid

Use proven technology accepted by the scientific community and evaluated by peer-reviewed journals



Timely Objective

Positive or negative results within 48 hours of sample collection enabling timely intervention



Random

Equal probability to test each day, including weekends and holidays. Not related to treatment, supervision, or court schedules. Notification period is best when limited to 2 to 12 hours.

Specimen Options: Overview

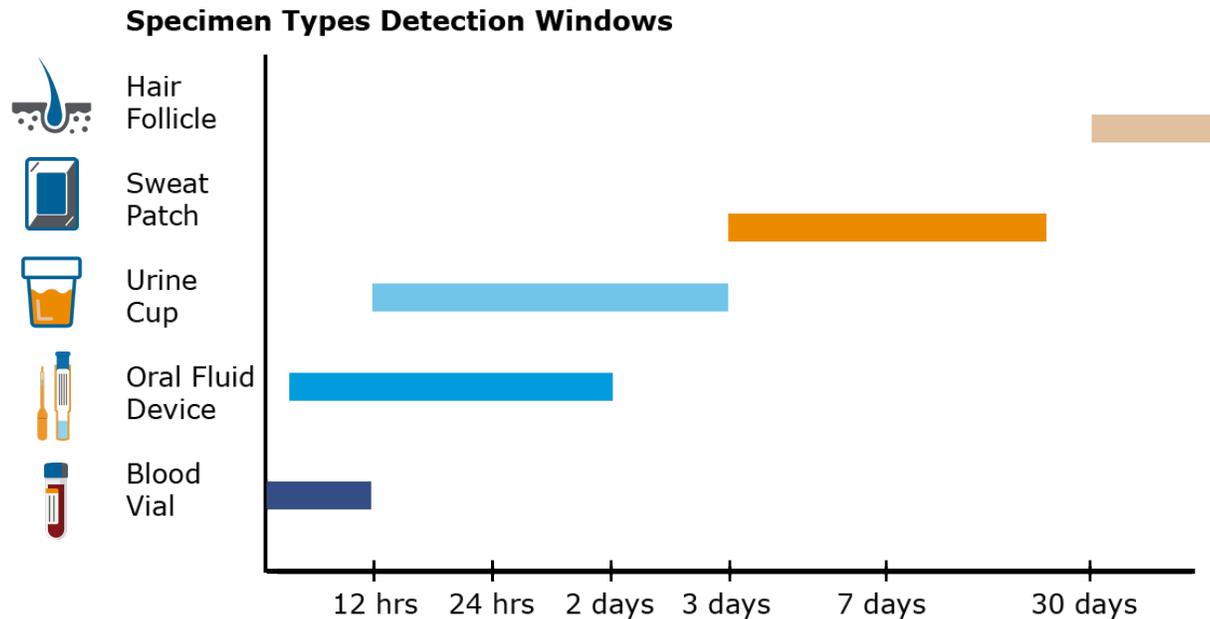
Specimen	Breadth of Detectable Drugs	Detection Window	Indicates	Use Case
Blood	Broad	8 to 12 hours	Current Intoxication	DWI, Post Mortem
Breath	Narrow	8 to 12 hours	Current Intoxication	DWI
Oral Fluid	Moderate	5 to 48 hours	Current to Prior Use	Abstinence Monitoring, Child Custody
Urine	Broad	2 to 3 days	Prior Use	Abstinence Monitoring, Child Custody
Sweat	Narrow	5 to 10 days	Historical Use	Special Situations, Rural
Hair	Moderate	2 weeks to 3 months	Historical Use	Child Custody, Rural

Detection Time

Detection time varies for each specimen time – elimination time matters.

- Blood & Breath: 8 to 12 hours
- Oral fluid: 5 to 48 hours
- Urine: 0.5 to 5 days
- Sweat: 5 to 10 days
- Hair: 2 weeks to months

Drug use is detectable within minutes of consumption



Panel Discussions

- Judge James D. Beck, Associate Circuit Judge, Lincoln County, MO
- Mike Coehlo, Deputy Commissioner, Massachusetts Probation
- Darcy Kamau, Program Coordinator, Cobb County DUI Court, GA
- Mary Wolfinger, Program Coordinator, Kootenai County Mental Health Court, ID

Panel Questions

1. Program overview. What factors led you to continue testing after your state issued a stay-at-home/shelter-in-place order?
2. What are the risks of not testing?
3. How do you balance the risk of not testing with the risk of spreading COVID-19?



Questions & Answers

