



# When Communities Care: Treating People with Substance Use Disorder through a Multi-Disciplinary Team

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## Introduction

The Oasis Center of the Rogue Valley aims to transform lives through integrated social and medical support services. After completing an internship in Summer 2020 and interviewing patients about their experiences during the pandemic, I recognized that their Multi-Disciplinary Team Program was monumental in the helping patients achieve long-term recovery and social support.

## Research Question

1. Is the Oasis Center successful at treating patients through their MDT program?
2. What is the most helpful part of the MDT?
3. How do relationships with individual agencies change with MDT participation?

## Methods

I conducted in-person and phone interviews and sent out surveys to current (11 people) and graduated (3 people) MDT participants. All respondents were incentivized with a \$25 visa gift card

I asked a series of quantitative and qualitative questions to receive a holistic perspective on the MDT program from current and past participants

To analyze yes or no questions, I found the percentage of people who responded each way to make a conclusion, To analyze the free-response questions, I conducted content analysis to extract narratives from the responses.

## Result 1

86% of respondents said that the MDT helped their recovery, and 14% were unsure if the MDT had helped their recovery. No participants said that the MDT did not help their recovery. Again, 86% of respondents claimed that the MDT improved their chances of maintaining long-term recovery, whereas 14% were unsure, and no participants answered that the MDT did not improve their chances of maintaining long-term recovery, 100% of respondents claimed that coordinated care was very important to them. 93% of respondents said that they would recommend the MDT to other people in recovery, with 7% saying they were unsure if they would.

## Result 2

For the question, “What was the most helpful part of the MDT?” two main themes emerged, Respondents’ main answers were “Agencies working as a team” and “Increased support”. Through deciphering written and spoken responses, “agencies working as a team” was mentioned 9 times throughout the 14 responses, and “increased support” was mentioned 10 times throughout the 14 responses.

When asked how participants’ relationships with the community agencies had changed since joining the MDT, the most frequent phrase was “increase in trust” and “lack of judgement”. Among all the responses, the word “trust” was used 6 times, [lack of] “judgement” was used 5 times, and “support” was used 3 times. Out of the 14 respondents, 12 of them said that their relationships with the agencies had improved since joining the MDT in some way.

Only one respondent was unsure if they would recommend the MDT to other people in recovery, everyone else said they would recommend the MDT to other people. Some respondents used language like, “absolutely”, “I already have [recommended the MDT]”, “Of course, yes, 100%” and “absolutely I would recommend it. This program saved my life. I’ve been through other programs before, and I really think in the long term they have helped me more than any other program”.

## Conclusions

Finding innovative treatment methods for parents of young children and pregnant women is an essential component to combatting the opioid epidemic in the United States. The Oasis Center’s MDT program meets people in recovery where they are, makes lives easier, and supports people in recovery through combining community agencies to provide coordinated care to multi-system families. After conducting interviews and collecting survey results, it is clear that the majority of who have participated in the MDT find the program to be helpful to their recovery and improves their chances of maintaining long term recovery (84% of respondents). Participants cited “increased support” and “agencies working as a team” to be the two most helpful components of the MDT. Participants also stated that their relationships with the individual agencies have improved due an “increase in trust” and “lack of judgement”. These responses show that the MDT is successful in treating the majority of its current participants in their recovery from SUD.

## References

For full list of references, please see my thesis document. You can email me at sbaldrig@uoregon

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