

Behavioral Health Identification, Treatment and Referral in Primary Care: 3-Part On-Demand Series



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On-Demand Webcasts

Part One: Mental Health Disorders and Follow-up after Higher Levels of Care

Activity Expiration Date: June 8, 2027

Activity Description

This on-demand webcast addresses the current gap between ideal practices (based on current knowledge) and actual practices in how medical practitioners manage patients with behavioral health disorders. Proper diagnosis, timely referrals, and effective treatment plans can aid in bridging the practice gap and improve patient outcomes for those with behavioral health conditions. Learners will gain insight regarding the primary care physician's (PCP's) role in behavioral health, how to implement effective referrals, develop skills to implement post-discharge care with timely and effective treatment plans for patients transitioning from higher levels of care back to primary care, provide strategies to combat stigma surrounding behavioral health, and improve coordination of care between PCPs and behavioral health providers. Healthcare Effectiveness Data and Information Set (HEDIS) measures used to evaluate the quality of behavioral health care will also be highlighted.

Presenter: Robin M. Reed, MD, MPH, Behavioral Medical Director, Optum

Learning Objectives

At the end of this educational activity, participants should be able to:

- Identify the important role PCPs play in screening, assessing, supporting, and treating patients with depression and other behavioral health concerns.
- Classify when and how to refer patients to behavioral health providers based on the severity of their symptoms.
- Implement timely and effective treatment for patients discharging from mental health higher-level-of-care admissions.
- Employ strategies to address stigma and improve coordination of care.
- Identify the HEDIS measures that evaluate the quality of health care including AMM, SAA, FUH, FUM, SSD, SMD, SMC.

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Part Two: Substance-Use Disorders in Primary Care

Activity Expiration Date: October 31, 2027

Activity Description

Substance-use disorder (SUD) is a pattern of substance misuse that affects your health and wellbeing. Some of the most commonly misused substances include alcohol, opioids and cannabis. Screening for and identifying a problematic pattern of substance use will assist with the diagnoses and referral to treatment. This on-demand webcast will discuss the

prevalence and impact of substance-use disorders with a focus on cannabis-use disorder (CUD), alcohol-use disorder (AUD) and opioid-use disorder (OUD). Addressing the Health care Effectiveness Data and Information Set (HEDIS®) measures related to substance-use disorders, the unique needs and best practices for special populations, and how stigma can be a barrier to treatment and recovery will also be highlighted.

Presenters: Debra Nussbaum, PhD, LCSW, Senior Director Evidence-Based Practices, National SUD Strategy Lead Optum/UnitedHealthcare

Learning Objectives

At the end of this educational activity, participants should be able to:

- Examine the prevalence and impact of substance use disorders and describe the diagnostic criterion.
- Discuss common substance-abuse disorders and the screening tools used to identify, reduce, and prevent problematic use.
- Identify best practices for special populations with substance-abuse disorders.
- Describe the stigma and negative perceptions associated with substance disorders that can create barriers to treatment and negatively affect access to care.
- Explain the HEDIS measures related to substance-use disorders, including IET, FUA, FUI, HDO, COU, UOP.

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Part Three: Behavioral Health Treatment for Children and Adolescents with ADHD, Behavior Dysregulation, or Severe Mental Illness

Activity Expiration Date: February 14, 2028

Activity Description

Treatment for ADHD, behavior dysregulation, and severe mental illness comes in the form of medication and psychotherapy treatment. Both can be important elements of a comprehensive treatment plan. Data analysis reveals that opportunities for improvement exist for medical practitioners treating children with these disorders. Screening is one of the most common methods for identifying individuals who might benefit from integrated behavioral health services. This web-based activity will provide information on diagnostic criterion for ADHD, best practices, and the appropriate treatment for children with behavioral dysregulation and for youth with a psychotic disorder or a bipolar diagnosis. The appropriate screening tools, medication management and psychosocial support will also be discussed. In addition, information about the importance of follow-up care for children and adolescents who have been prescribed medication, as well as the need for metabolic monitoring for those prescribed antipsychotic medications, will be provided.

Presenters: Debra M. Katz, MD, Senior National Medical Director, Optum Behavioral Health

Learning Objectives

At the end of this educational activity, participants should be able to:

- Describe the screening tools used to aid in the assessment for ADHD.
- Discuss the treatment modalities for ADHD, including psychosocial, educational and medical interventions.
- Recognize the recommended follow-up care for children on ADHD medication.
- Identify best practices and the appropriate treatment for children with behavioral dysregulation and for youth with a psychotic disorder or bipolar diagnosis.
- Determine the recommended annual metabolic monitoring tests for children on antipsychotic medication.
- List the HEDIS® measures related to ADHD and antipsychotic medication for children.

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Provided By

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Commercial support

There was no commercial support received for this activity.

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