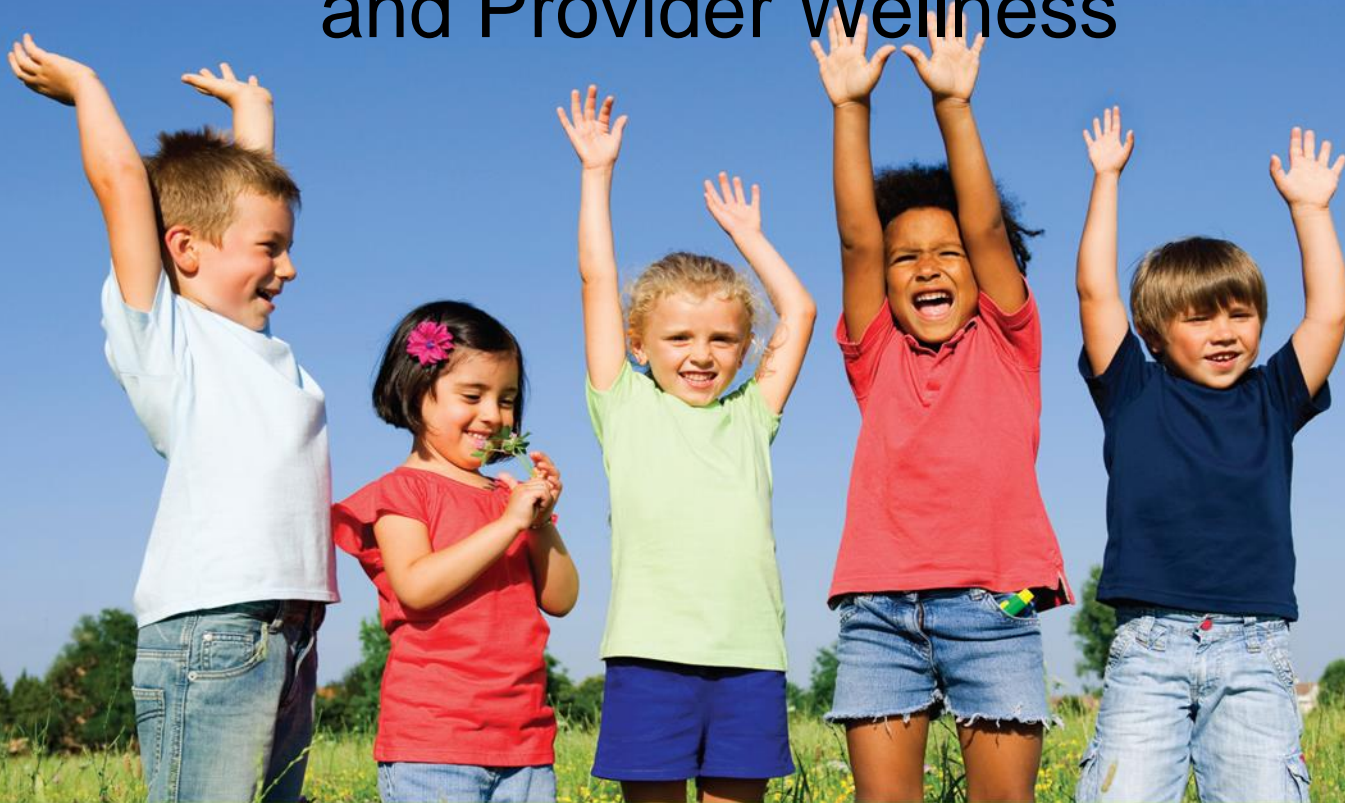


Caring for our Patients Caring for Ourselves

Adolescent Mental Health and Substance Use and Provider Wellness



Wendy Davis, MD, MPH
Stanley Weinberger, MD, MS
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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



Adolescent Mental Health and Substance Use Office Systems Inventory

Practice Name: _____ **Date:** _____

Instructions: The purpose of this tool is to help primary care practice assess the extent to which their office systems promote and support caring for adolescents with mental health and substance use concerns. It is recommended that the *entire practice team* complete this tool together during the learning session.

For the purpose of this project, we will focus on the reliability around guidelines for screening for depression and substance abuse specifically.

Use the following rating system to evaluate your practice. Circle 1, 2, OR 3.

1 = We do this well; Substantial improvement is not currently needed.

2 = We do this to some extent; Improvement is needed.

3 = We do not do this well; Significant practice change is needed.

Community Resources			Supports MOC Measure
Inventory	1 2 3	Practice has an up-to-date list of developmental-behavioral pediatricians, adolescent medicine specialists, community-based and school-based mental health and substance abuse professionals, youth recreational programs, and family and peer support programs and mental health care coordinators.	2, 4, 7
Core Services	1 2 3	Practice team is knowledgeable about eligibility requirements, contact points, and services of the programs and providers listed above.	2, 4, 7
Collaborative Relationships	1 2 3 1 2 3	Practice team has collaborative relationships with school and community-based providers of key services for: <ul style="list-style-type: none"> Mental health concerns Substance use concerns 	2, 4, 7
Health Care Financing			
Coding	1 2 3	Primary care practice has coding and billing procedures to capture payment for primary care mental health-related and substance use services covered by major health plans, including	all

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?

Not a Provider? What are your next steps?

1. Non-provider: 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. Community agency: How easy is it for health providers to refer families to you for help? Is there any communication back to them?
3. Policy person: As you think about policy or systems, are you reaching out to get feedback from health providers caring for adolescents? Are they involved?
4. Family: Is your provider (or adolescent's provider) open to your input, particularly around screening for adolescent mental health and substance use concerns?

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

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?



Vermont Child Health Improvement Program



Thank You!

MOC Participants must stay
for the next section