

AGENDA

Behavioral Health Skills Training

Time	Session			
8:00-8:10 AM	Opening/Welcome Alexandra Hulst, PhD, LMFT Rocky Mountain Health Plans			
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 Rocky Mountain Health Plans	Jennifer Grote PhD Denver Health	Stacy Ogbeide PsyD, ABPP, CSOWM UT Health San Antonio	Michele Hanna PhD, MSW University of Denver
	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.			
	Topic		Facilitator(s)	
	The role of nurses in integrated care		Lucy Graham, PhD, MPH, RN Colorado Mesa University Ona Ridgway, NP Pathways Family Shelter	
	Native Americans and behavioral health		Imo Succo, MSW Southwestern Colorado Area Health Education Center	
	Avoiding common errors in behavioral health billing		Chasity Edwards Rocky Mountain Health Plans	
	Tips for successfully integrating behavioral health providers into primary care		Shelley Fourney, LCSW Uncompahgre Medical Center	
	Family dynamics in grief		Jennifer Bouchet, LCSW Roaring Fork Family Practice	
	Systemic treatment of autism		Justin Romney, MS, MFTC St. Mary's Family Medicine Residency	
	Partnering with RMHP's care management department		Violet Willett, MHA Rocky Mountain Health Plans	
	Working with people with disabilities		Terry Chase, MA, ND, RN Colorado Mesa University	
	LGBT health		Alicia Gutierrez, LCSW St. Mary's Family Medicine Residency	
	Exploring tobacco use and nicotine vaping with patients		Kevin Hughes, BS, CAS, CPS II Carolyn Swenson, MSPH, MSN, RN Peer Assistance Services	
	What integrated behavioral health providers should know about HCC risk scoring and CPT II coding		Rae Sanchez, MSA, BHA, CPC, CDEO, Certified PFP	

		<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	
10:25-10:45 AM	Practice Advisory Session Sara Jordan, BS, MS <i>Rocky Mountain Health Plans</i> 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.	
	Student and Resident Gathering Randall Reitz, PhD, LMFT <i>St. Mary's Family Medicine Residency</i>	
10:50-11:50 AM	End of Life in Our Time <div> <div>Randall Reitz, PhD, LMFT <i>St. Mary's Family Medicine Residency</i></div> <div>Bethany Price, DO <i>St. Mary's Family Medicine Residency</i></div> <div>Amy Davis, MD <i>St. Mary's Family Medicine Residency</i></div> <div>Paul Simmons, MD <i>St. Mary's Family Medicine Residency</i></div> <div>Lucy Graham, PhD, MPH, RN <i>Colorado Mesa University</i></div> </div>	
	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.	
11:50-12:45 PM	Lunch Break	
12:45-2:15 PM	Should've Been a Cowboy Rebecca Edlund <i>Colorado Farm Bureau</i>	
	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 brutiful. 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 brutiful 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>“Where Do I Start?”</p> <p>Chronic Disease Management for Behavioral Health Consultants</p> <p>Stacy Ogbeide, PsyD, ABPP, CSOWM <i>UT Health San Antonio</i></p> <p>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.</p>
2:15-2:30 PM	<p>Break</p>
2:30-3:15 PM	<p>Assessment and Treatment of Attention-Deficit/Hyperactivity Disorder in the Primary Care Setting</p> <p>Frank P. James, MD, JD, DFASAM, FACLM Chelsea Arata, RN, MSN, PHMNP-BC <i>Mind Springs Health</i></p> <p>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.</p>
	<p>Eating Disorders in Primary Care: Best Practices to Partner in Recovery</p> <p>Alexandra Harrison, LCSW <i>Eating Recovery Center</i></p> <p>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.</p>
	<p>Improving Patient Outcomes by Integrating Families in Substance Use Treatment</p> <p>Ryan Jackman, MD <i>St. Mary's Integrated Addiction Medicine Clinic</i></p> <p>Jessica Stephen Premo, PhD, LMFT <i>St. Mary's Integrated Addiction Medicine Clinic</i></p> <p>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.</p>