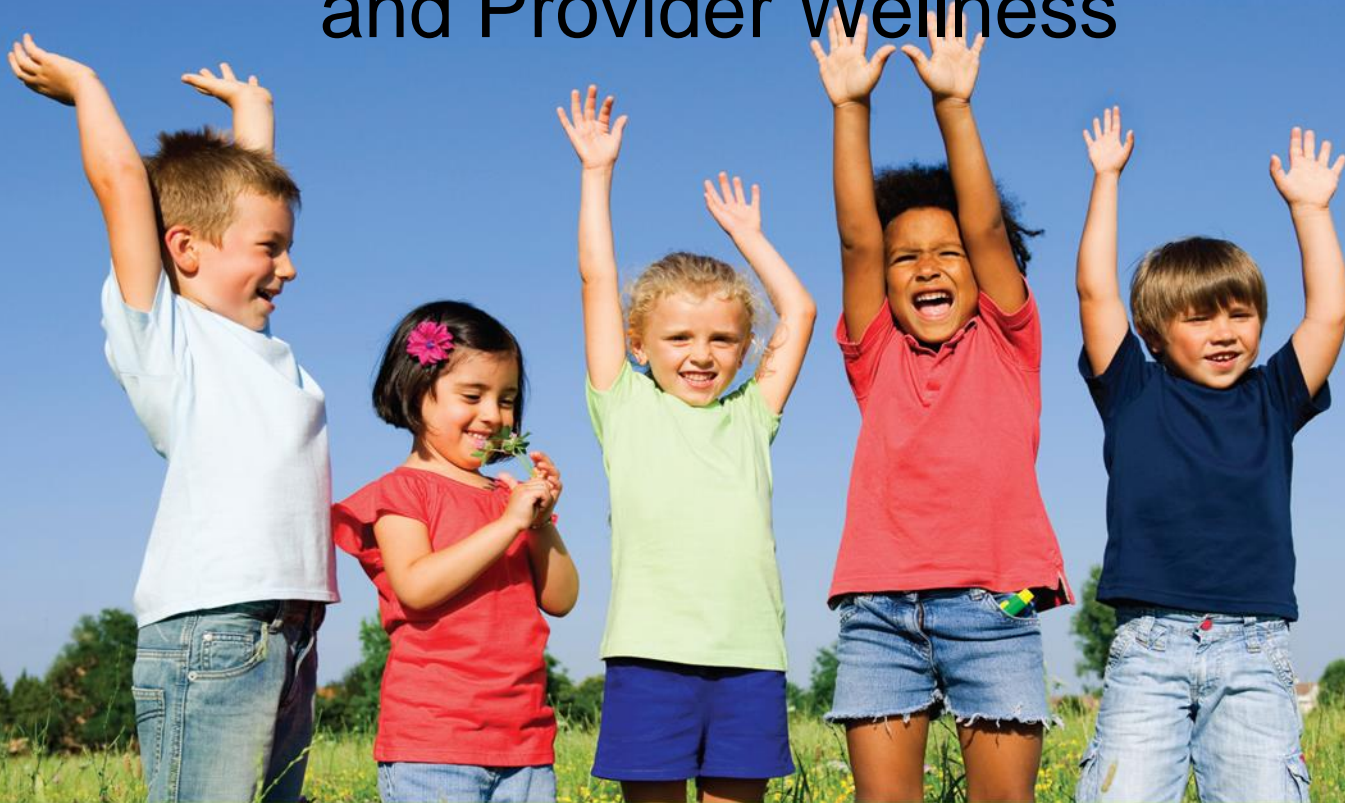# Caring for our Patients
Caring for Ourselves

Adolescent Mental Health and Substance Use and Provider Wellness

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Taking the Next Steps:
What can you do by next Thursday?

"If you don't get started in the next 2 weeks, it's much harder"
- paraphrased from Jody Kamon, PhD

Particularly true of changes in clinical practice like SBIRT or Brief Negotiated Interviews

1. Office Systems Inventory
2. Practice Behavioral Health Integration Survey

Questions to get started?

S – Screening: Are screening protocols needed?
- Do you need a screening tool? Do you need a different screening tool than currently in use?
- Are there systems changes to enhance your screening?

BI – Brief Intervention: How will you start this?
- Is there further training and support you can connect with?
- How can you incorporate some tools into practice?

RT – Referral to Treatment:
- Do you know your local resources?
- Who do you need to talk to?

Was there an "aha" moment from today?

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Not a Provider? What are your next steps?

1. <u>Non-provider</u>: Who are the providers in your area who are caring for adolescents with mental health and substance use concerns? Have you connected with them?

2. <u>Community agency</u>: How easy is it for health providers to refer families to you for help? Is there any communication back to them?

3. <u>Policy person</u>: As you think about policy or systems, are you reaching out to get feedback from health providers caring for adolescents? Are they involved?

4. <u>Family</u>: Is your provider (or adolescent's provider) open to your input, particularly around screening for adolescent mental health and substance use concerns?

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Provider Wellness: How to focus on self-care while caring for others

- Laurel Leslie, MD – QI has the opportunity to improve how we feel about our work
  - Working in collaborative teams
  - Improving the effectiveness and impact of what we do

- Anya Koutras, MD – "How do we improve our day to day lives in medicine?
  - Acknowledgement
  - Gratitude
  - Community

How do these ideas play into your next steps as an individual/group?

Discuss at your table over the next 5-10 minutes

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Final thoughts to share

Would anyone be willing to share

- Their next steps?

- Any "aha" moments from today?

- Any thoughts about next year's CHAMP topic?

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Thank You!

MOC Participants must stay
for the next section