



# Integrated Depression Care

## An Evidence-based Approach



**September 22-24, 2010**

Bell Harbor International Conference Center  
Seattle, Washington

# INTEGRATED DEPRESSION CARE

## An Evidence-based Approach

For nurses, social workers, psychologists, counselors, physician assistants, nurse practitioners, physicians, managers, administrators, case managers, medical assistants, and other health and social service providers who work with depressed adults or adolescents.

This training conference introduces you to an evidence-based model of collaborative care management for depression. A nationwide study demonstrated that this team care approach more than doubles the effectiveness of depression treatment and that the effects of the program are sustained even one year after it ends.<sup>1,2</sup> IMPACT is associated with significantly greater improvement in depression, functioning, and quality of life over a 2-year follow-up period compared with usual care.<sup>1-3</sup> Reports also show a reduction of more than \$3,000 on total health care costs over a four year period.<sup>4</sup> IMPACT is endorsed by the Institute of Medicine, the SAMHSA-sponsored Annapolis Coalition on the Behavioral Health Workforce and the National Business Group on Health, among others. For detailed information about IMPACT and the evidence supporting it, visit [www.impact-uw.org](http://www.impact-uw.org).

Major depression and dysthymic disorder affect 5% – 10% of adults who seek health care for other illnesses. Depression is associated with substantial suffering, functional impairment, and diminished quality of life. Patients who are depressed are frequent users of general medical services and are at increased risk of death from suicide and medical illnesses. This conference presents practical strategies for implementing the IMPACT model in a variety of settings, including:

- Primary care
- Behavioral healthcare settings (alone or in collaboration with primary care)
- HMOs
- Hospital / physician organizations
- Federally qualified health centers (FQHCs) and community health centers

Teaching methods include lecture, demonstration, discussion, skill development, practice sessions, concurrent sessions, and case study analysis.

1. Unützer J, et al. (2002) Collaborative Care Management of Late-life depression in the Primary Care Setting: a Randomized Controlled Trial. *The Journal of the American Medical Association*. 288(22):2836-2845.
2. Hunkeler E, et al. (2006) Long Term Outcomes from the IMPACT Randomised Trial for Depressed Older Primary Care Patients. *British Medical Journal*. 332(7536): 259-263.
3. Callahan CM, et al. (2005) Treatment of Depression Improves Physical Functioning in Older Adults. *Journal of the American Geriatric Society*. 53(3):367-373.
4. Unützer J, et al. (2008) Long-term Cost Effects of Collaborative Care for Late-life Depression. *American Journal of Managed Care*. (14):95-100.

## OBJECTIVES

**Participants are encouraged to register with other team members, including managers and administrators, to evaluate the model for implementation in their practice settings.**

After attending this conference, you will be better able to:

- Describe key elements of evidence-based depression care
- Demonstrate practical, evidence-based approaches to recognizing and treating depression in a variety of clinical settings
- Describe the effectiveness of collaborative care with clinically challenging cases, e.g., persistent depression and comorbid medical or psychiatric conditions
- Demonstrate non-pharmacologic treatments, like behavioral activation
- Discuss the effects of depression and strategies for treatment for specific populations, e.g., mothers, adolescents and patients with chronic pain or illness
- Identify challenges and successes in implementing IMPACT in different settings
- Develop a plan for implementing IMPACT in your setting

## WHAT'S NEW THIS YEAR

- Category 1 CME
- Full day post-conference workshop on Financing IMPACT Care
- More examples of implementing IMPACT in real-world settings
- Depression and Moms session
- Depression and Adolescents session

## SPEAKERS

- Patricia Areán, PhD ▪ Professor of Psychiatry, University of California San Francisco
- Nancy Grote, PhD ▪ Research Associate Professor, School of Social Work, UW, Seattle, WA
- David Harrison, MD, PhD ▪ Acting Assistant Professor, Psychiatry & Behavioral Sciences, UW, Seattle, WA
- Rita Haverkamp, MSN, PMHCNS-BC, CNS ▪ Clinical Nurse Specialist, Kaiser Permanente Southern California, San Diego, CA
- Lori Higa, RN ▪ Visiting Nurse, Home Health & Hospice, Group Health, Seattle, WA
- Nancy Jaeckels ▪ Vice President, Member Relations and Strategic Initiatives, Institute for Clinical Systems Improvement, Bloomington, MN
- Wayne Katon, MD ▪ Professor and Vice Chair, Psychiatry & Behavioral Sciences, UW, Seattle, WA
- Virna Little, PsyD, LCSW-R, SAP ▪ Consultant and Senior Trainer, IMPACT Implementation Center, Seattle, WA
- Barbara Mauer, MSW CMC ▪ President and Managing Consultant, MCPP Healthcare Consulting, Seattle, WA
- Diane Powers, MA ▪ Program Manager, Psychiatry & Behavioral Sciences, UW, Seattle, WA
- Rachel Quintanilla, LMSW ▪ Care Manager, Project Vida Health Center, El Paso, TX
- Laura Richardson, MD, MPH ▪ Associate Professor, UW Department of Pediatrics & Adolescent Medicine, and Investigator, Center for Child Health, Behavior & Development, Seattle Children's Hospital, Seattle, WA
- Stephen Thielke, MD, MSPH, MA ▪ Assistant Professor, Psychiatry & Behavioral Sciences, UW, and Investigator, Geriatric Research Education & Clinical Center, VA Puget Sound Health Care System, Seattle, WA
- Jürgen Unützer, MD, MPH, MA ▪ Professor and Vice Chair, Psychiatry & Behavioral Sciences, UW, Seattle, WA

## PLANNING COMMITTEE

- Lindsay Bell, BS ▪ Program Assistant, IMPACT Implementation Center, UW, Seattle, WA
- Kitty Christensen, MPH ▪ Manager, IMPACT Implementation Center, UW, Seattle, WA
- Rita Haverkamp, MSN, PMHCNS-BC, CNS\*  
Constance Hirnle, MN, RN, BC ▪ Senior Lecturer, Department of Biobehavioral Nursing and Health Systems, UW School of Nursing, Seattle, WA
- Virna Little, PsyD, LCSW-R, SAP\*  
Andrea Panniero, BS ▪ Project Coordinator, Psychiatry & Behavioral Sciences, UW, Seattle, WA
- Diane Powers, MA\*  
Jürgen Unützer, MD, MPH, MA ▪ Chair\*

UW = University of Washington, Seattle, WA  
\* Also listed under Speakers

## SPONSORS

### UNIVERSITY OF WASHINGTON SCHOOL OF MEDICINE

- Department of Psychiatry & Behavioral Sciences
- Continuing Medical Education
- Washington Institute for Mental Health Research and Training
- Northwest Geriatric Education Center

### UNIVERSITY OF WASHINGTON SCHOOL OF NURSING

- Continuing Nursing Education
- de Tornyay Center for Healthy Aging

### UNIVERSITY OF WASHINGTON SCHOOL OF SOCIAL WORK

- Continuing Social Work Education

### In Collaboration with:

#### VA PUGET SOUND HEALTH CARE SYSTEM

- Geriatric Research Education and Clinical Center

#### JOHN A. HARTFORD FOUNDATION

## HOTEL AND TRAVEL INFORMATION

Please visit the IMPACT website for details on conference hotels, airport transportation and area amenities:

<http://impact-uw.org/training/travel.html>



## CONFERENCE LOCATION

Bell Harbor International Conference Center  
2211 Alaskan Way, Pier 66  
Seattle, WA 98121

Bell Harbor International Conference Center is located on the Seattle waterfront, just minutes from the Pike Place Market and downtown shopping corridor. Bell Harbor is a unique venue featuring 180-degree panoramic views of the Olympic Mountains, Mt. Rainier, Puget Sound's Elliot Bay and the Seattle skyline from many of its conference rooms and outdoor terraces. Lunches will include Northwest-inspired cuisine.

Please visit the IMPACT website for driving directions and parking information:

<http://impact-uw.org/training/location.html>



# Conference Schedule

## Wednesday, September 22

- 8:00 Registration & Continental Breakfast
- 8:30 Welcome, Introductions
- 8:45 IMPACT: A Practical Approach to Team-Based Depression Care
- 9:45 Key Components of Depression Care Management – Part 1
- 10:30 Break
- 10:45 Key Components of Depression Care Management – Part 2
- 12:00 Lunch
- 12:45 Antidepressant Medications
- 2:15 Break
- 2:30 Challenging Cases
- 3:30 Behavioral Activation and Brief Introduction to Problem-Solving Treatment
- 4:30 Homework Assignment
- 5:00 Adjourn Day 1

## Thursday, September 23

- 8:00 Continental Breakfast
- 8:30 Review of Day 1, Q&A
- 9:15 Concurrent Sessions
  - A: Depression and Chronic Medical Illness
  - B: Depression and Adolescents
- 10:30 Break
- 10:45 Concurrent Sessions
  - C: Depression and Chronic Pain
  - D: Depression and Moms
- 12:00 Lunch
- 12:45 IMPACT Implementations – Part 1
- 2:45 Break
- 3:00 IMPACT Implementations – Part 2
- 3:30 Implementation Planning and Team Building
- 4:30 Panel Discussion with Presenters
- 5:00 Adjourn Day 2

For additional details about each of these sessions, please visit:

<http://impact-uw.org/training/agenda.html>

## Post-Conference Workshops

### Friday, September 24

Choose from two Post-Conference Workshops

#### Post-Conference Workshop 1 Problem-Solving Treatment (PST)

##### **PST Workshop Morning** ▪ *Didactic*

- 8:00 Continental Breakfast
- 8:30 Problem-Solving Treatment (PST): Introduction and Initial Session
- 10:00 Break
- 10:15 Problem-Solving Treatment (PST): Follow-up Sessions
- 11:30 Problem-Solving Treatment (PST): Group PST, Certification Process
- 12:00 Discussion
- 12:30 Lunch

##### **PST Workshop Afternoon** ▪ *Role Playing OPTIONAL*

*Important: You must register for the [All-Day PST Workshop](#) to attend the afternoon session. Attendance for the afternoon role playing session is limited and expected to fill quickly.*

- 1:15 Problem-Solving Treatment (PST): Initial Session Role Play
- 2:15 Break
- 2:30 Problem-Solving Treatment (PST): Follow-up Session Role Play
- 4:00 Adjourn

#### Post-Conference Workshop 2 Financing IMPACT Care

- 8:00 Continental Breakfast
- 8:30 Overview: Financing IMPACT Care
- 9:15 Financing Integrated Mental Healthcare
- 10:05 Break
- 10:20 Financing DIAMOND Care
- 11:10 Billing and Reimbursement for IMPACT Care
- 12:10 Lunch
- 1:00 Financing IMPACT Care: Case-based Discussion of Specific Situations from Participant Questionnaires – Part 1
- 2:15 Break
- 2:30 Financing IMPACT Care: Case-based Discussion – Part 2
- 4:00 Adjourn

For additional details about the post-conference workshops, please visit:

<http://impact-uw.org/training/workshops.html>

## 2010 IMPACT TRAINING FEES

Includes tuition, course materials, CEU processing fees, continental breakfast, lunch and refreshments.

	Advanced Registration (before or on 8/22/10)		Late Registration (after 8/22/10)	
	Individual	Group (2 or More)*	Individual	Group (2 or More)*
IMPACT Training AND Post-Conference Workshop (Sept 22-24)	\$315	\$235	\$365	\$285
IMPACT Training ONLY (Sept 22-23)	\$255	\$175	\$305	\$225
Post-Conference PST Workshop ONLY – ALL DAY INCLUDING ROLE PLAYING (Sept 24)	\$125		\$150	
Post-Conference PST Workshop ONLY – MORNING DIDACTIC SESSION ONLY (Sept 24 Morning)	\$95		\$120	
Post-Conference Financing Workshop ONLY (Sept 24)	\$125		\$150	

\*To receive the group rate all registrants must work at the same organization and submit a single online registration including all group members. There is no group rate available for the Post-Conference Workshop except when combined with the IMPACT Training.

## PROFESSIONAL CREDIT

### Medicine

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this educational activity for a maximum of **20.25 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### Nursing

Professionals who wish to receive a contact hour certificate must complete a CE registration form, all course activities, and an evaluation.

**A certificate for contact hours will be awarded:**

- IMPACT Training AND Post-Conference Workshop (Sept 22-24): 19.7 contact hours
- IMPACT Training ONLY (Sept 22-23): 13.5 contact hours
- Post-Conference PST Workshop ONLY – ALL DAY (Sept 24): 6.2 contact hours
- Post-Conference PST Workshop ONLY – MORNING ONLY (Sept 24): 3.7 contact hours
- Post-Conference Financing Workshop ONLY (Sept 24): 6.2 contact hours

### Nurses

- The UW School of Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.
- The UW School of Nursing is approved as a clock hour provider by the Washington State Board of Education.
- Provider approved by the California Board of Registered Nursing, Provider #07218.

### Psychologists

The UW School of Nursing qualifies as a Washington State CE program sponsor under WAC 246-810-610.

### Counselors

The UW School of Nursing qualifies as a Washington State CE program sponsor under WAC 246-924-240(1).

### Other Disciplines

A certificate will be awarded for use in documenting completion of this offering.

### Social Work

This training is co-provided by the University of Washington Continuing Social Work Education department, which will give:

- IMPACT Training AND Post-Conference Workshop (Sept 22-24): 18.5 contact hours
- IMPACT Training ONLY (Sept 22-23): 12.5 contact hours
- Post-Conference PST Workshop ONLY – ALL DAY (Sept 24): 6.0 contact hours
- Post-Conference PST Workshop ONLY – MORNING ONLY (Sept 24): 3.5 contact hours
- Post-Conference Financing Workshop ONLY (Sept 24): 6.0 contact hours

## REGISTRATION INFORMATION

Conference registration is online at:  
<http://impact-uw.org/training/register.html>

If you have questions about your registration or this training, please contact:

**IMPACT Implementation Center**

**Phone: 206.221.3637**

**FAX: 206.221.5698**

**training@impact-uw.org**

**<http://impact-uw.org>**

**An email will be sent to you confirming your registration. Please be sure to include your email address with your registration.**

**If you do not receive a confirmation email, we did not receive your registration!**

### Refund Policy

If you register and are unable to attend or send a substitute, you may cancel your online registration and receive a refund less \$50 for handling. In the unlikely event of course cancellation, registration fees are automatically refunded in full. Costs incurred by the registrant, such as airline penalties, are the responsibility of the registrant.

## SCHOLARSHIPS

A limited number of scholarships are available. If you are interested in applying for a scholarship, please email the IMPACT Implementation Center for details:  
**training@impact-uw.org**

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**PLEASE POST**

For more information about this training or IMPACT Depression Care,  
please visit: [www.impact-uw.org](http://www.impact-uw.org)

