



**NIH  
HEAL  
INITIATIVE**

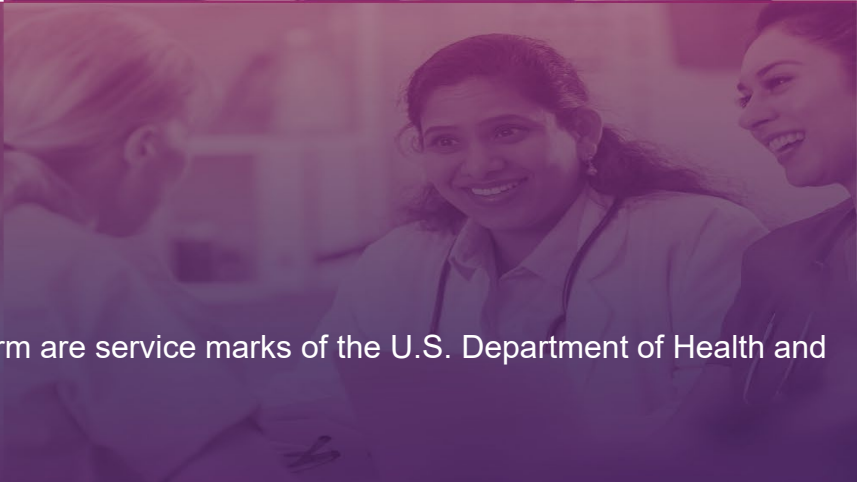
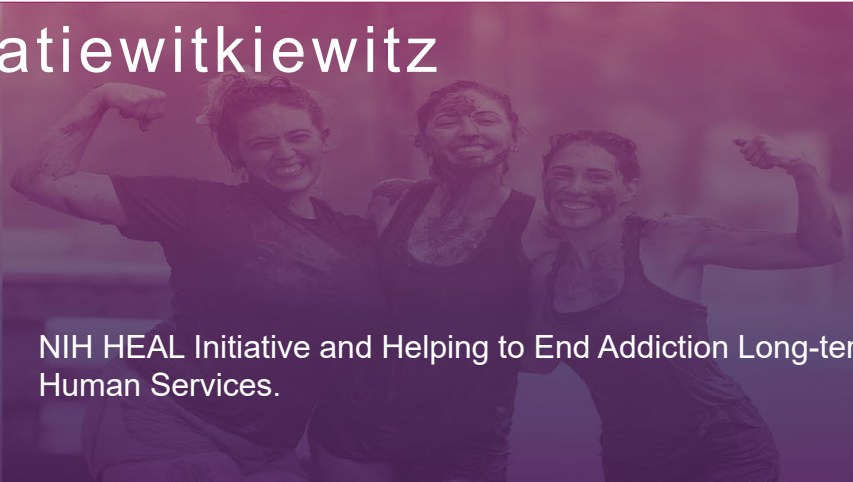
# Integrative Management of chronic Pain and OUD for Whole Recovery (IMPOWR)

**Katie Witkiewitz, PhD**

Regents' Professor, University of New Mexico



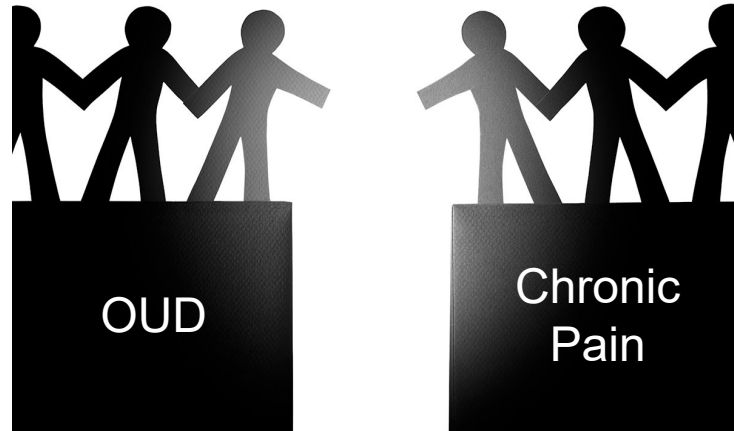
@katiwitkiewitz



**National Institutes of Health**  
*HEAL Initiative*

NIH HEAL Initiative and Helping to End Addiction Long-term are service marks of the U.S. Department of Health and Human Services.

## Treatment Challenge



- 40-60% of individuals with OUD experience chronic pain (CP), which impacts OUD recovery
- Lack of evidence-based integrated treatments for treating both OUD & CP
- Service provision for patients with both CP and OUD is fragmented
- Limited resources, expertise, and communication leave patients behind

## IMPOWR Vision

Generate evidence-based, **patient-centered solutions** for integrated management of co-occurring CP and OUD and rapidly disseminate knowledge to stakeholders to impact **population health**.

## IMPOWR Goals

1. Maximize generalizability of developed interventions
2. Focus on the *Whole Patient* (co-occurring conditions, stigma/discrimination)
3. Emphasis on health inequities
4. Public/Private Partner involvement
5. Strengthen the next generation of scientists

# The need for IMPOWR

# Current approaches fail to provide coordinated treatment, holistic focus, and improve lives of those with pain and OUD

- Chronic pain often co-occurs with other disorders, trauma, shame, and experience of stigma
- Provider and healthcare system behavior exacerbates undertreatment of pain, mistrust
- Need for sustainable models of care and integrated, holistic healthcare interventions



This Photo by Unknown Author is licensed under CC BY-SA



# Funded Centers



Shelley Su  
(NIDA)



Yale University  
School of Medicine

Yale University  
William Becker, Declan Barry, David Fiellin



University of New Mexico  
Katie Witkiewitz, Matthew Pearson



University of Pittsburgh  
Jessica Merlin and Kevin Kraemer

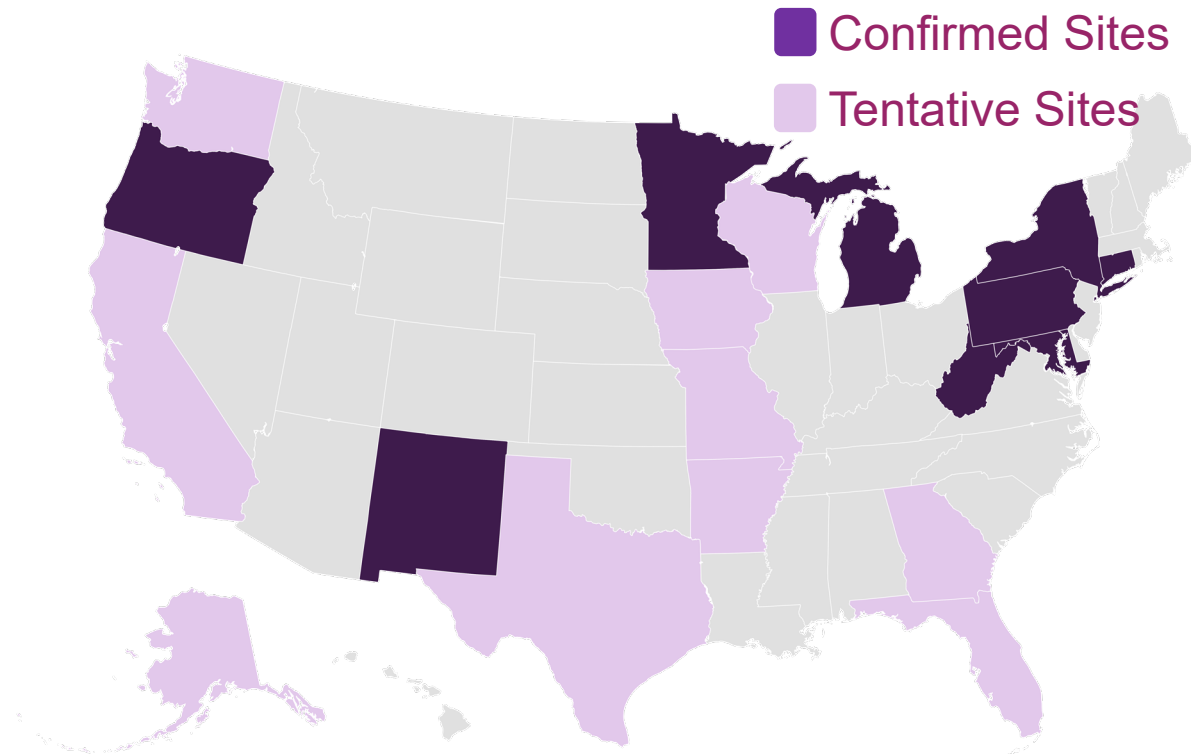


Integrated Care for Chronic Pain and Opioid Use Disorder: The IMPowR Research Center at Montefiore/Einstein (IMPowR-ME)

Montefiore/Einstein  
Joanna Starrels, Julia Arnsten, Vilma Gabbay

# IMPOWR Vision

Generate evidence-based, **patient-centered solutions** for integrated management of co-occurring CP and OUD and rapidly disseminate knowledge to stakeholders to impact **population health**.



59 sites across 11 states\*  
18 sites to be determined post-award (in light blue)

- **9 effectiveness/implementation studies**
  - Pharmacological dosing
  - Models of Care Delivery
  - MOUD & integrated behavioral pain treatments
- **Develop novel screening assessments & educational materials**
- **Diversity of health care settings**
  - Primary Care
  - Hospital
  - Opioid Treatment Programs (OTPs)
- **6 studies targeting under-served populations**
- **Partner engagement on every study**
  - Patients with lived experience
  - Patient advocacy groups
  - Payors
  - Health systems leaders
  - Professional organizations

## Behavioral Pain Tx

### Primary Care (Bup)

Pain self-management  
& Bup inductions

**Pittsburgh (Merlin)** ★

### OTP (Bup)

Acceptance  
Commitment Therapy  
+ Mindfulness

**UNM (Witkiewitz)**

### OTP (Methadone)

Yoga vs Physical  
Therapy vs TAU

**Einstein (Starrels)** ★

## Bup Dosing

### Primary Care (Bup)

Pain self-management  
& flexible bup dosing

**Pittsburgh (Merlin)** ★

### Hospital (Bup)

Microdosing vs  
standard induction

**Einstein (Starrels)** ★

★ = underserved  
populations

## Models of Care Delivery

### OTP (Both)

Multimodal stepped  
care

**Yale (Becker)**

### Primary Care (Both)

Implementation  
strategies for AI/AN  
tailored MI

**UNM (Witkiewitz)** ★

### Primary Care: VA (Bup)

Pharmacist-Physician  
Collaborative Care

**Yale (Becker)**

### Primary Care: FQHC (Bup)

Acceptance  
Commitment Therapy  
+ Care management

**Einstein (Starrels)** ★

## Coordination & Dissemination Center

- Create composite screening instrument
- Develop educational materials, addressing stigma



- ✓ Demographics (detailed questions for cost-effectiveness analyses)
- ✓ Chronic Pain (pain intensity, interference, catastrophizing, body map)
- ✓ Substance Use
- ✓ Sleep (sleep duration, sleep disturbance, fatigue)
- ✓ Quality of Life (physical, cognitive, and social function)
- ✓ Anxiety, Depression, Trauma
- ✓ COVID (effects of pandemic on pain and opioid use)
- ✓ Social Determinants of Health
- ✓ Health Service Utilization
- ✓ Stigma/Discrimination
- ✓ Health Literacy, Patient Satisfaction, Shared Decision Making

# Cross-Cutting Themes



[This Photo](#) by Unknown Author is licensed under [CC BY](#)



Welcome to the table.



# Principles of the UNM IMPOWR Center





THE UNIVERSITY OF  
NEW MEXICO

**Recruiting one  
T32 postdoc in  
Fall 2022**

**Two postdoc  
slots on our  
IMPOWR  
Center**

**Join us at UNM!**

 **@katiewitkiewitz**  
**[katiew@unm.edu](mailto:katiew@unm.edu)**



**CENTER ON ALCOHOL,  
SUBSTANCE USE,  
& ADDICTIONS**