

# Teater Health Solutions

## Donald Robert Teater MD, MPH

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### Education

- UNC-Chapel Hill Gillings School of Global Public Health. MPH, 2017.
- Ohio State University College of Medicine, MD, 1985.
- Miami University, Oxford, OH, BA in Zoology, 1981.

### Residency

- Fayetteville-Duke AHEC Family Practice, 1985-1988.
  - Chief Resident, 1987-1988.

### Work Experience

- 6/2016-present: Owner: Teater Health Solutions. We work with medical and governmental agencies to reduce opioid prescribing, improve pain treatment, prevent addiction, and increase access to medication-assisted treatment for those with opioid use disorder.
- 4/2012-present: Physician at Meridian Behavioral Health Services, Waynesville, NC. Meridian is a nonprofit organization providing mental health and substance abuse services to people in the western part of North Carolina. Our target population is low-income and uninsured. My responsibilities include:
  - Treatment of opioid dependence utilizing buprenorphine (Suboxone).
- 4/2013-6/2016: Medical Advisor at the National Safety Council. Itasca, IL. I worked with the NSC initiative to reduce death and injury from prescription opioid overdose and dependence. Primary duties included:
  - Educated prescribers about the risks involved with the use of opioids and about more effective ways to treat pain (acute and chronic) than the use of opioids.
  - Helped employers understand the safety risks and increased costs that result from having employees on opioids.
  - Advocated for laws that will reduce the availability of opioids and increase access to treatment for opioid dependence.
- 3/2012-7/2016: Medical Director of Behavioral Health Group – Asheville, NC. This is an opioid treatment program utilizing methadone and buprenorphine for the treatment of opioid dependence.
- 2009-3/2012: Physician and Medical Director at Mountaintop Healthcare and the Good Samaritan Clinic of Haywood County.
  - Provided direct primary care to patients who were low-income and without insurance.
  - Offered an opioid addiction treatment program treating people living throughout western North Carolina utilizing a sliding fee scale.

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- Started 3 other free clinics in surrounding counties (Jackson, McDowell, and Graham), two of these continue to operate independently.
- Advocated for patients: I have met with county, state, and federal leaders to advocate for the needs of our patients.
- Promoted fundraising by giving presentations to countless civic and church groups.
- 1996-2007: Physician at Blue Ridge Family Practice.
  - This was a solo practice in Clyde, NC, where I practiced with my wife, who is a licensed marriage and family therapist and licensed clinical addictions specialist. We closed this practice at the end of 2007 so that we could both work fulltime at Mountaintop Healthcare and the Good Samaritan Clinic of Haywood County.
  - Started treating opioid dependence with buprenorphine in 2004.
- 1988-1996: Physician at Waynesville Family Practice.

## **Notable Committees, Consults, Projects:**

- Lead facilitator: Expert Panel for CDC Guideline for Prescribing Opioids for Chronic Pain, Atlanta, GA. 2015.
- Consultant with the Center for Disease Control on academic detailing of prescribers in the Prevention for States grant program. 11/2016 - present.
- Subject matter expert for the National Governor's Association for a grant addressing the opioid epidemic. 2/2017 - present.
- Consultant with Urban Institute on social impact bonds and their use to address the opioid epidemic. 4/2017 - present.
- Contract with the NC Governor's Institute to provide consultation on pain treatment to two large primary care practices in Asheville, NC. 4/1/2016 - 6/30/2016.
- Member of the Specialty Consultants Panel for Pharmacist's Letter and Prescriber's Letter. 1/2017-present.
- Opioid Stewardship Advisory Committee. North Carolina Hospital Association. 6/2016 – present.
- Prescription Drug Abuse Advisory Committee. NC DHHS. 6/2015 – present.
- Participant: World Health Organization Second Technical Consultation on Drug Use and Road Safety, Mallorca, Spain. 12/2015.
- Addiction Treatment Advisory Group – Academy of Managed Care Pharmacy. 6/2015 – 12/2016.
- American Society of Addiction Medicine: Payer Relations Committee. 6/2015 – 10/2016.

## **Volunteer Experience**

- 1993-2007: Volunteered as Medical Director of the Good Samaritan Clinic of Haywood County. This started as a small clinic treating migrant farm workers and grew to be one of the largest primary care free clinics in the state.
- 2004-2008: My wife and I formed a youth group in our church that would do monthly service projects to help needy residents in our community. Generally this involved construction projects such as building a decks or ramps, installing siding, painting houses, etc.

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- 2011: Chairman of the medical committee for “Prescription for Safety”. This was a county task force addressing the issues of abuse and overdose from prescription medications. The death rate from prescription overdose in our county is 3 times the national rate.
- Medical mission trips: I have done medical mission trips to Zambia, Ecuador, and twice to Honduras.

## **Publications:**

- Teater, M., and Teater, D. Treating Chronic Pain: Pill-Free Approaches to Move People from Hurt to Hope, PESI Publishing & Media (October 10, 2017). [Available here](#).
- Teater, D. (coauthor). Book chapter; ”Treating Patients with Substance Abuse Issues in Integrated Care”, in Integrated Care: Applying Theory to Practice, Christian, E. and Curtis, R. (Eds.), Routledge, 2012.
- Teater, D. “Evidence for the Efficacy of Pain Medications”, Itasca, Illinois, 2014. [Available here](#).
- Teater, D. “The Psychological and Physical Side Effects of Pain Medications”, Itasca, Illinois, 2014. [Available here](#).

## **Areas of Special Interest and Experience**

- Opioid use and safety
- Treatment of acute and chronic pain
- Addiction
- General primary care
- Psychiatry
- Integrated care with medical and behavioral health professionals
- Healthcare for low-income patients
- Dermatology
- Office surgical procedures

## **Major Presentations, Consultations and Events:**

- 12/1/17 – Presentation: Pain, Opioids, and Addiction. To medical providers and public health officials in Black River Falls, WI.
- 11/16/17 – Presentation (with Martha Teater MA, LPC.) The Trauma Triangle: Adverse Childhood Experiences, Chronic Pain, and Opioid Misuse. National Association of Social Workers - North Carolina Chapter. Asheville, NC
- 11/7/17 – Presentations (2): Academic Detailing for the Opioid Epidemic, Developing an AD Program: Working through the Lens of Cultural Competence. (These co-presented with representatives from the CDC and the states of Wisconsin and Oregon.) Harvard Medical School. Boston, MA
- 11/2/17 – Presentation: The Illusion of Opioids. Governor’s Office of Youth, Faith and Families. Phoenix, AZ
- 10/18/17 – Treating Acute Pain. American Association of Dental Boards annual meeting. Atlanta, GA
- 10/3/17 – Presentation: Treating Pain. ED physicians Mat-Su Regional Medical Center. Anchorage, AK.

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- 10/2/17 – Webinars: Understanding Opioids and Treatment of OUD. Alaska Primary Care Association. Anchorage, AK.
- 10/2/17 – Presentation: Understanding Opioids. CINA (Children In Need of Aid) workers State of Alaska. Anchorage, AK.
- 9/22/17 – Presentation: The use of opioids in treating pain. Texas Health Arlington, Community Integration Advocates, Texas Health. Arlington, TX.
- 9/22/17 – Presentation: The treatment of acute pain. JPS Sports Medicine Fellowship program. Ft. Worth, TX.
- 9/21/17 – Presentation: The treatment of acute pain. JPS Emergency Medicine. Ft. Worth, TX.
- 9/20/17 – Presentation: The Illusion of Opioids. Stop the Violence Conference. Ft. Worth, TX.
- 9/19/17 – Presentation: The treatment of acute pain. JPS Hospital Dept of OB/GYN. Ft. Worth, TX.
- 9/19/17 – Presentation: The treatment of acute pain. JPS Hospital Dept of Surgery. Ft. Worth, TX.
- 9/18/17 – Presentation: The Illusion of Opioids. UNTHSC conference. Turning the Tide on Opioids. Ft. Worth TX.
- 9/9/17 – Presentation: Treating Acute Pain. OrthoCarolina. Charlotte, NC.
- 9/6/17 – Keynote presentation: Opioid effects and the impact on families. What providers and policy-makers need to know. SC Governor's Opioid Summit. Columbia, SC.
- 8/28/17 – Keynote presentation: The use of opioids in the treatment of pain. Georgia State Board of Workers Compensation. Atlanta, GA.
- 8/26/17 – Presentation: Opioids, Pain and the CDC Guidelines. Orange County Medical Society Meeting. Orlando, FL.
- 6/27/17 – Presentation: MAT: the best treatment for opioid use disorder. North Carolina Opioid Summit. Raleigh, NC.
- 6/7/17 – Presentation: Understanding and Treating Pain. Mountain AHEC. Asheville, NC.
- 5/30/17 – Presentation: Opioids and Pain Treatment. Ephraim McDowell Health Center. Danville, KY.
- 5/17/17 – Presentation x 2: Understanding opioids. Treating OUD. 2017 Alaska Opioid Annual Conference. Anchorage, AK.
- 5/11/17 – Presentation: Academic detailing of opioids. CDC. Atlanta, Ga.
- 5/4/17 – Presentation: Understanding opioids. Charlotte Mecklenburg District Attorney Office.
- 5/4/17 - Panelist: Prescribing Controlled Substances - What Every Prescriber Needs to Know. Wake Area Health Education Center. Roxboro, NC.
- 4/21/17 – Presentation: Treatment of pain in those with substance use disorder. OKATOD. Oklahoma City, OK.
- 4/4/17 – Panelist: Prescribing Controlled Substances - What Every Prescriber Needs to Know. Wake Area Health Education Center. Smithfield, NC.
- 4/1/17 – Keynote presentation: Opioid Use Disorder: Impact on Families & What Psychologists Need to Know. Co-presenter: Martha Teater, MA. South Carolina Psychological Association Spring Conference. Myrtle Beach, SC

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- 3/31/17 – Keynote presentation: Opioids and the Affect. National Association of Drug Diversion Investigators (NADDI). Myrtle Beach, SC
- 3/25/17 – Presentation: Chicken or the Egg? Trauma and Addiction. Co-presenter: Martha Teater, MA. Governor’s Institute Addiction Medicine Conference. Asheville, NC.
- 3/25/17 – Presentation: Nonopioid Treatment of Pain. Governor’s Institute Addiction Medicine Conference. Asheville, NC.
- 3/24/17 – Presentation: The Illusion of Opioids. Tarrant County College Community event and health professions lecture. Ft. Worth, TX
- 3/23/17 – Presentations to the medical staff and union and management leadership on opioid risks and appropriate treatment of pain at Lockheed Martin. Ft. Worth, TX
- 3/23/17 – Presentation to the Emergency Dept staff and residents at John Peter Smith hospital about pain treatment and the risks/benefits of opioids. Ft. Worth, TX.
- 3/22/17 – Presentation: The Truth about Opioids. UNTHSC School of Public Health. Ft. Worth, TX.
- 3/22/17 – Presentation: The Truth About Opioids. Baylor, Scott & White hospital Trauma Dept. Grapevine, TX.
- 3/22/17 – Presentation: The Risks of Opioids. Protecting your student-athlete. Keller ISD athletic directors and coaches. Keller, TX.
- 3/21/17 – Presentation: Appropriate use of opioids and treatment of pain. Texas Christian University Student Health medical staff.
- 3/21/17 - Presentation: The Truth about Opioids. Dept of Surgery. John Peter Smith Hospital. Ft. Worth, TX.
- 3/20/17 - Presentation: The Truth about Opioids. Family Medicine medical staff and residents. John Peter Smith Hospital. Ft. Worth, TX.
- 2/23/17 – Presentation: The Truth About Opioids. Angelina Coalition Community Action dinner. Lufkin, TX.
- 2/16/17 – Presentation (with Blake Fagan MD): Physicians’ Clinical Support System – Buprenorphine Office-Based Treatment for Opioid Use Disorders. The “Half and Half” Course. Asheville, NC.
- 2/14/17 – Presentation: Treating pain in dentistry. Genesee Dental Association. Flint, MI.
- 1/25/17 – Presentation: Protecting your employees from opioid abuse and addiction. Mechanical Contractors Association of America Annual Safety Directors meeting. Clearwater, FL.
- 1/16/17 – Presentation on opioids and pain treatment to the medical staff at Watauga Medical Center. Boone, NC
- 11/21/16 – Presentation (x2) at Murphy Medical Center to medical staff on opioids and pain treatment. Murphy, NC.
- 11/15/16 – Keynote presentation: The Allure of Opioids. Arizona Council of Human Service Providers. Phoenix, AZ.
- 11/11/16 – Presentation: Adding buprenorphine treatment to your practice – and loving it! Mississippi Academy of Family Physicians Fall meeting. Oxford, MS
- 10/27/16 – Presentation: Opioids in the Workplace: Tools and Resources to Address Prescription Abuse Among Employees. Maine Medical Association. Portland, ME.

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- 10/25/16 – Presentation: Acute and Chronic Pain: Safe Treatment Without Opioids. National Conference on Correctional Healthcare. Las Vegas, NV.
- 10/22/16 – Lead presenter at: Responding to the Opioid Challenge: Best Practices for Responsible Opioid Prescribing. Gastonia, NC.
- 10/18/16 – Presentation to Georgia’s State Board of Worker’s Compensation annual meeting on effective pain treatment and the use of opioids. Jekyll Island, GA.
- 10/14/16 – Plenary panel member discussing the role of integrated care settings in preventing and treating opioid use disorder. Collaborative Family Healthcare Association annual conference. Charlotte, NC.
- 10/11/16 – Presentation: The Opioid Epidemic: Guidance for Healthcare Providers. Sponsored by the Governor’s Institute. Waynesville, NC
- 10/7/16 – Grand Rounds. IU Health Arnett Hospital. Lafayette, IN
- 10/6/16 – Grand Rounds. Franciscan Alliance Health. Lafayette, IN
- 10/5/16 – Community presentation: Sponsored by Drug-Free Coalition of Tippecanoe County. Lafayette, IN
- 9/23/16 – Grand Rounds. Texas Health Harris Methodist Hospital. Ft Worth, TX
- 9/22/16 – Presentation at Challenge of Tarrant Co. Opioid Symposium. “The Illusion of Opioids”
- 9/21/16 – Community presentation on the opioid epidemic. Texas Christian University. Ft Worth, TX
- 9/21/16 – Grand Rounds. University of North Texas Health Science Center. Ft Worth, TX
- 9/20/16 – Grand Rounds. Cook Children’s Medical Center. Ft. Worth, TX
- 9/9/16 – Breakout sessions at Cape Cod Symposium on Addictive Disorders (CCSAD) Hyannis, MA.
  - Current Trends in Addiction Medicine.
  - Treatment of Acute Pain in those with Substance Use Disorders.
- 8/26/16 – Keynote Presentation: “The Problem with Opioids”. Mississippi Association of Drug Court Professionals. Tupelo, MS.
- 8/9/16 – Breakout session: “Engaging Prescribers” Safe Communities America. Chicago, IL.
- 8/3/16 – Presentation: “Issues with Opioids”. Jessamine County Safe Community meeting. Nicholasville, KY.
- 7/21/16 – Keynote presentation: “Medication assisted treatment for opioid use disorder”. Arizona State University. Sedona, AZ
- 7/19/16 – Keynote presentation: “Opioid Pain Medications. Know the Truth”. Mississippi Academy of Family Physicians summer meeting. Destin, FL.
- 7/17/16 – Presentation: “Treatment of Addiction”. Nebraska Pharmacy Association and Nebraska Medical Association. Lincoln, NE
- June 2016 – Consultant with the Oklahoma Department of Mental Health and Substance Abuse Services in the development of an educational program to educate medical providers about pain treatment and opioid medications.
- 6/8/16 – Keynote Presentation: Curb Prescription Drug Misuse with Six Proactive Steps to the National Safety Council of Northern New England Summer Retreat – Fairlee, VT.

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- 5/19/16 – Presentation to the Second Annual Injury Prevention Advisory Council Conference, “The Illusion of Opioid Pain Medications. Why Do We Love These Pills?” Indianapolis, IN
- 5/10-13/16 – Multiple presentations at Tri-City Medical Center, Carlsbad, CA.  
<https://www.youtube.com/watch?v=VBrcztRGpVE>
- 4/28/16 – Presentation: “The Illusion of Opioids”, Mid-Atlantic Safety and Health Alliance, Pittsburgh, PA
- 4/27/16 – Presentation: “Opioid Efficacy and Side Effects”, RxCooperative annual meeting, Madison, WI
- 4/19/16 – “Appropriate Pain Treatment”, Presentation to pharmacists and physicians at Smyth County Medical Center, Marion, VA
- 4/19/16 – Grand Rounds: Bristol Medical Center, Bristol, TN
- 3/16/16 – Presentation: “Drugged Driving”, American Bar Association conference of traffic court judges, New Orleans, LA
- 2/1/16 – Presentation: “Opioids and Public Policy”, Medicaid National Meeting on Prescription Drug Abuse and Overdose, the National Council on Behavioral Health, Washington DC
- 1/21/16 – Webinar: “The Truth about Opioids”, Great Lakes & Mid-Atlantic Violence & Injury Prevention Regional Network
- 1/12/16 – Grand Rounds, Holsten Valley Medical Center, Kingsport, TN
- 10/28/15 – Presentation: “Prescription Opioids: The Real Story”, Indiana Attorney General 6<sup>th</sup> Annual Summit on Prescription Drugs, Indianapolis, IN
- 10/8/15 – Presentation: “Prescription Drug Abuse”, Inaugural Safety Summit, West Virginia University, Morgantown, WV
- 10/3/15 – Rally speaker --“Federal Action on Opioids”, Fed Up Rally, National Mall, Washington, DC
- 8/31/15 – Rally speaker: “Opioids and Overdose”, Chicago Opioid Overdose Awareness Rally in Federal Plaza
- 8/26/15 – Presentation: “Opioids in the Workplace”, US Poultry and Egg Safety Convention, Myrtle Beach, SC
- 6/27/15 – Presentation: “Efficacy of Opioids and State Policy to Address Over Prescription”, Tennessee Department of Health, Nashville, TN
- 4/30/15 – Presentation: "Prescription Opioids: The Real Story", Safe States Annual Conference, Atlanta, GA
- 4/21/15 – Keynote: “Prescription Drug Abuse Overview and Resources”, keynote presentation at the North American Meat Institute Annual Safety Meeting, Kansas City, MO
- 4/15/15 – Keynote: “Opioids’ Effect on Your Business”, keynote presentation at the Safety and Health Council of Northern New England, Manchester, NH
- 4/8/15 – Presentation: “The Use of Social Marketing to Address Opioid Misuse and Overdose”, National Rx Drug Abuse Summit, Atlanta, GA
- 4/8/15 – Presentation: “Alternatives to Opioids”, National Rx Drug Abuse Summit, Atlanta, GA
- 3/30/15 – Presentation: “Opioids in the Workplace”, Texas Safety Conference and Expo, Austin, TX

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- 3/30/15 – Presentation: “Community Approaches to Opioid Abuse and Overdose”, NSC Community Safety Summit, Austin, TX
- Madison County, Wisconsin. 11/2014
  - Grand Rounds: Meritor-Unity Point Health
  - Grand Rounds: St. Mary’s
  - Grand Rounds: UW Health
- 9/30/14 – Presentation: “Opioids: Use and Impairment”, Missouri Highway Safety Conference, St. Louis, MO
- 5/28/14 – Presentation: “Opioids in the Workplace”, Nebraska Safety Council, Omaha, NE
- 2/5/14 – Presentation: “Opioids in the Workplace”, North Dakota Safety Council, Bismarck, ND
- 11/4, 5, 7/13 Seminar series: Presented to regional safety organizations in St. Joseph, Kansas City, and Springfield MO
- 10/7/13 – Presentation: “Prescription Opioids for Pain”, American College of Surgery, Committee on Trauma, Washington, DC
- 7/11/13 – Presentation: “Prescription Drugs in the Workplace”, John Deere corporate headquarters, Moline, IL
- 4/12/13 – Presentation: “The Epidemic of Opioid Abuse”, Iowa Safety Conference, Iowa City, Iowa