

**From:** Allen, Susan [Susan.Allen@vermont.gov]  
**Sent:** Wednesday, January 20, 2016 5:26 PM  
**To:** Kunin, Lisa  
**CC:** Springer, Darren  
**Subject:** FW: Interim Buprenorphine Treatment R34: now for an R01 proposal  
**Attachments:** Shumlin LOS IBT R01 1\_20\_16.docx

**Importance:** High

The Department of Health approved this letter for Governor to sign (in fact, they sent their own letter in support). In addition, the Governor wrote a similar letter for part 1 of Stacey's grant application.

Do you mind putting this on letterhead and getting a signature?

Thanks. And I can answer any questions you have!

Sue

---

**From:** Stacey.Sigmon@uvm.edu [mailto:Stacey.Sigmon@uvm.edu]  
**Sent:** Wednesday, January 20, 2016 5:12 PM  
**To:** Allen, Susan <Susan.Allen@vermont.gov>  
**Subject:** Re: Interim Buprenorphine Treatment R34: now for an R01 proposal  
**Importance:** High

Wonderful! Thanks once again. Attached is a draft letter- pls feel free to revise in any way, place on letterhead, have him sign.

If you could possibly scan and email me a digital copy before putting it in snail mail, that would be fantastic as well?

Thanks again, Sue- we are very excited about our promising outcomes in this project and the opportunity to expand it to other areas of Vermont!

Stacey

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1 S. Prospect Street  
Burlington, VT 05401  
P: (802) 656-9987  
F: (802) 656-5793  
E: [stacey.sigmon@uvm.edu](mailto:stacey.sigmon@uvm.edu)  
<http://www.uvm.edu/medicine/behaviorandhealth/>

----- Message from "Allen, Susan" <[Susan.Allen@vermont.gov](mailto:Susan.Allen@vermont.gov)> -----  
Date: Wed, 20 Jan 2016 19:53:56 +0000  
From: "Allen, Susan" <[Susan.Allen@vermont.gov](mailto:Susan.Allen@vermont.gov)>  
Subject: RE: Interim Buprenorphine Treatment R34: now for an R01 proposal  
To: [stacey.sigmon@uvm.edu](mailto:stacey.sigmon@uvm.edu)

Great, green light! Can you send me a draft letter and I'll put it in his words, on our letterhead, and get it signed.

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**From:** [Stacey.Sigmon@uvm.edu](mailto:Stacey.Sigmon@uvm.edu) [<mailto:Stacey.Sigmon@uvm.edu>]  
**Sent:** Wednesday, January 20, 2016 2:18 PM  
**To:** Allen, Susan <[Susan.Allen@vermont.gov](mailto:Susan.Allen@vermont.gov)>  
**Subject:** Re: Interim Buprenorphine Treatment R34: now for an R01 proposal

Thnx Sue!

Stacey

---

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<http://www.uvm.edu/medicine/behaviorandhealth/>

----- Message from "Allen, Susan" <[Susan.Allen@vermont.gov](mailto:Susan.Allen@vermont.gov)> -----

Date: Wed, 20 Jan 2016 19:10:22 +0000

From: "Allen, Susan" <[Susan.Allen@vermont.gov](mailto:Susan.Allen@vermont.gov)>

Subject: RE: Interim Buprenorphine Treatment R34: now for an R01 proposal

To: [stacey.sigmon@uvm.edu](mailto:stacey.sigmon@uvm.edu)

Sorry to be so slow on this. Hope to have answer (yes) today! Sue

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**From:** [Stacey.Sigmon@uvm.edu](mailto:Stacey.Sigmon@uvm.edu) [mailto:[Stacey.Sigmon@uvm.edu](mailto:Stacey.Sigmon@uvm.edu)]  
**Sent:** Saturday, January 16, 2016 6:51 AM  
**To:** Allen, Susan <[Susan.Allen@vermont.gov](mailto:Susan.Allen@vermont.gov)>  
**Subject:** Re: Interim Buprenorphine Treatment R34: now for an R01 proposal

Hi, Sue- hope this finds you well. Just wanted to see if you received my below email from January 7? Would love your thoughts on this when you have a minute.  
Thanks,  
Stacey

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E: [stacey.sigmon@uvm.edu](mailto:stacey.sigmon@uvm.edu)  
<http://www.uvm.edu/medicine/behaviorandhealth/>

----- Message from [Stacey.Sigmon@uvm.edu](mailto:Stacey.Sigmon@uvm.edu) -----  
Date: Thu, 07 Jan 2016 12:37:31 -0500  
From: [Stacey.Sigmon@uvm.edu](mailto:Stacey.Sigmon@uvm.edu)  
Reply-To: [stacey.sigmon@uvm.edu](mailto:stacey.sigmon@uvm.edu)  
Subject: Interim Buprenorphine Treatment R34: now for an R01 proposal  
To: "Allen, Susan" <[Susan.Allen@vermont.gov](mailto:Susan.Allen@vermont.gov)>

Hi, Sue- happy new year! I hope you had a wonderful holiday. I am preparing an NIH grant proposal to continue my Interim Buprenorphine Treatment project. Attached is a brief description of where we stand with our current initial/small IBT grant from NIH (page 1 of the PDF), as well as what we propose for this larger NIH grant (2nd page). Also attached is a copy of my current specific aims.

Bottom line: When we provide Interim Buprenorphine to waitlisted, opioid-dependent Vermonters, we see remarkable benefits for the individuals themselves as well as public health more generally. This includes significant biochemically-verified abstinence from illicit opiates, significant reductions in Intravenous (IV) drug use, and significant reductions in psychological distress.

In this next NIH proposal, I'm proposing to scale up our IBT treatment in the next grant, taking it to more counties than just Chittenden/UVM.

Might Governor Shumlin be willing to provide a letter of support for me to include in this NIH grant application? As you know, letters such as this go

a long ways toward making our proposals as competitive as possible. If so, I'd be happy to draft it and set your way for any further revisions on your end.

Thanks much & look forward to hearing!

Stacey

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E: [stacey.sigmon@uvm.edu](mailto:stacey.sigmon@uvm.edu)

<http://www.uvm.edu/medicine/behaviorandhealth/>

----- Message from "Allen, Susan" <[Susan.Allen@vermont.gov](mailto:Susan.Allen@vermont.gov)> -----

Date: Fri, 25 Sep 2015 17:18:19 +0000

From: "Allen, Susan" <[Susan.Allen@vermont.gov](mailto:Susan.Allen@vermont.gov)>

Subject: RE: UVM NIH grant proposal to reduce prescription opioid abuse & overdoses

To: "'stacey.sigmon@uvm.edu'" <[stacey.sigmon@uvm.edu](mailto:stacey.sigmon@uvm.edu)>

He's happy to do it. How should I get it to you? Snail mail (which looks more formal), e-mail attachment?

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**From:** [Stacey.Sigmon@uvm.edu](mailto:Stacey.Sigmon@uvm.edu) [<mailto:Stacey.Sigmon@uvm.edu>]

**Sent:** Friday, September 25, 2015 12:15 PM

**To:** Allen, Susan

**Subject:** UVM NIH grant proposal to reduce prescription opioid abuse & overdoses

**Importance:** High

Hi Sue- hope this finds you well!

I'm closing in on a complete draft of this NIH grant proposal we discussed earlier (below thread). At this point, I do not need any resource commitments from the State, but I would greatly appreciate a letter of support from Governor Shumlin to include in this proposal to the National Institute of Drug Abuse if he is able!

Towards this end, attached please find a Specific Aims document describing this proposal- it is the same prescription opioid buyback program that we discussed when we all met on

July 20th.

Attached is also a support letter I drafted for Governor Shumlin. Please feel to edit or tweak in any way- I simply wanted to make this as low-maintenance for the Governor as possible. If he could then sign (or e-sign) and have someone email it back my way, that would be fantastic. It'd be ideal to receive this by the end of next week (Oct 2) if at all possible.

Thanks again for the office's support of this NIH proposal- it stands to remove thousands of prescription opioid doses out of the medicine cabinets of Vermonters and out of risk for abuse, pediatric exposures and overdoses. A win-win for us all!

Stacey

---

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E: [stacey.sigmon@uvm.edu](mailto:stacey.sigmon@uvm.edu)

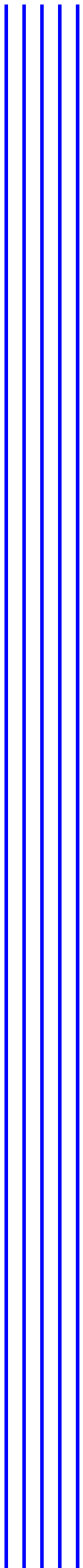
<http://www.uvm.edu/medicine/behaviorandhealth/>

----- Message from "Allen, Susan" <[Susan.Allen@vermont.gov](mailto:Susan.Allen@vermont.gov)>  
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Date: Tue, 25 Aug 2015 19:34:42 +0000  
From: "Allen, Susan" <[Susan.Allen@vermont.gov](mailto:Susan.Allen@vermont.gov)>  
Subject: RE: idea Re: Opiate/heroin brainstorming session  
To: "stacey.sigmon@uvm.edu" <[stacey.sigmon@uvm.edu](mailto:stacey.sigmon@uvm.edu)>


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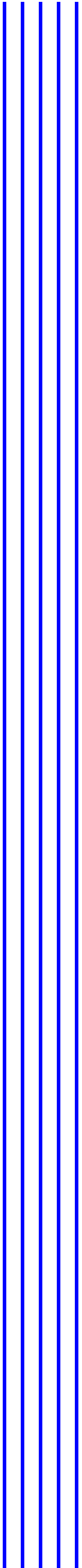
**From:** [Stacey.Sigmon@uvm.edu](mailto:Stacey.Sigmon@uvm.edu)  
[<mailto:Stacey.Sigmon@uvm.edu>]  
**Sent:** Tuesday, August 25, 2015 2:12 PM  
**To:** Allen, Susan  
**Subject:** Re: idea Re: Opiate/heroin brainstorming session



Thanks, Sue- yes, look forward to hearing as soon as possible as I'm actively working on the proposal and it will be due in several weeks. We can also connect by phone if you guys would like more info about this project, and I can also send a description of it once I have a full draft worked up. Look forward to hearing,

Stacey

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1 S. Prospect Street

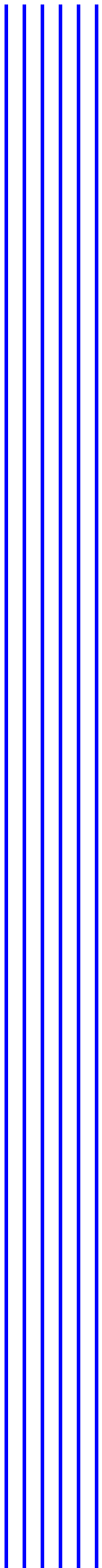
Burlington, VT 05401

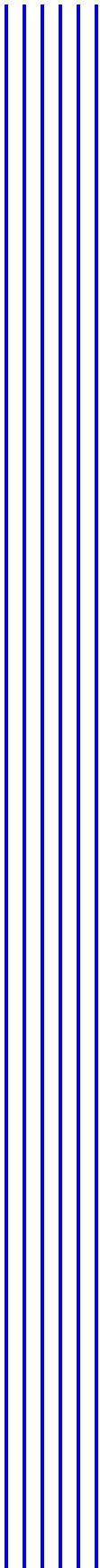
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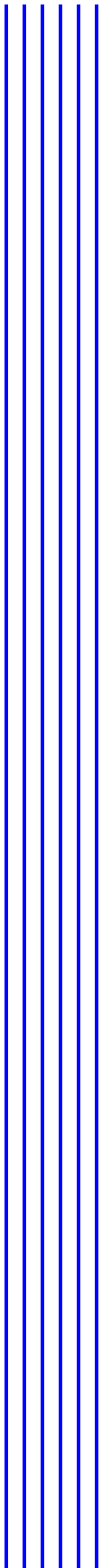
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<[Susan.Allen@vermont.gov](mailto:Susan.Allen@vermont.gov)> -----  
Date: Wed, 19 Aug 2015 13:59:02 +0000  
From: "Allen, Susan" <[Susan.Allen@vermont.gov](mailto:Susan.Allen@vermont.gov)>  
Subject: RE: idea Re: Opiate/heroin brainstorming  
session

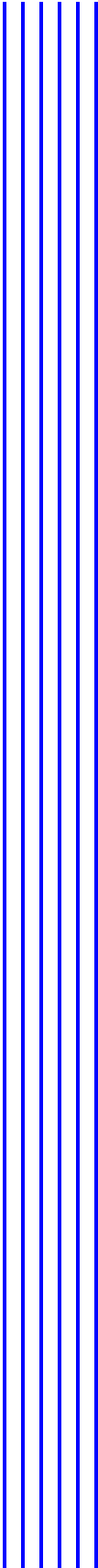
To: "stacey.sigmon@uvm.edu"  
<[stacey.sigmon@uvm.edu](mailto:stacey.sigmon@uvm.edu)>

Will follow up on this (I'm waiting to hear back from Harry Chen ? will push on it). Also, Gov wanted me to schedule a follow up with you, Harry, perhaps a few others ? but small group ? to discuss some of your suggestions from the brainstorming session a few weeks ago. You are very busy, I know, but I'll try to make it convenient ? maybe we could come to you, since Harry is in Burlington anyway. But I'll be in touch.

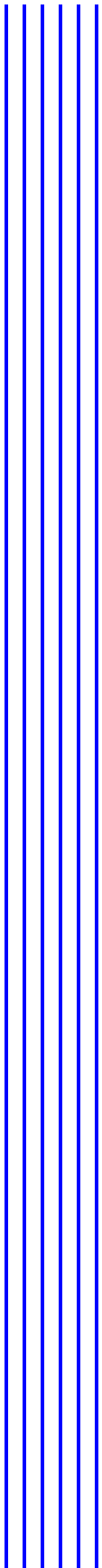


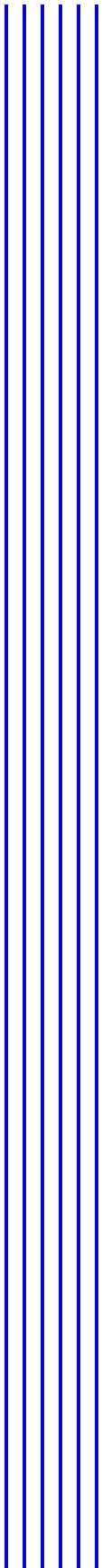




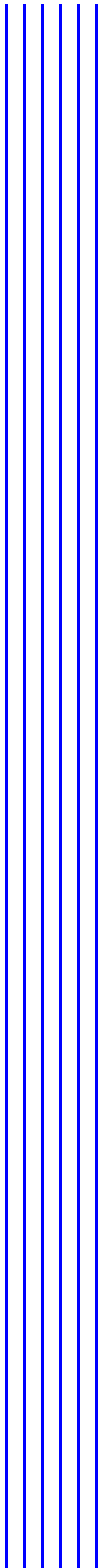


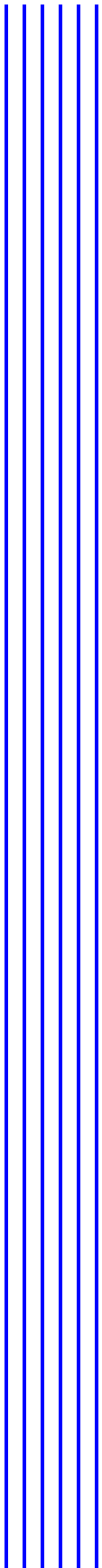
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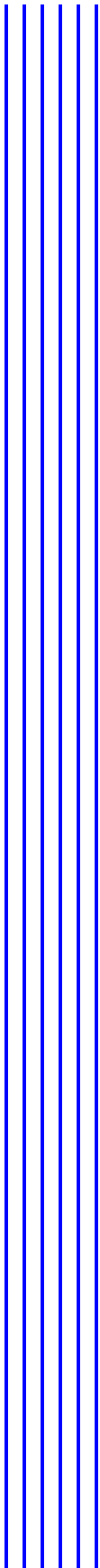
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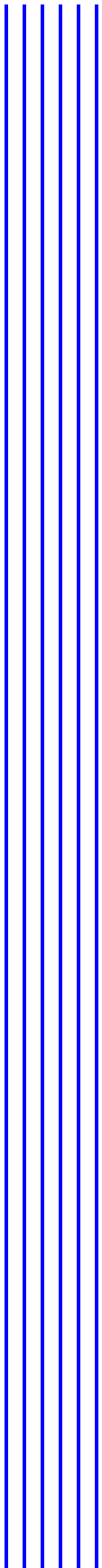




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**From:** [Stacey.Sigmon@uvm.edu](mailto:Stacey.Sigmon@uvm.edu)  
[<mailto:Stacey.Sigmon@uvm.edu>]  
**Sent:** Thursday, August 13, 2015 10:25 AM  
**To:** Allen, Susan  
**Subject:** idea Re: Opiate/heroin brainstorming session  
**Importance:** High





Hi, Sue- it was great to see you a few weeks ago at the opiate brainstorming meeting!

The majority of young Vermonters abusing illicit opioids are using prescription opioids (POs) that they get from family & friend medicine cabinets (vs. drug dealer), a significant proportion of heroin-dependent folks seeking treatment BEGAN their opioid abuse with POs, and PO-related overdoses in

our state are escalating.

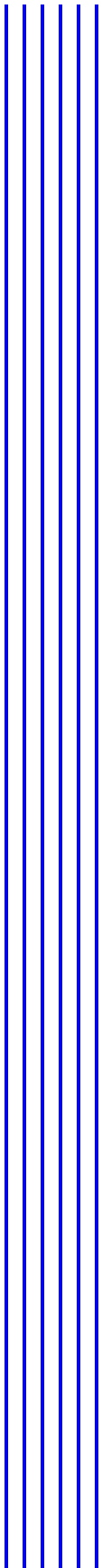
At our brainstorming meeting with the Governor, I mentioned my idea to develop a PO buyback program whereby citizens could, no questions asked, bring in their unused or expired POs in exchange for some modest financial incentives. UVM would partner with law enforcement, DEA and pharmacies to ensure safe and environmentally-responsible disposal according to ONDCP guidelines.

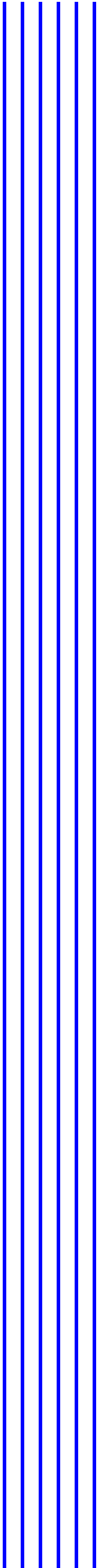
While ONDCP recommends medication disposal guidelines and there have sometimes been events whereby people can drop off their unused meds for safe disposal,  
-- it is unlikely these are effectively targeting the subset of the population whose medications are at highest risk for diversion/misuse  
-- they have tended to focus on prescription meds more generally rather than POs specifically  
-- and the ONDCP discontinued these take-back programs last year.

Such a program could remove thousands of unused opioid doses from Vermont's medicine cabinets and out of circulation for potential misuse, overdose and accidental pediatric exposure/deaths.

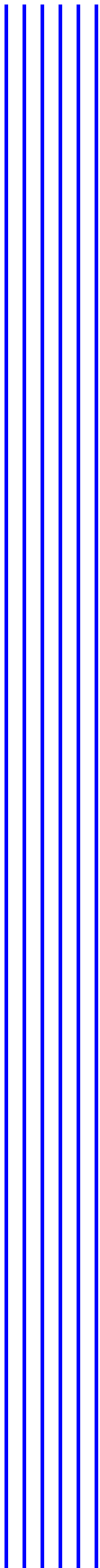
I am considering submitting a NIH grant proposal for Oct 5 to develop and evaluate a pilot of this PO buyback project.

Might the administration be interested in partnering with me on this project? If the State were willing to cover just the costs of the PO disposal component alone (my grant could cover all other costs), it could be a win-win for everyone- it would make this NIH grant proposal highly competitive AND it would represent a very tangible way to demonstrate the State's commitment to tackling Vermont's opioid epidemic by safely taking thousands of potentially-deadly narcotic doses out of circulation for possible abuse, diversion and overdose.

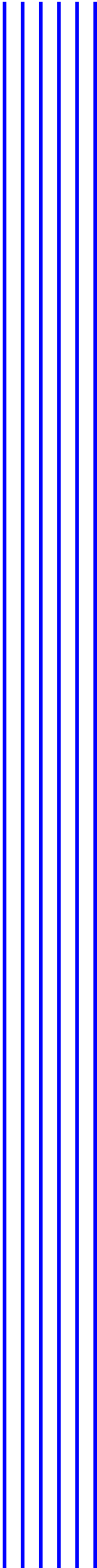




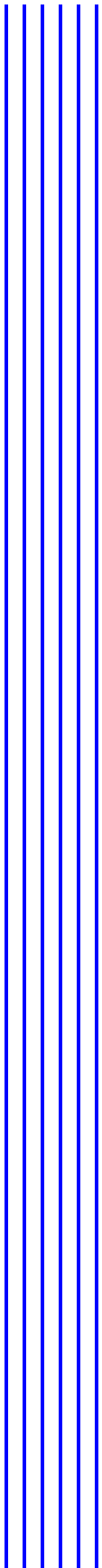
Stacey

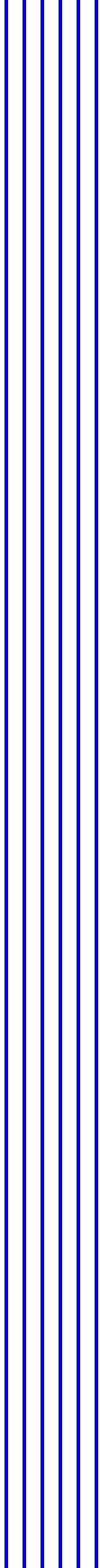


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College of Medicine





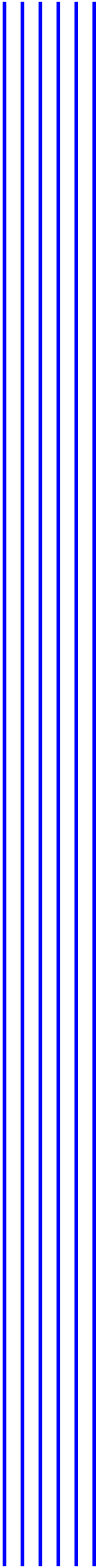
University of Vermont



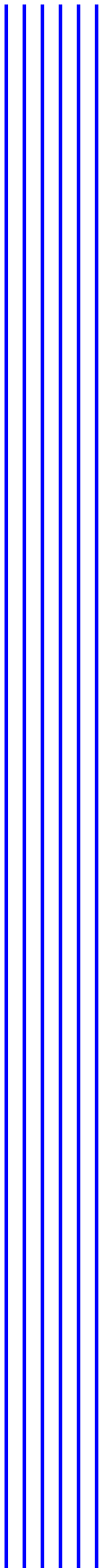
UHC-SATC, Room 1415



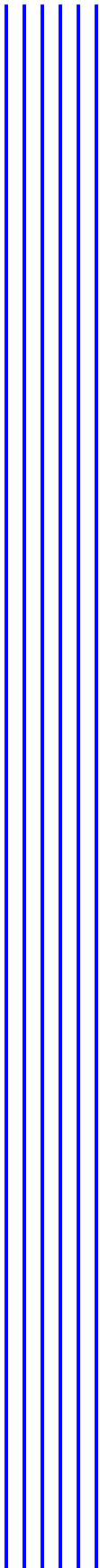
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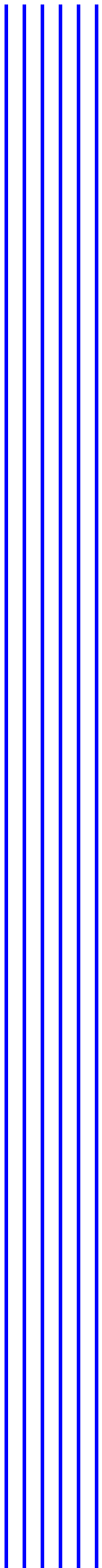
Burlington, VT 05401

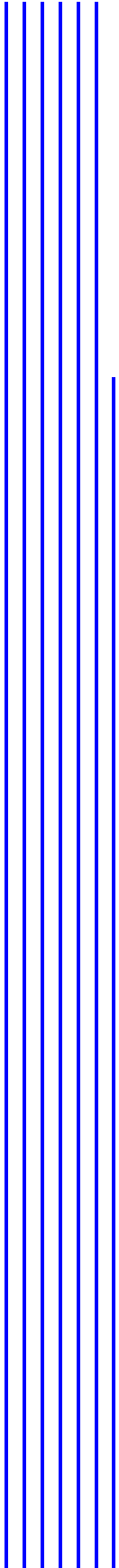


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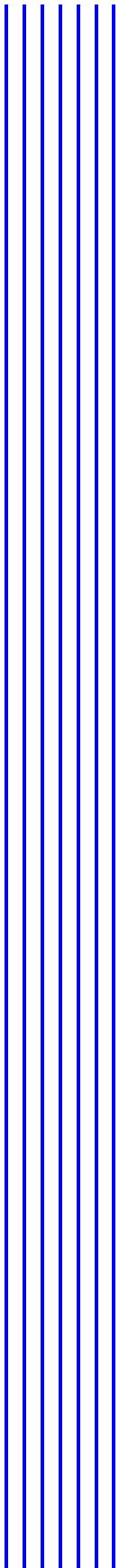


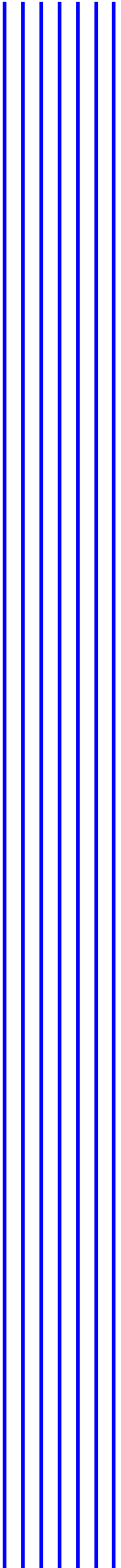
----- Message from "Allen, Susan"  
<[Susan.Allen@state.vt.us](mailto:Susan.Allen@state.vt.us)> -----  
Date: Thu, 16 Jul 2015 16:17:42 +0000  
From: "Allen, Susan"  
<[Susan.Allen@state.vt.us](mailto:Susan.Allen@state.vt.us)>  
Subject: RE: Opiate/heroin brainstorming  
session  
To: "'stacey.sigmon@uvm.edu'"  
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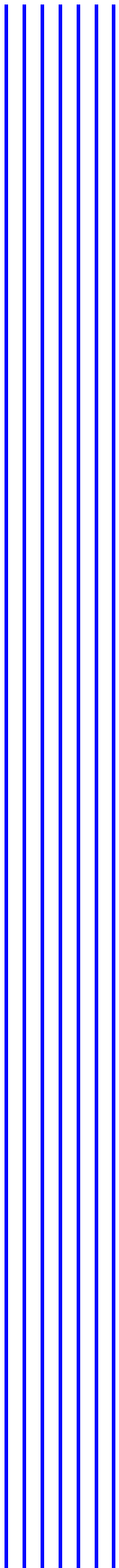


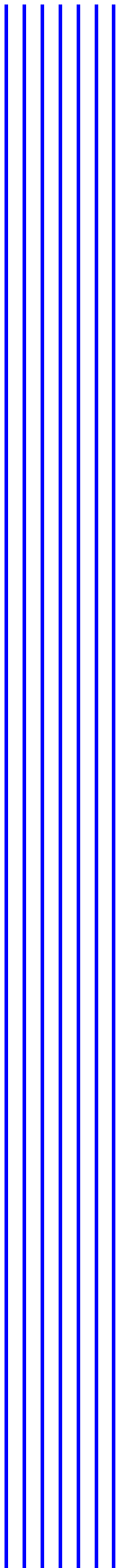
It?s very easy.

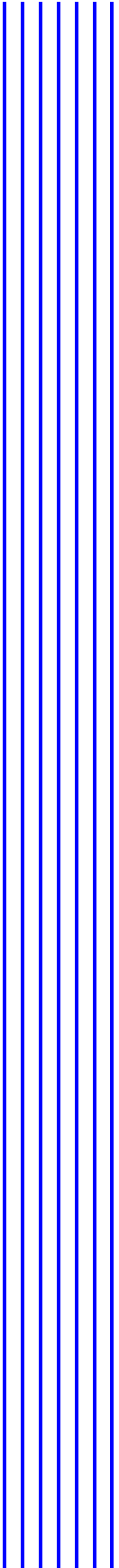




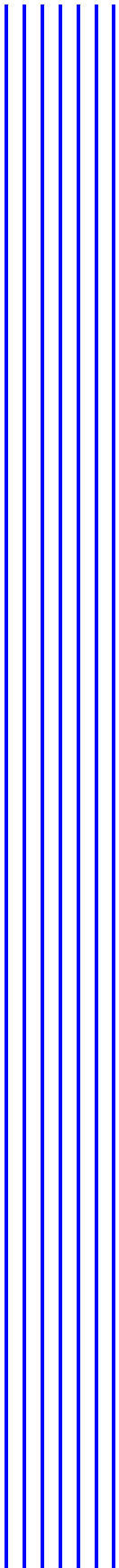
Take Montpelier Exit 8, and make a left at the second light onto Bailey Ave. (high school and credit union on the corner)

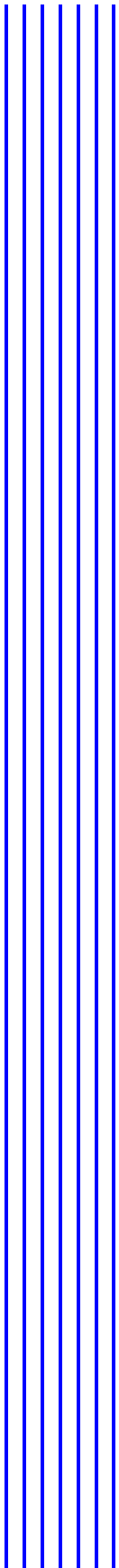


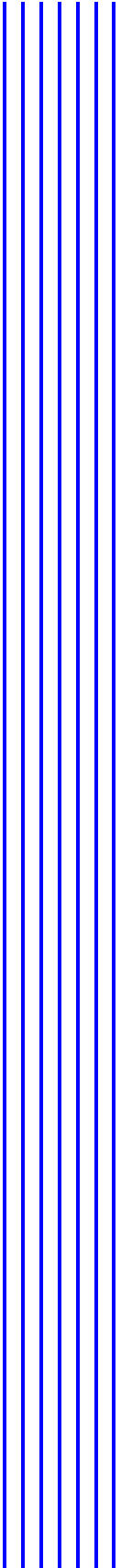




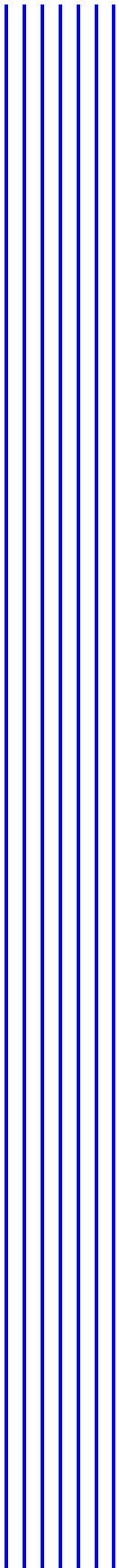
Make your first right onto State Street  
? proceed just past the State House  
and Supreme Court building on left.

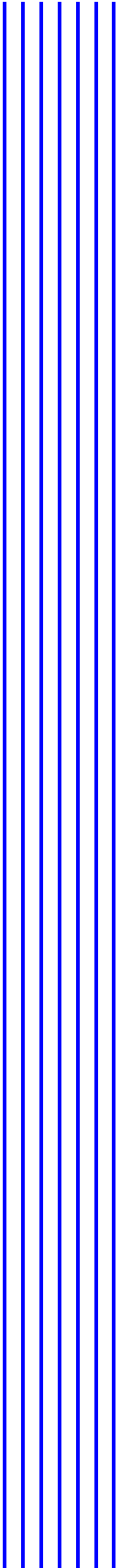




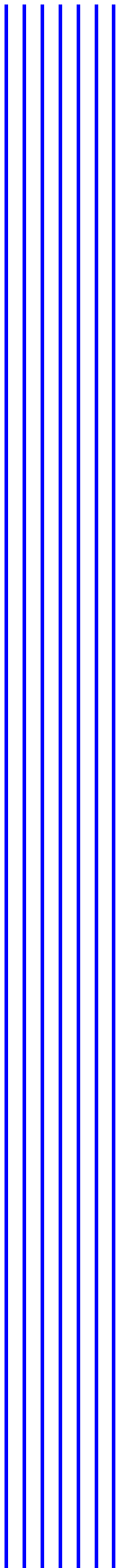


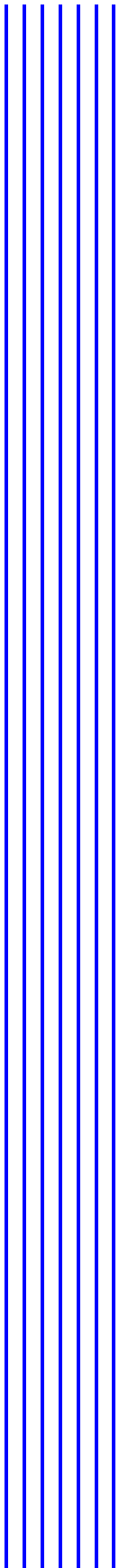
Pavilion Building is the brick building  
with the big porch out front.

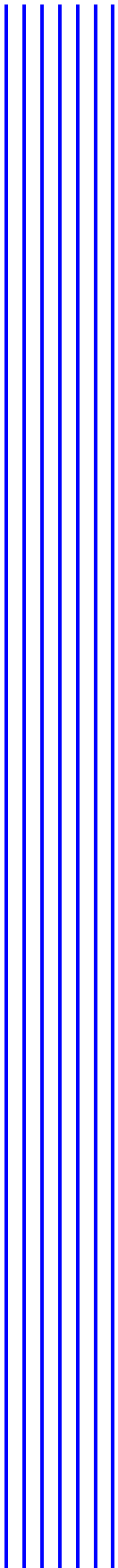


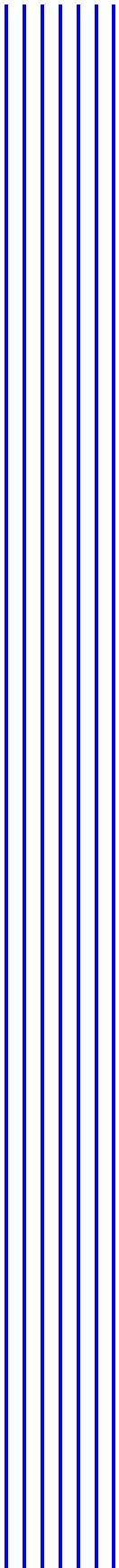
A decorative graphic consisting of ten vertical blue lines of varying heights, arranged in a slightly irregular pattern on the left side of the page.

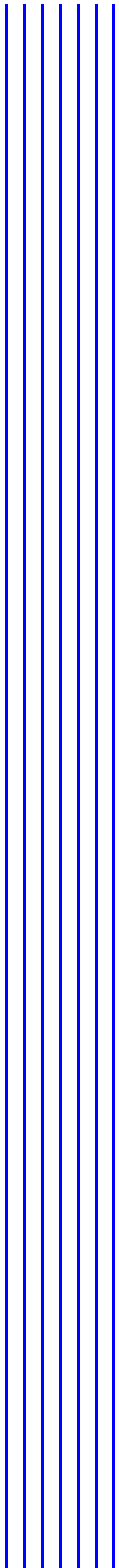
Stop at security as you come into the building. Bring a photo ID (drivers license is fine). They'll send you right up to 5<sup>th</sup> Floor.

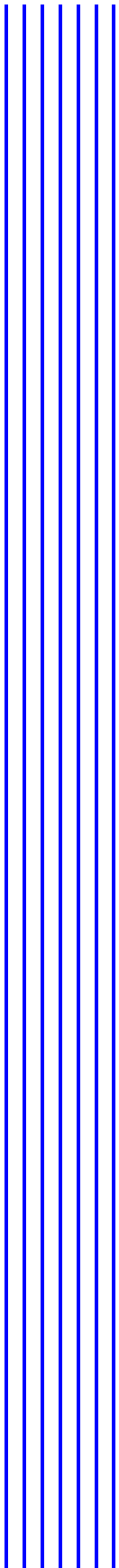




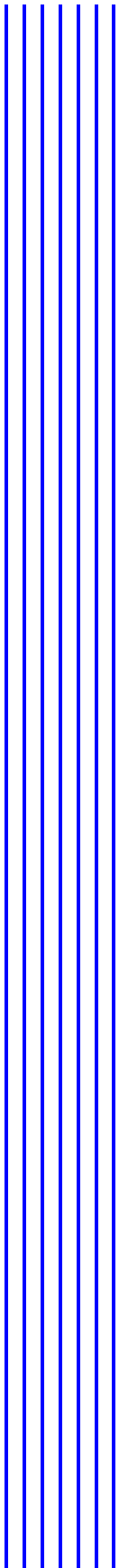


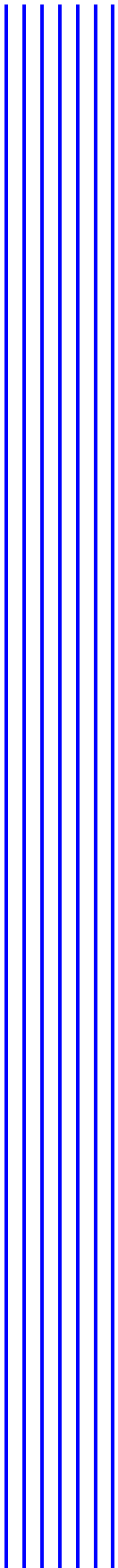


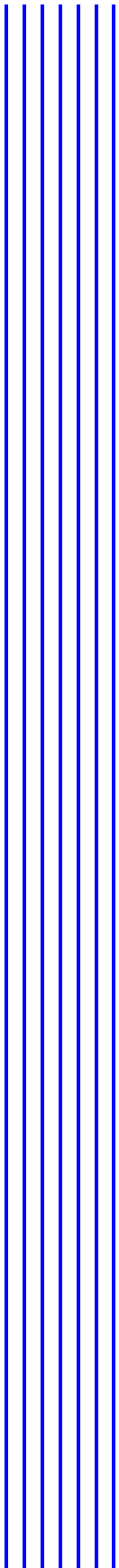


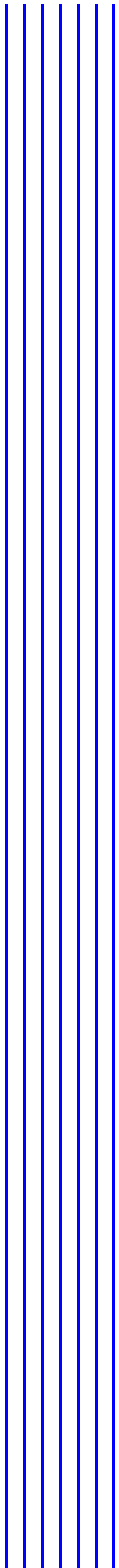


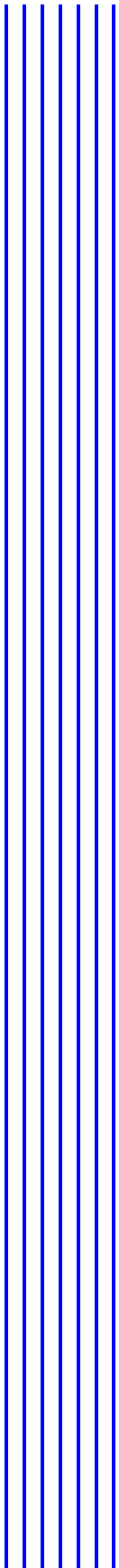
My cell, in case you get lost: 279-8493.  
45 minute trip, probably.

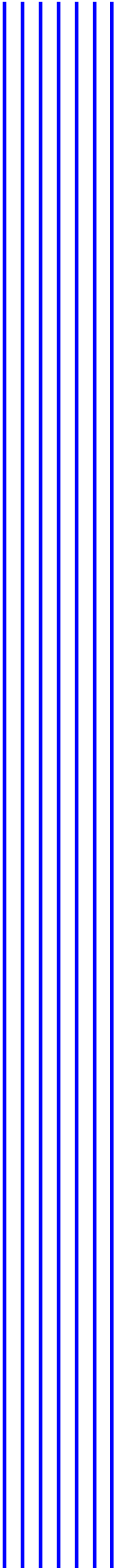




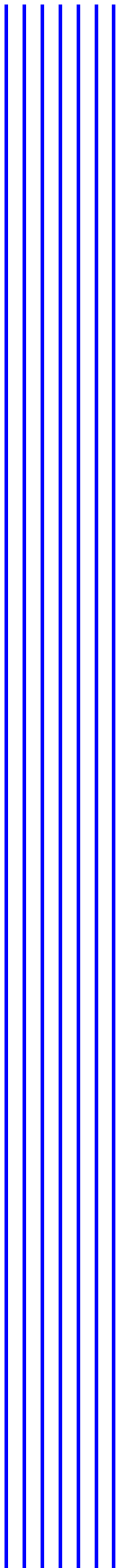


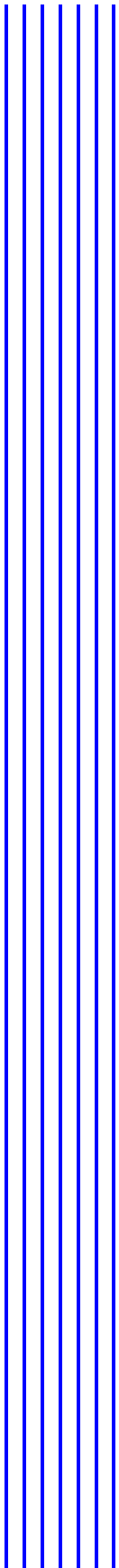


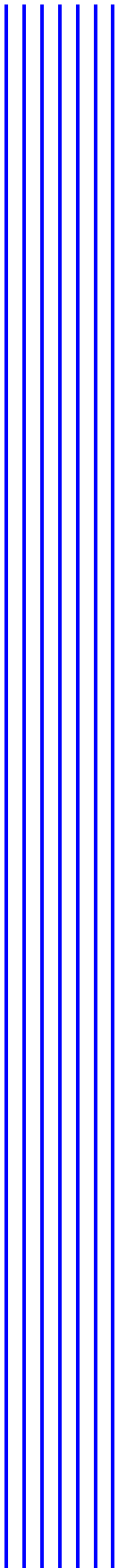


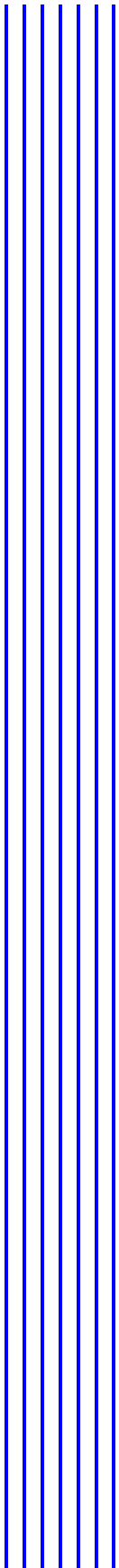
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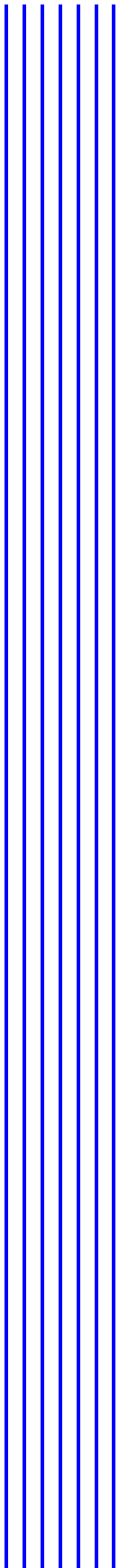
I am so glad you're coming! We've been kind of quiet on this issue, but need to jump start the work.

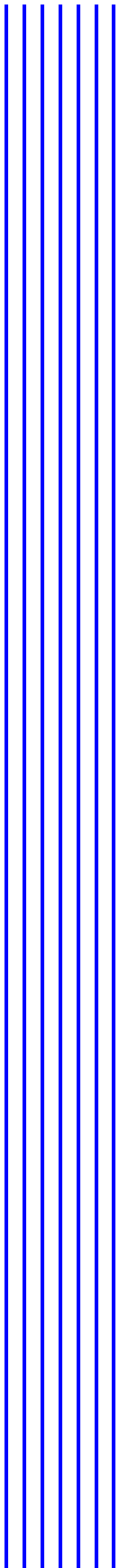


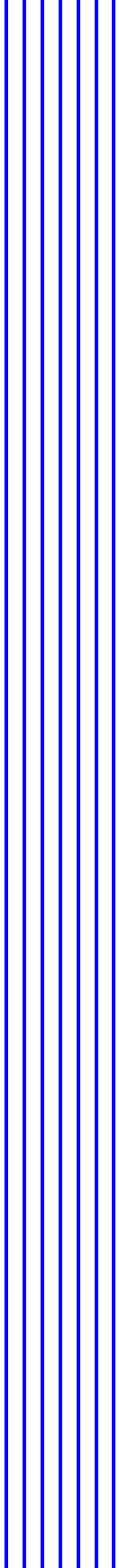




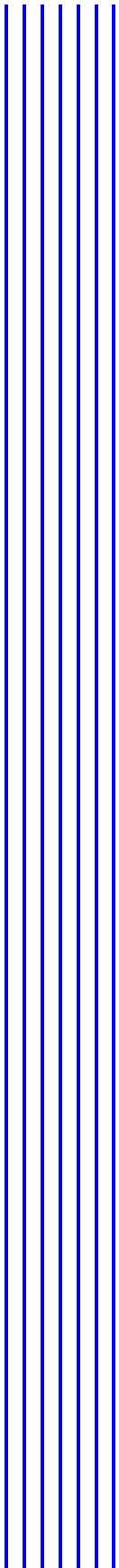


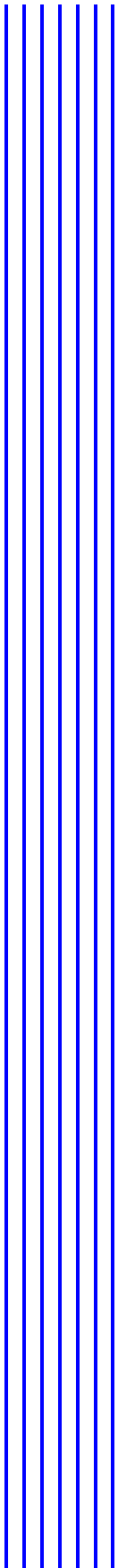


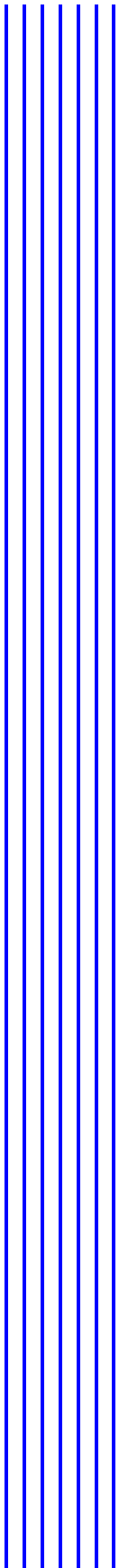


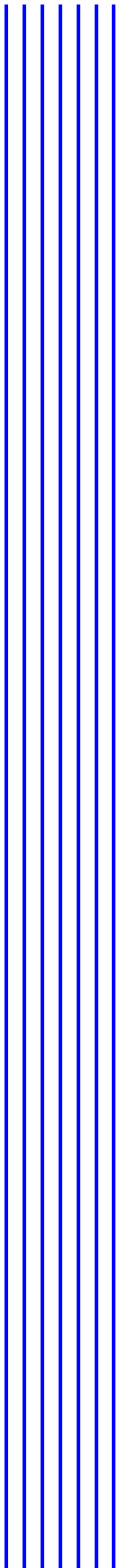


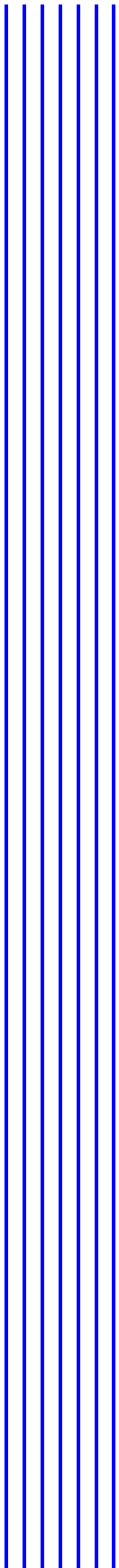
See you Monday!



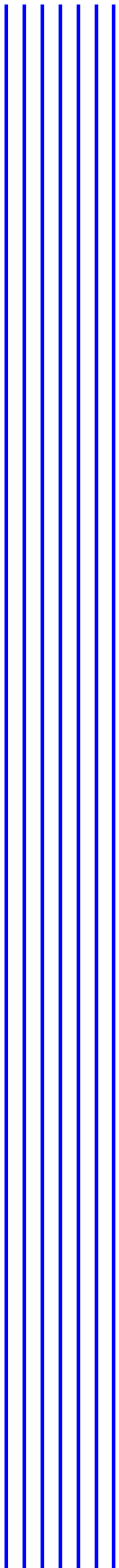


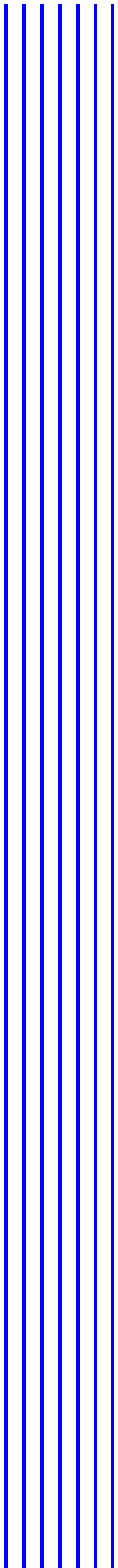


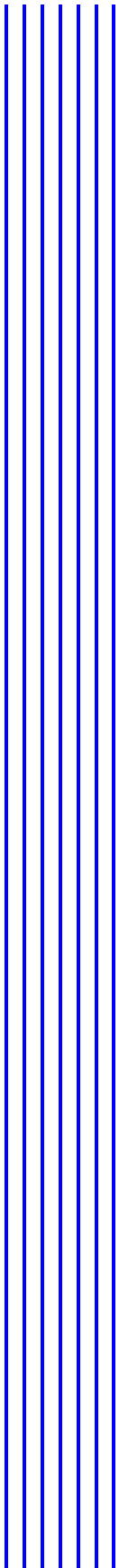


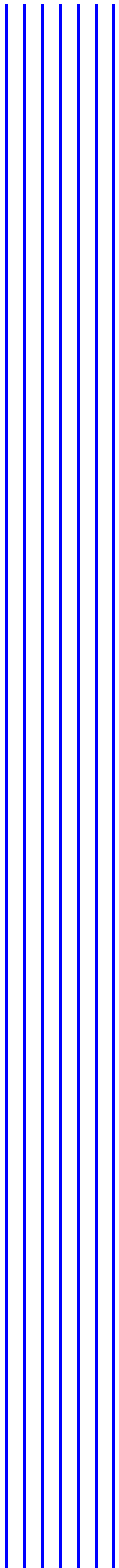


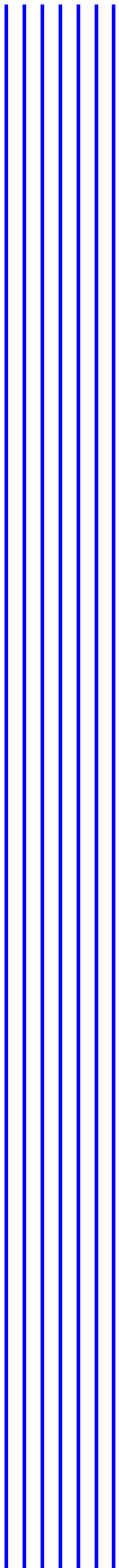
Sue





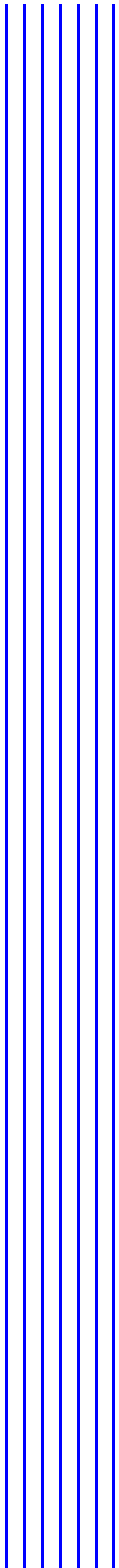


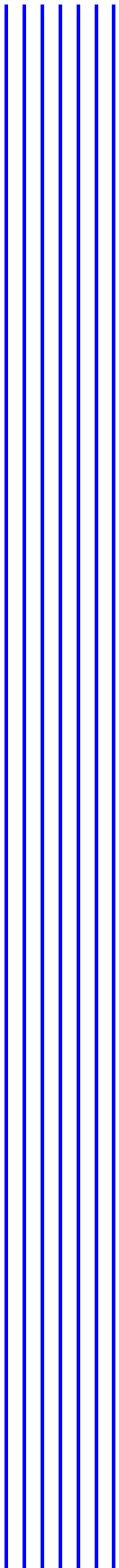


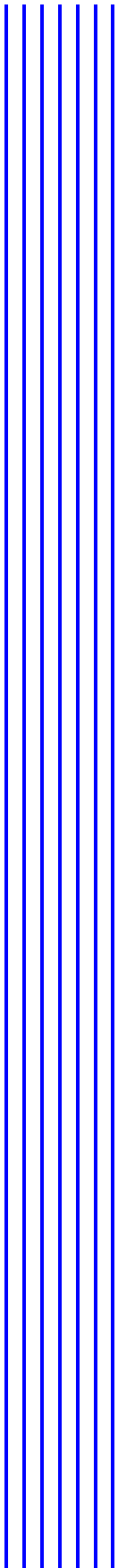


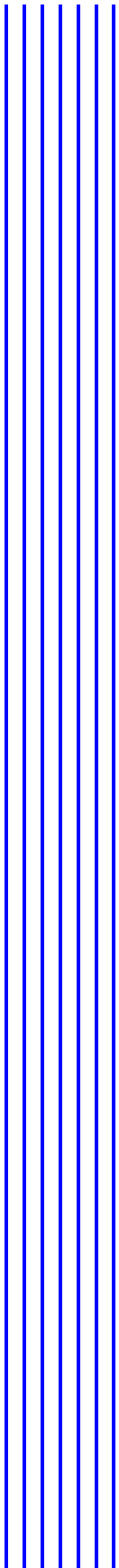
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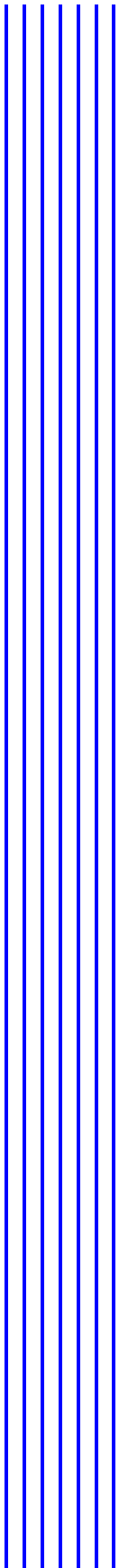
**From:** [Stacey.Sigmon@uvm.edu](mailto:Stacey.Sigmon@uvm.edu)  
[<mailto:Stacey.Sigmon@uvm.edu>]  
**Sent:** Thursday, July 16, 2015 12:10  
PM  
**To:** Allen, Susan  
**Subject:** Re: Opiate/heroin  
brainstorming session

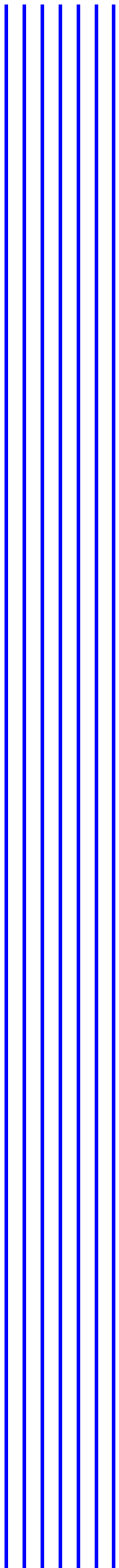


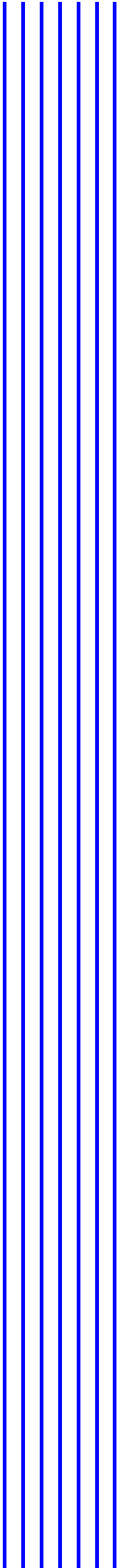




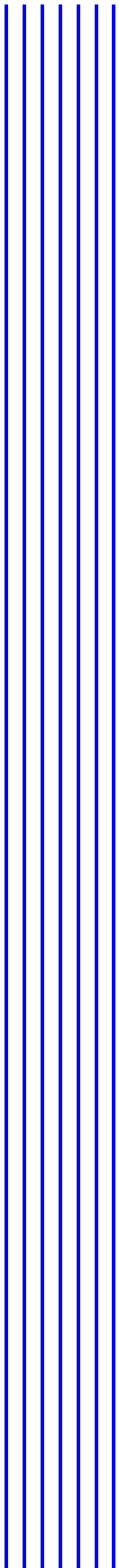


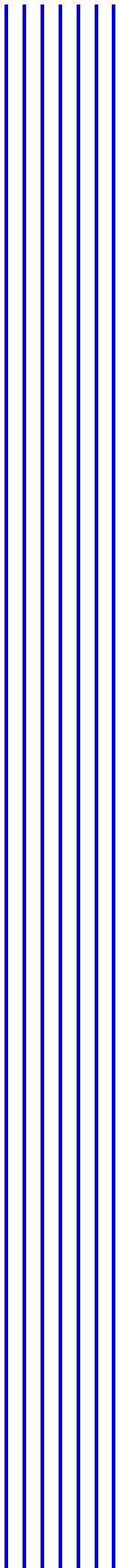




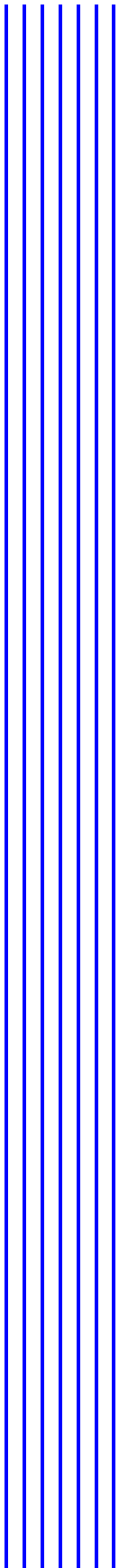


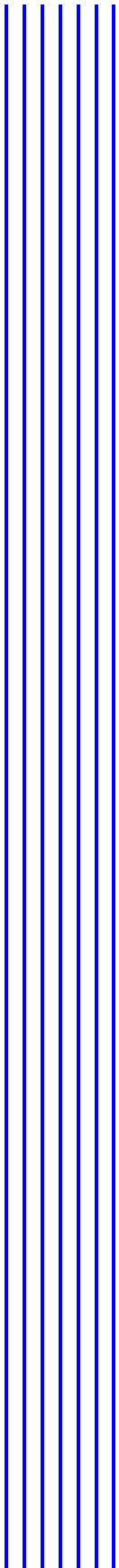
Thanks, Sue- looking forward. Can  
you pls send me exact directions?

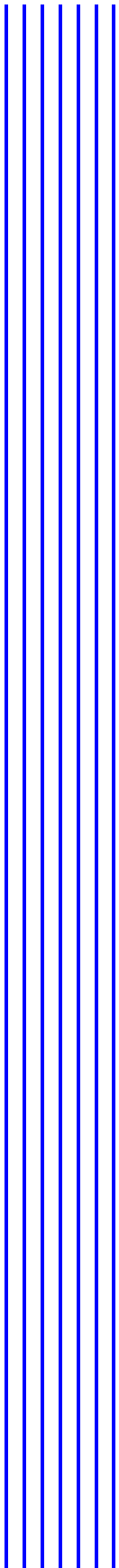




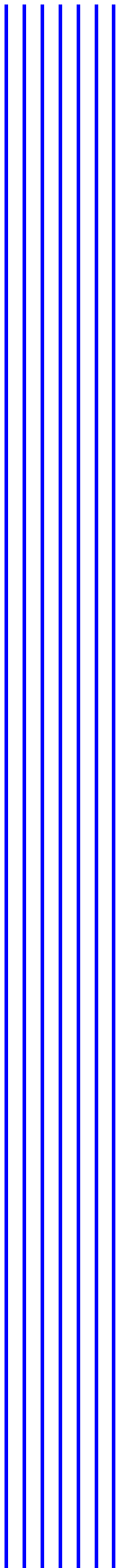
Stacey

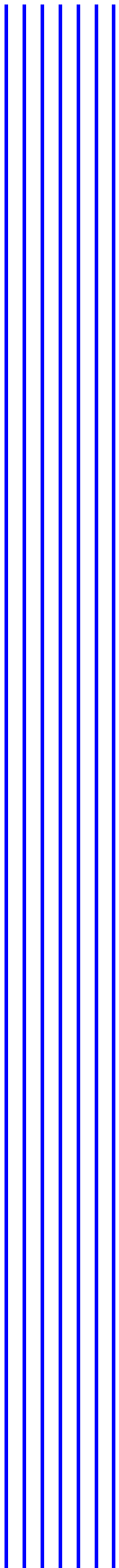


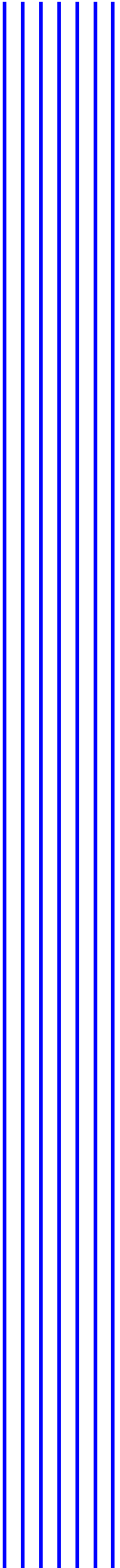




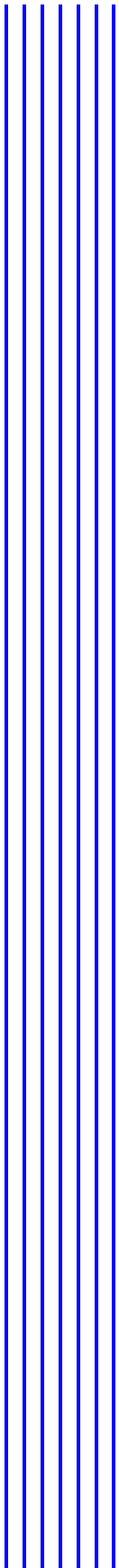
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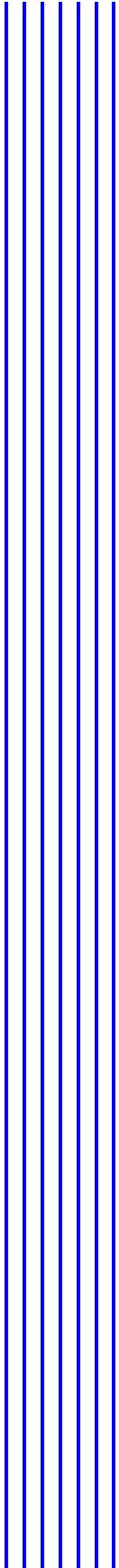




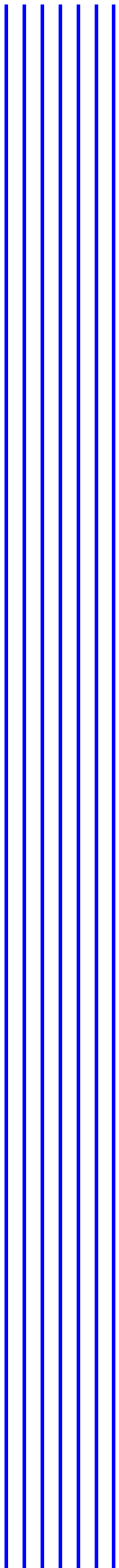
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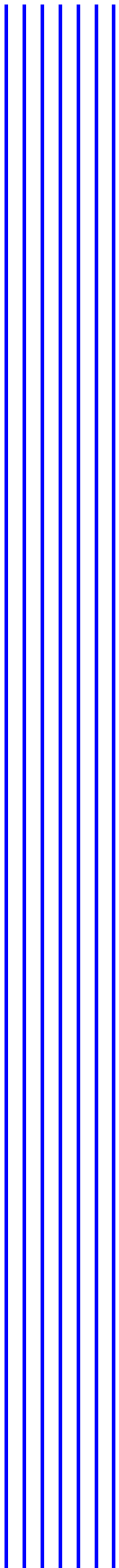
Stacey Sigmon, Ph.D.  
Department of Psychiatry  
College of Medicine

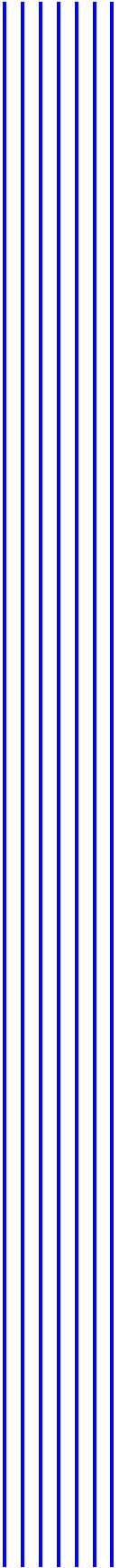




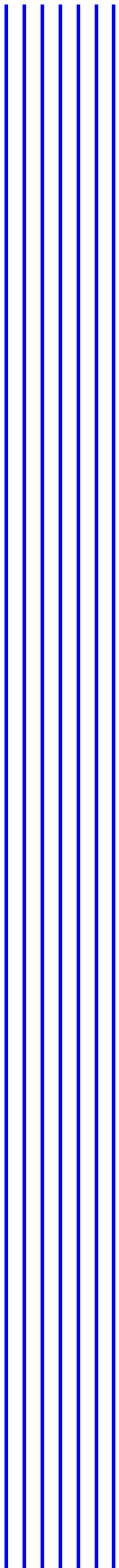
University of Vermont

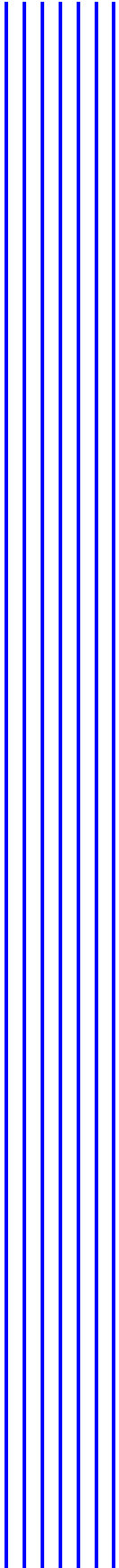




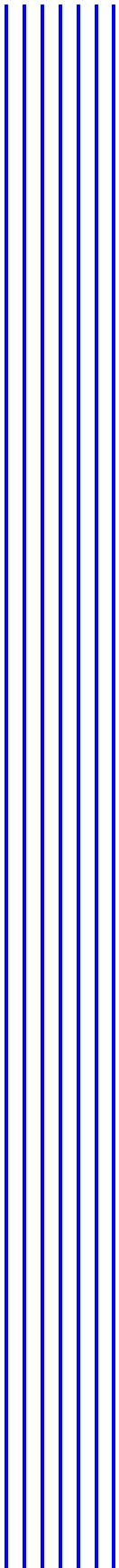


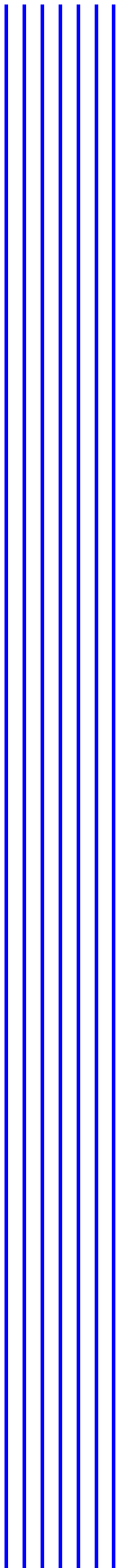
UHC-SATC, Room 1415

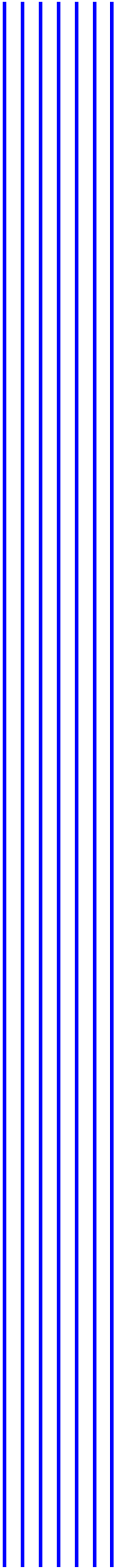




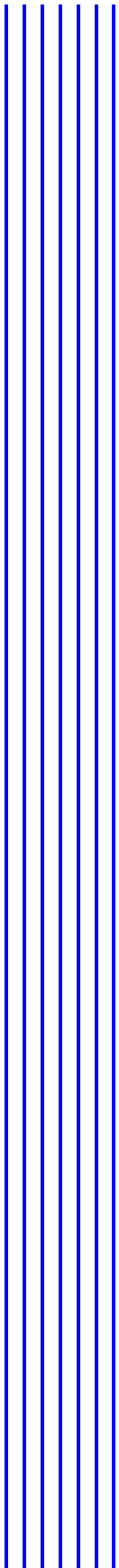
1 S. Prospect Street



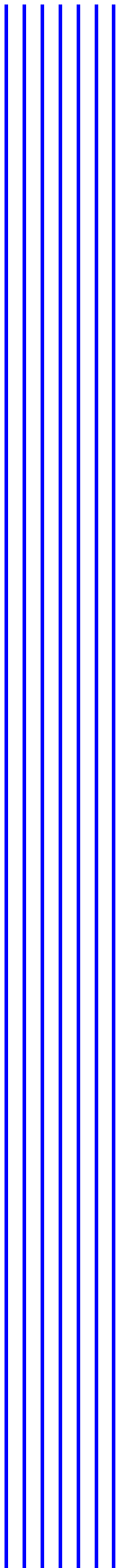


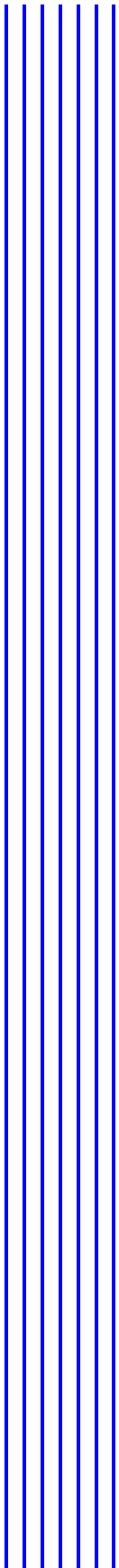


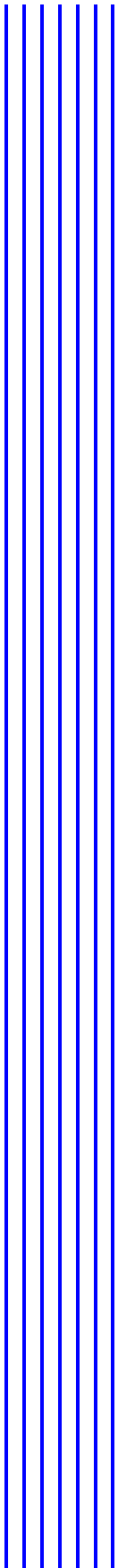
Burlington, VT 05401

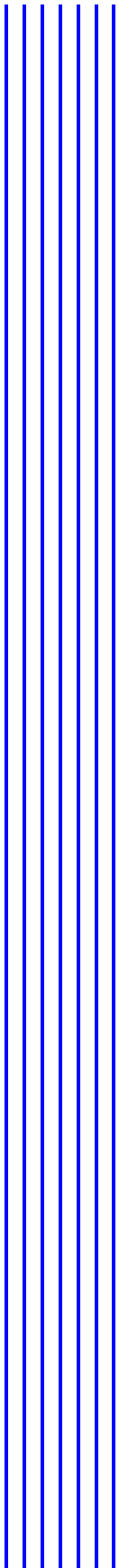


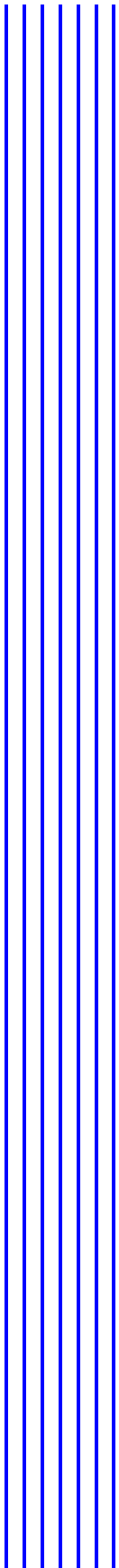
P: (802) 656-9987  
F: (802) 656-5793  
E: [stacey.sigmon@uvm.edu](mailto:stacey.sigmon@uvm.edu)  
<http://www.uvm.edu/medicine/behaviorandhealth/>



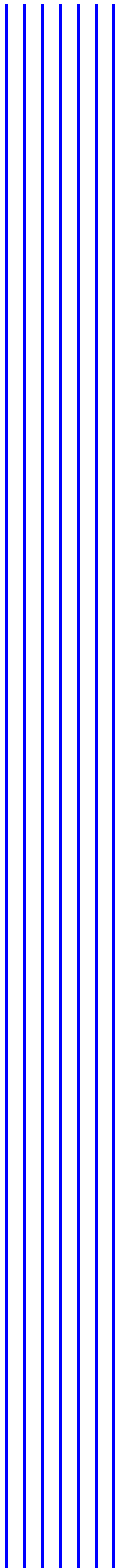


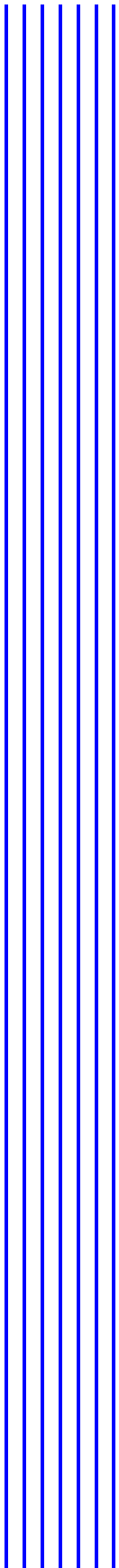




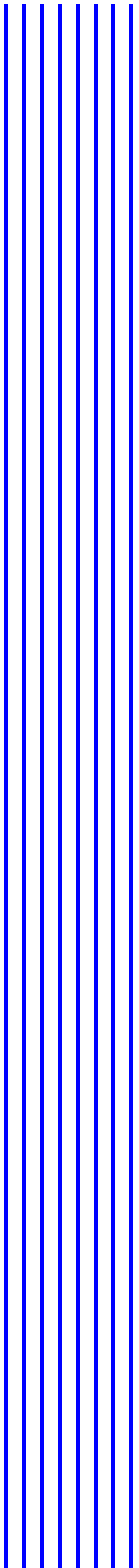


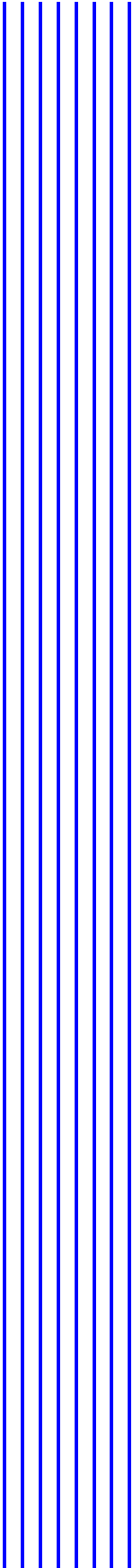
----- Message from "Allen, Susan"  
<[Susan.Allen@state.vt.us](mailto:Susan.Allen@state.vt.us)> -----  
Date: Tue, 14 Jul 2015 20:57:02  
+0000  
From: "Allen, Susan"  
<[Susan.Allen@state.vt.us](mailto:Susan.Allen@state.vt.us)>  
Subject: Opiate/heroin brainstorming  
session  
To: "Cimaglio, Barbara"  
<[barbara.cimaglio@state.vt.us](mailto:barbara.cimaglio@state.vt.us)>,  
"Chen, Harry"  
<[Harry.Chen@state.vt.us](mailto:Harry.Chen@state.vt.us)>, "Cohen,  
Hal" <[Hal.Cohen@state.vt.us](mailto:Hal.Cohen@state.vt.us)>,  
"Pallito, Andy"  
<[Andy.Pallito@state.vt.us](mailto:Andy.Pallito@state.vt.us)>,  
"Springer, Darren"  
<[Darren.Springer@state.vt.us](mailto:Darren.Springer@state.vt.us)>,  
"Donovan, Thomas"  
<[Thomas.Donovan@state.vt.us](mailto:Thomas.Donovan@state.vt.us)>,  
"stacey.sigmon@uvm.edu"  
<[stacey.sigmon@uvm.edu](mailto:stacey.sigmon@uvm.edu)>, "Bick,  
Bob" <[bobb@howardcenter.org](mailto:bobb@howardcenter.org)>,  
'David Mickenberg'  
<[mickenberg@gmail.com](mailto:mickenberg@gmail.com)>



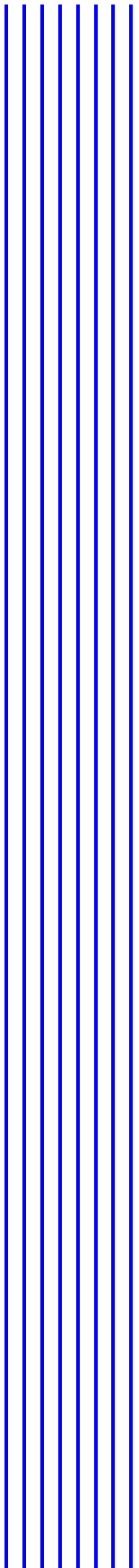


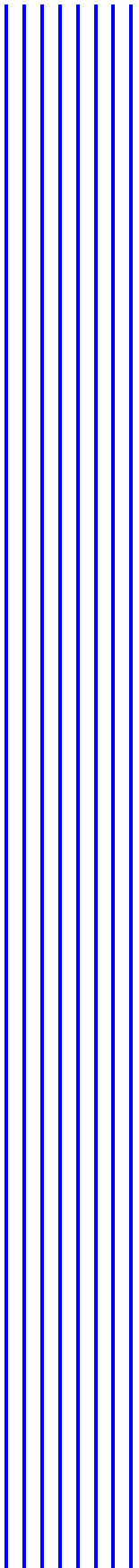
Dial In: (same) 1-877-273-4202

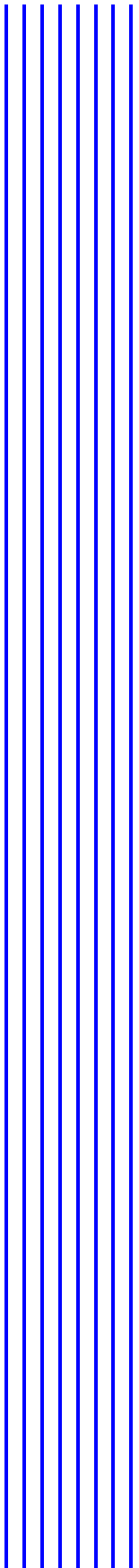


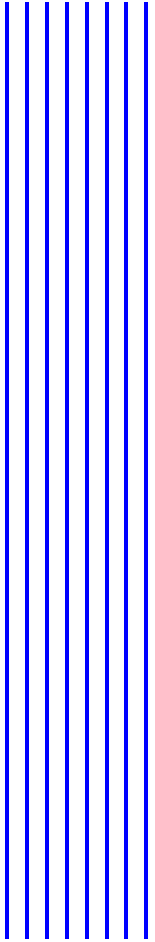


Conference ID: 5165766









----- End message from "Allen, Susan" <[Susan.Allen@vermont.gov](mailto:Susan.Allen@vermont.gov)> -----

January 20, 2016

Stacey Sigmon, Ph.D.  
Department of Psychiatry  
University of Vermont  
1 S. Prospect Street, Room 1415  
Burlington, VT 05401

Dear Stacey,

This letter is written in enthusiastic support of your National Institute of Health grant proposal, "Interim Buprenorphine Treatment to bridge waitlist delays: Stage II evaluation." As you know, in January 2014 I devoted my entire State of the State address to the opioid crisis affecting Vermont. While we have made substantial progress during the intervening two years, our state continues to experience the enormous personal and economic consequences of opioid abuse, just as the rest of the country does.

When you and I met in my office on last summer, we discussed your ongoing NIH-funded project to develop an interim buprenorphine treatment for waitlisted opioid-dependent Vermonters. I am thrilled to see your promising pilot study outcomes showing that provision of medication and monitoring, both aided by portable technology, is substantially reducing heroin and painkiller use as well as IV drug use. I wholeheartedly support your efforts to continue this important work and also applaud your proposed partnerships with rural federally qualified health centers to extend this life-saving treatment beyond Chittenden County.

Your idea is precisely the out-of-the-box, innovative thinking that we need to strengthen our fight against our opioid epidemic. I am fully committed to helping you successfully continue this important project, particularly as Vermont and other states continue to struggle with delays to treatment access. I'm confident that what we accomplish here in Vermont – with the added benefit of your expertise and leadership – can serve as a model for other states grappling with the opioid epidemic. Please know that my office is here to assist you every step of the way.

Sincerely,

Governor Peter Shumlin  
State of Vermont