



**Health and Government Operations Committee
Alcohol and Drug Trainee (ADT) Practice through Telehealth
March 4, 2021
Support of House Bill 1287**

The Maryland Association for the Treatment of Opioid Dependence (MATOD) urges a favorable opinion on HB 1287, to allow Alcohol and Drug Trainee (ADT) counselors to continue the provision of telehealth counseling after the current declared Public Health Emergency (PHE).

Since the start of the Covid-19 PHE, Maryland's long-standing opioid epidemic has only worsened. MDH reported a 14.5% increase in opioid-related fatalities during the first 9 months of 2020 compared to the same 2019 time-period. The 2,438 annualized opioid-related Marylanders lost in 2020 is an unacceptable 16.7% increase from 2019's total of 2,090, and is an unfathomable 13.8% higher than the prior peak of 2,143 opioid-related Maryland fatalities in 2018.

As essential healthcare providers, substance use disorder (SUD) programs with ADT counselors remained open during this pandemic, adding telehealth counseling to provide life-saving services. We have learned from experience that telehealth counseling is an essential and successful mode of behavioral health service delivery. Telehealth expands access and flexibility to receive counseling, improves treatment retention and reduces systemic barriers and stigma associated with counseling within brick and mortar facilities – all while increasing patient and community safety by allowing social distancing and self-quarantine.

The State granted ADTs authority to provide telehealth services on April 6, 2020 for the duration of the PHE, in accordance with ADT existing scope of practice and supervision requirements.

The Board of Professional Counselors and Therapists' 2019 Annual report states that more than half of all Alcohol and Drug counselor applications; and more than 62% of certificates and licenses issued, were for ADT counselors. MATOD members report that ADT counselors comprise approximately 60% of the total counselor workforce, providing individual counseling, care management and care coordination, under supervision of a Board-approved Counselor Supervisor. ADT counselors are an essential part of the SUD workforce, supporting thousands of patients who might otherwise be without care.

While many clients will want to return to in-person interactions with counselors and group sessions after the PHE, many will need to continue utilizing telehealth. Continued telehealth facilitates patient choice to receive counseling services in an effective and accessible manner that supports continued recovery. Its successful use during the pandemic has demonstrated that there is no reason not to allow our entire counseling workforce and all of our clients to utilize telehealth technology – telehealth must remain as an available service delivery after the PHE ends.

SB 646 will permit ADT counselors to continue to provide telehealth counseling while working for licensed SUD programs, and receiving necessary supervision.

MATOD urges a favorable report for House Bill 1287.

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MATOD members include community and hospital based Opioid Treatment Programs, local Health Departments, local Addiction and Behavioral Health Authorities and Maryland organizations that support evidence-based Medication Assisted Treatment. MATOD members include thousands of highly trained and dedicated addiction counselors, clinical social workers, physicians, nurse practitioners, physician assistants, nurses, peer recovery specialists and dedicated staff who work every day to save and transform lives.