

A CME and CE Workshop for Physicians and Licensed Health Care Professionals On:

Beyond Detox: Patient-Centered Strategies for Managing Drug Withdrawal

Presentation Overview

This presentation explores the essential principles and evolving practices in the management of drug withdrawal across substance classes. It highlights evidence-based protocols, risk stratification, and the integration of pharmacologic and psychosocial interventions. Attention will be given to tailoring care based on patient comorbidities, substance use patterns and social determinants of health. The session emphasizes the role of cultural and linguistic competence in building trust and improving treatment outcomes among diverse populations. Real-world case studies will be used to illustrate clinical decision-making and system-level considerations in various care settings.

At the end of the program, attendees should be able to:

- Describe the physiologic mechanisms of withdrawal for at least two major substance categories (e.g., opioids, benzodiazepines) and the associated clinical risks.
- Identify evidence-based pharmacologic and nonpharmacologic interventions used in acute withdrawal management.
- Demonstrate an understanding of risk stratification tools to guide appropriate level of care placement during withdrawal.
- Apply principles of trauma-informed care in the context of withdrawal management to improve patient engagement and safety.
- Integrate culturally and linguistically appropriate communication strategies to enhance withdrawal treatment planning for patients from diverse backgrounds.

1.5 CME and CE Credits Offered



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EVENT INFORMATION

When:

Wednesday,
July 23, 2025

Time:

Noon–1:30 p.m.

Where:

Zoom webinar

For questions,
please email
continuingeducation@caloptima.org.

Space is limited! Please
RSVP by Monday,
July 21, 2025,
through the link or QR
code below:

<https://bit.ly/43evwju>



In compliance with the Americans with Disabilities Act, we will make every reasonable effort to accommodate your request. For any special requests, please email continuingeducation@caloptima.org two weeks before the meeting date.

Guest Speaker:

Mario San Bartolome, M.D., MBA, MRO, FASAM



Dr. Mario San Bartolome, “Dr. Mario,” is an addiction medicine specialist who is board-certified in both family and addiction medicine. Dr. Mario received his undergraduate degree from the University of California, Davis, his medical degree from the University of California, Irvine School of Medicine and a master’s in business administration from the Paul Merage School of Business at UC Irvine. He has

experience in all levels of care related to substance use disorders (SUDs), including directorships of several residential and outpatient treatment organizations. He is a certified medical review officer who enjoys teaching students and colleagues about addiction medicine. Dr. Mario has been an active and passionate advocate for improving access to treatment for people with SUDs through leadership at the local, state and national levels. He serves as chair of the American Society of Addiction Medicine’s Practice Management and Regulatory Affairs Committee and on the Board of Directors for the California Society of Addiction Medicine. Dr. Mario has been active in helping craft various policies involving substance use treatment and remains clinically active in direct patient care involving SUDs for vulnerable populations through Federal Qualified Health Centers (FQHCs).

CME Accreditation Statement: This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of California, Irvine School of Medicine and CalOptima Health. The University of California, Irvine School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation Statement: The University of California, Irvine School of Medicine designates this virtual activity for a maximum of *1.5 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure: All presenters and individuals who planned this event do not have financial interests to disclose.

California Assembly Bill 1195 and 241

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency and implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and ACCME to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, www.meded.uci.edu/cme, for AB 1195 and AB 241 resources.

CE Accreditation Statements:

BRN — This provider has been approved by the California Board of Registered Nursing, Provider #CEP 11596 for 1.5 contact hours.

CAMFT — CalOptima Health is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and/or LEPs. CalOptima Health maintains responsibility for this program/course and its content. Course meets the qualification for 1.5 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Provider #129350.

NCHEC — Sponsored by CalOptima Health, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to 1.5 total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours are 0. Provider ID #: 10167. Total Contact Hours earned: 1.5; Entry-level contact hours earned: 1.5; Advanced-level contact hours earned: 0.

AGENDA:

Noon: Welcome/
Introduction —
Carmen Katsarov,
LPCC, CCM, Executive
Director, Behavioral
Health Integration,
CalOptima Health

12:05 p.m.: Guest
Speaker — Mario San
Bartolome, M.D., MBA,
MRO, FASAM

1:15 p.m.: Q&A Session

1:30 p.m.: Closing

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