

# La Maestra Family Clinic, Inc. Youth Opioid Response (YOR) Program

*Goal: to increase access to evidence-based, youth-specific SUD and OUD treatment services, including MAT services, counseling and recovery support services that engage youth ages 12 to 24 and prevent opioid overdose deaths*

*Presented by:  
Dr. Mario Salguero, MD, Ph.D.*



**LA MAESTRA  
COMMUNITY HEALTH CENTERS**

City Heights • El Cajon • National City • Lemon Grove

# What We've Done

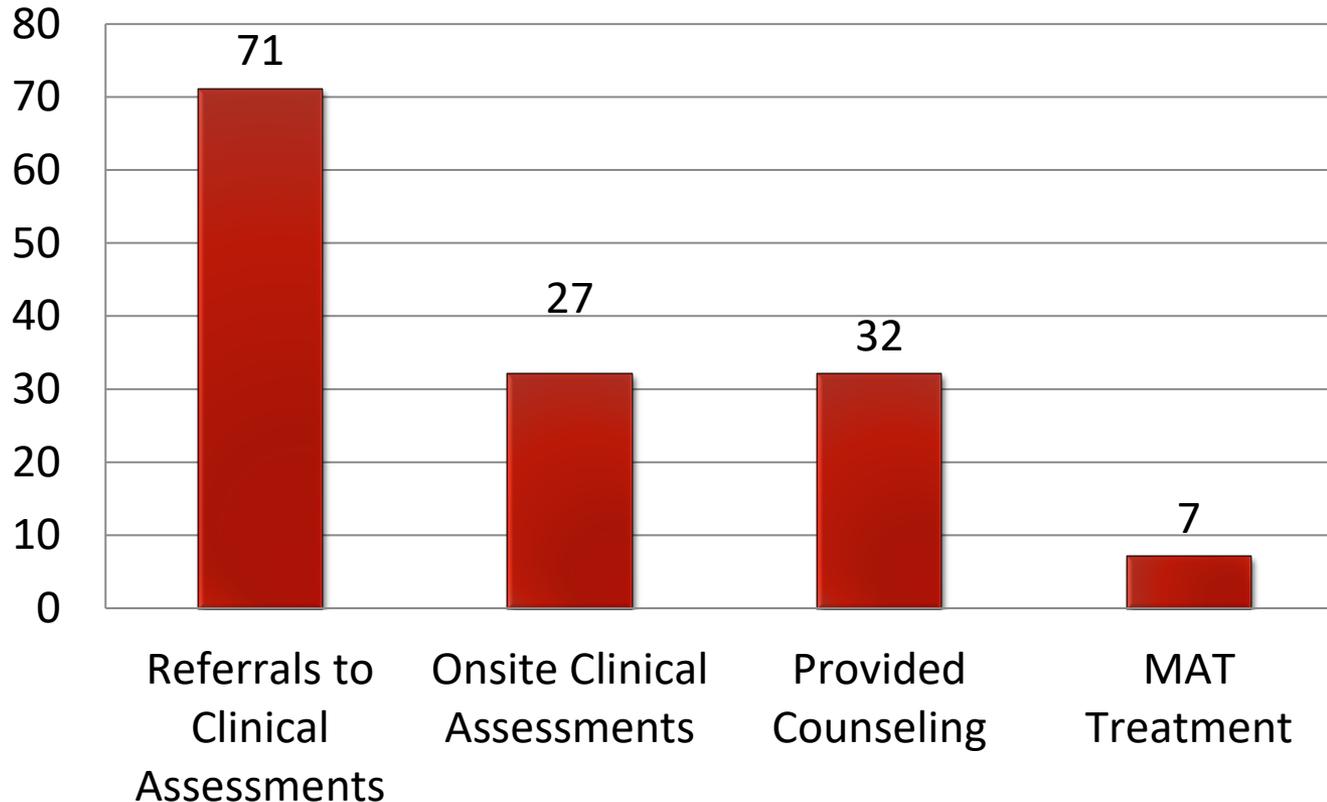
- Due to the California stay-at-home order put in place by Governor Gavin Newsom, the organization had to pivot to a fully-remote telemedicine and telepsychiatry model. This includes SBIRT, OUD, SUD, and mental health screenings.
- As of September 30, 2020, La Maestra has screened a total of 3,242 patients age 12 to 24 for depression, anxiety, and/or substance use disorders.
- Virtual group sessions for TAY youth take place on a weekly basis. The program's addiction psychiatrist, Dr. Mario Salguero, guides patients through meditation and mindfulness exercises via video and implemented virtual reality (VR).
- Integrated care: medication management, psychotherapy, counseling, primary care, dental and vision.
- La Maestra's YOR program gained most recent patient diagnosed with opioid use disorder (OUD) in June. Dr. Salguero has completed their clinical assessment and has started providing medication assisted treatment (MAT).



# Results

As of September 30, 2020, La Maestra has reached a total of 3,242 individuals age 12 to 24 with mental health and substance use disorders or co-occurring disorders. The data below reflects the number of TAY patients: provided referrals to assessments, assessed on-site, participating in counseling, and receiving MAT treatment.

**Figure 1**



# Moving Forward



- Within the next quarter, counselors expect to extend TAY group sessions to patients under the age of 18. As of September 30th, La Maestra's youth consent form for online group sessions was approved by the organization's compliance officer and will be included in the intake packet completed during a patient's initial visit.
- Additionally, La Maestra recently hired additional staff to facilitate communication with local agencies to educate the community about the organization's OUD telehealth and telepsychiatry services and connect high-risk individuals to treatment.
- Dr. Salguero and the YOR counselors and psychotherapists, are currently in the process of developing new incentives and interactive activities to keep the video sessions engaging.



- Due to social distancing restrictions still being in effect, program staff continue to research viable mobile applications to host virtual reality (VR) sessions remotely for YOR patients.
- As always, La Maestra's YOR patients will continue to have access to all *La Maestra Circle of Care*<sup>™</sup> services.