

Behavioral Health Integration (BHI) Extension for Community Healthcare Outreach (ECHO) Program: Thursdays 12-1pm

Facilitator: Dr. Mahar and Claudia Chavez-Rhoades LPN, CHC
Subject Matter Expert: Kelley Mahar MD, MSU Psychiatry Residents
Grant and IT Support: Andy Chosa MBA
Coordinator: Megan Dixon LPN

Each session will consist of a 15 minute didactic presentation and 45 minutes of case-based learning. Attendees will be asked to submit cases for review during sessions prior to the session.

Mood Disorders in Primary Care (February 2021)

Session 1: Pharmacologic treatment of depression

- Medication or not
 - Major depression vs unspecified depression vs adjustment disorder vs grief
 - Use of PHQ 9 or other rating scales
 - Risks and benefits of medication
- Initial treatment algorithm
 - How to choose the first antidepressant
 - Initial dosing decisions, time frames and optimizing dose
 - Follow up schedule
- Augmentation strategies
 - Switch or augment?
 - Augmentation agents
 - How long to trial augmentation agent

Session 2: Distinguishing between bipolar disorder, major depression, and borderline personality disorder

- Evaluating for evidence of bipolar / bipolar risk
 - How to ask about mania/hypomania history
 - Evaluating family history
- Understand criteria for bipolar disorder vs bpd and how to explain to patient
 - DSM criteria for mania/hypomania, borderline personality disorder
 - Discussing diagnosis with patient
- Treatment strategies bipolar disorder
 - The role of antidepressants
 - Mood stabilizers
 - Lifestyle strategies

Session 3: Assessing and managing suicidality

- Suicide risk factors/asking about suicide
 - Broaching the subject
 - Static vs dynamic risk factors
- Suicide prevention

- Part of treatment planning from the beginning
- Identifying protective factors and factors that will increase risk
- Chronic vs acute risk
 - Identifying imminent/short term risk and intervening
 - Discussion of long-term risk and chronic suicidality

Session 4: Non-pharmacological treatment of depression

- Psychotherapy for depression
 - Cognitive behavioral therapy
 - Supportive psychotherapy
- Nutrient-based treatment
 - Omega 3 Fatty acids
 - Vitamin D, other vitamins/minerals
- Exercise and light treatment
 - Light therapy for SAD
 - The important role of exercise in the treatment of depression

Anxiety Disorders in Primary Care (April 2021)

Session 5: Evaluating and differentiating anxiety types

- How to ask about anxiety
 - How to elicit anxiety symptoms without leading
 - Differentiating between adaptive and pathologic anxiety
- Generalized anxiety vs social anxiety vs panic disorder
 - How to differentiate diagnostically
 - How treatment differs for these forms of anxiety
- Somatic vs cerebral anxiety, anxiety as an adaptive mechanism
 - Explaining adaptive anxiety to patients
 - Somatic v cerebral as an explanation to patients and to guide treatment

Session 6: Pharmacologic approach to anxiety

- Medication or not
 - Risks and benefits
 - Use of GAD 7
 - Adaptive vs pathologic anxiety
- Serotonergic agents, alpha antagonists
 - Use of SSRI / SNRI, dosing strategies, pros and cons
 - Use of alpha antagonists, dosing, pros and cons
 - Beta-blockers, other medications
- Benzodiazepines
 - Pros/cons/risks
 - When is it the right situation to use a benzo?

- Dealing with long term benzo dependence as a contributor to anxiety

Session 7: Trauma/stress related disorders—evaluation and management

- Understanding the impact of trauma
 - ACE study
 - Physiologic consequences of trauma
- Recognizing and treating trauma symptoms
 - Screening for trauma and its impact
 - What happened to you?
 - Often presents as anxiety
- How to provide trauma education
 - Normalizing symptoms as a predictable response to trauma
 - The importance of validation
 - Basic neurobiology of trauma

Session 8: Non-pharmacologic treatment of anxiety

- Relaxation response and mindfulness
 - What's the evidence?
 - How to elicit RR and teach patients to do this
- Cognitive behavioral therapy / re-framing
 - Basics of CBT
 - What is re-framing and how to do this in the office
- Nutrient approaches
 - Omega 3 FA
 - Vitamin D, B12, Folate

Addictions in Primary Care (June 2021)

Session 9: Medication assisted treatment for nicotine, alcohol

- Smoking, alcohol, and cannabis in mental illness: Approaches
 - Prevalence
 - Interaction with mental illness and psychotropic meds
- Chantix, Wellbutrin, nicotine replacement for smoking cessation
 - Why do people with schizophrenia smoke so much?
 - Don't assume they can't or won't quit
 - Pros/cons of each
- Naltrexone, disulfiram, acamprosate for alcohol use disorder
 - Evidence for each
 - Pros/cons for each

Session 10: MAT for opioid use disorder

- Theory, preparations, pros/cons for replacement therapy
 - What are the negatives?

- Anecdotal evidence vs larger studies
- Getting a waiver for buprenorphine
 - Cost and time
 - Patient limits and rules
- Antagonist therapy
 - What is the evidence?
 - Risks and timing of starting

Session 11: Chronic Pain

- Pain neuroscience
 - Current knowledge of pain science
 - Role of education of the patient
 - Reducing pain medication
- Non-pharmacologic approaches
 - Mindfulness based stress reduction
 - Changing language around pain

Session 12: Motivational Interviewing

- Spirit of MI/reflective listening
 - How to improve your reflective listening skills
 - Your values vs the patient's values
 - What motivates people to change?
- Principles of MI
 - Basic principles
 - Stages of change
- Dealing with ambivalence
 - What is ambivalence?
 - Identifying and responding to ambivalence