

AGENDA

Behavioral Health Skills Training

Time	Session																								
8:00-8:10 AM	Opening/Welcome Alexandra Hulst, PhD, LMFT <i>Rocky Mountain Health Plans</i>																								
8:10-9:10 AM	Expanding the Boundaries of Integrated Care: Attending to the Present Moment and Preparing for the Future Moderator: Heather Steele MHA <i>Rocky Mountain Health Plans</i> Jennifer Grote PhD <i>Denver Health</i> Stacy Ogbide PsyD, ABPP, CSOWM <i>UT Health San Antonio</i> Michele Hanna PhD, MSW <i>University of Denver</i>																								
	This moderated panel discussion will offer the chance for thought leaders in integrated care to reflect on key opportunities to expand the boundaries of integrated care to better serve care teams, patients, families, and communities. Sample topics discussed will include preparing for a value-driven future, prioritizing diversity and inclusion in recruiting and retaining integrated care team members, reducing health disparities in vulnerable patient populations, and supporting care team members through challenging times.																								
9:10-9:25 AM	Break																								
9:25-10:10 AM	Discussion Groups Attendees will pick two topics from this list below to engage in 20 minute discussions. Each group will be led by a facilitator who will provide some information about the topic and help engage participants in peer-to-peer learning. <table border="1"><thead><tr><th>Topic</th><th>Facilitator(s)</th></tr></thead><tbody><tr><td>The role of nurses in integrated care</td><td>Lucy Graham, PhD, MPH, RN <i>Colorado Mesa University</i> Ona Ridgway, NP <i>Pathways Family Shelter</i></td></tr><tr><td>Native Americans and behavioral health</td><td>Imo Succo, MSW <i>Southwestern Colorado Area Health Education Center</i></td></tr><tr><td>Avoiding common errors in behavioral health billing</td><td>Chasity Edwards <i>Rocky Mountain Health Plans</i></td></tr><tr><td>Tips for successfully integrating behavioral health providers into primary care</td><td>Shelley Fourney, LCSW <i>Uncompahgre Medical Center</i></td></tr><tr><td>Family dynamics in grief</td><td>Jennifer Bouchet, LCSW <i>Roaring Fork Family Practice</i></td></tr><tr><td>Systemic treatment of autism</td><td>Justin Romney, MS, MFTC <i>St. Mary's Family Medicine Residency</i></td></tr><tr><td>Partnering with RMHP's care management department</td><td>Violet Willett, MHA <i>Rocky Mountain Health Plans</i></td></tr><tr><td>Working with people with disabilities</td><td>Terry Chase, MA, ND, RN <i>Colorado Mesa University</i></td></tr><tr><td>LGBT health</td><td>Alicia Gutierrez, LCSW <i>St. Mary's Family Medicine Residency</i></td></tr><tr><td>Exploring tobacco use and nicotine vaping with patients</td><td>Kevin Hughes, BS, CAS, CPS II Carolyn Swenson, MSPH, MSN, RN <i>Peer Assistance Services</i></td></tr><tr><td>What integrated behavioral health providers should know about HCC risk scoring and CPT II coding</td><td>Rae Sanchez, MSA, BHA, CPC, CDEO, Certified PFP</td></tr></tbody></table>	Topic	Facilitator(s)	The role of nurses in integrated care	Lucy Graham, PhD, MPH, RN <i>Colorado Mesa University</i> Ona Ridgway, NP <i>Pathways Family Shelter</i>	Native Americans and behavioral health	Imo Succo, MSW <i>Southwestern Colorado Area Health Education Center</i>	Avoiding common errors in behavioral health billing	Chasity Edwards <i>Rocky Mountain Health Plans</i>	Tips for successfully integrating behavioral health providers into primary care	Shelley Fourney, LCSW <i>Uncompahgre Medical Center</i>	Family dynamics in grief	Jennifer Bouchet, LCSW <i>Roaring Fork Family Practice</i>	Systemic treatment of autism	Justin Romney, MS, MFTC <i>St. Mary's Family Medicine Residency</i>	Partnering with RMHP's care management department	Violet Willett, MHA <i>Rocky Mountain Health Plans</i>	Working with people with disabilities	Terry Chase, MA, ND, RN <i>Colorado Mesa University</i>	LGBT health	Alicia Gutierrez, LCSW <i>St. Mary's Family Medicine Residency</i>	Exploring tobacco use and nicotine vaping with patients	Kevin Hughes, BS, CAS, CPS II Carolyn Swenson, MSPH, MSN, RN <i>Peer Assistance Services</i>	What integrated behavioral health providers should know about HCC risk scoring and CPT II coding	Rae Sanchez, MSA, BHA, CPC, CDEO, Certified PFP
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		<i>Rocky Mountain Health Plans</i> Maximizing the use of bachelors level social work interns in healthcare Michelle Sunkel, DSW, LCSW, LAC, MBE <i>Colorado Mesa University</i>						
10:10-10:25 AM		Break						
		<p>Practice Advisory Session Sara Jordan, BS, MS <i>Rocky Mountain Health Plans</i></p> <p>Got feedback? We are eager to learn from you! Similar to the way your practice elicits feedback from patients through patient family advisory councils (PFACs) and surveys, the Clinical Quality Improvement Team is interested in gathering insights from you to help us better meet practices' needs. This Practice Advisory Session provides us an opportunity to collect practice perspectives and ideas regarding practice transformation support offerings, tools, resources, learning collaboratives, communications, and much more as they relate to behavioral health integration and whole-person health.</p>						
10:25-10:45 AM		<p>Student and Resident Gathering Randall Reitz, PhD, LMFT <i>St. Mary's Family Medicine Residency</i></p>						
		<p>End of Life in Our Time</p> <table> <tr> <td>Randall Reitz, PhD, LMFT <i>St. Mary's Family Medicine Residency</i></td> <td>Bethany Price, DO <i>St. Mary's Family Medicine Residency</i></td> <td>Amy Davis, MD <i>St. Mary's Family Medicine Residency</i></td> </tr> <tr> <td>Paul Simmons, MD <i>St. Mary's Family Medicine Residency</i></td> <td>Lucy Graham, PhD, MPH, RN <i>Colorado Mesa University</i></td> <td></td> </tr> </table> <p>The United States is suffering a death crisis. Our healthcare system has proven heroically adept at prolonging life, but at extreme cost to the dying, their loved ones, and our communities. This is especially relevant with the COVID pandemic and the passage of a physician-assisted suicide law in Colorado. This multi-media exposition will deconstruct death in America through interwoven narratives, providing a challenge to team-based care systems to expand access to holistic end-of-life care.</p>	Randall Reitz, PhD, LMFT <i>St. Mary's Family Medicine Residency</i>	Bethany Price, DO <i>St. Mary's Family Medicine Residency</i>	Amy Davis, MD <i>St. Mary's Family Medicine Residency</i>	Paul Simmons, MD <i>St. Mary's Family Medicine Residency</i>	Lucy Graham, PhD, MPH, RN <i>Colorado Mesa University</i>	
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10:50-11:50 AM								
11:50-12:45 PM		Lunch Break						
		<p>Should've Been a Cowboy Rebecca Edlund <i>Colorado Farm Bureau</i></p> <p>Every kid's dream and the roots of any good country song is a fairytale steeped in the real, beautiful, and hard realities of farming and ranching, the very backbone of our society. It's the brutal. How do we care well for this population that registers chart-topping suicide rates to ensure a stronger, healthier future? In this session, you'll hear the brutal stories of Colorado's farm families and learn practical exercises that you can teach them; directly applicable and practical resources that can save lives.</p>						
12:45-2:15 PM								

"Where Do I Start?"
Chronic Disease Management for Behavioral Health Consultants

Stacy Ogbeide, PsyD, ABPP, CSOWM
UT Health San Antonio

The purpose of this workshop is to provide Behavioral Health Consultants (BHCs) working in primary care with the necessary skills to understand medical sequelae and comorbidities of the following chronic diseases common in primary care: hypertension and obesity. BHCs will learn about psychiatric symptom "mimics", medications for these conditions, and how to modify behavioral interventions for improved chronic disease management.

2:15-2:30 PM

Break

Assessment and Treatment of Attention-Deficit/Hyperactivity Disorder in the Primary Care Setting

Frank P. James, MD, JD, DFASAM, FACLM
Chelsea Arata, RN, MSN, PHMNP-BC
Mind Springs Health

This presentation will include information related to assessing and treating symptoms of child and adolescent and adult ADHD in the primary care setting. It will include information related to the diagnostic criteria for ADHD, considerations when assessing ADHD in the primary care setting, and evidenced based treatment strategies for ADHD. Common psychotropic medications for treating ADHD will also be discussed.

**Eating Disorders in Primary Care:
Best Practices to Partner in Recovery**

Alexandra Harrison, LCSW
Eating Recovery Center

2:30-3:15 PM

Eating disorders thrive in privacy and secrecy. Because of this, they can be easy to miss in the primary care setting. In this workshop, you'll learn how to better identify eating disorders (including the less traditional ED diagnoses), learn best practices for supporting patients in the outpatient setting, and identify markers for when to refer to a higher level of care.

**Improving Patient Outcomes by Integrating
Families in Substance Use Treatment**

Ryan Jackman, MD
St. Mary's Integrated Addiction Medicine Clinic

Jessica Stephen Premo, PhD, LMFT
St. Mary's Integrated Addiction Medicine Clinic

Family involvement in an individual's substance use treatment has been shown to have a positive impact on a variety of patient outcomes, including increased sober time, a decrease in the number and severity of relapses, and decreased depressive symptoms (Shumway et al., 2011). Additionally, patients benefit from family involvement and experience positive outcomes such as decreased family stress and conflict and increased feelings of family cohesion. In this session, you will learn how to engage patients' families in care, gather collateral information, and implement early interventions. Possible difficulties and solutions for working with family members will be discussed, and take-home resources will be provided.