

# Integrated Depression Care: An Evidence-based Approach

Bell Harbor International Conference Center, Seattle, WA

September 22-23, 2010

Wednesday, September 22

8:00 Registration & Continental Breakfast

8:30 Welcome, Introductions

8:45 **IMPACT: A Practical Approach to Team-Based Depression Care**

*(Jürgen Unützer)*

- What is depression and why treat it in primary care?
- Overview of the IMPACT model of depression care
- Summary of the evidence supporting IMPACT
- Description of the stepped-care treatment algorithm for depression
- The value of a team approach to depression

9:45 **Key Components of Depression Care Management – Part 1**

*(Jürgen Unützer, Rita Haverkamp, Rachel Quintanilla)*

- Key components of the IMPACT program as they are implemented by the care manager
- Methods for identifying depression

10:30 Break

10:45 **Key Components of Depression Care Management – Part 2**

- Initial session / patient education / treatment options and planning
- Follow-up contacts / PHQ-9 / symptom tracking
- Relapse prevention
- Care manager role in supporting medication therapy

12:00 Lunch

12:45 **Antidepressant Medications**

*(Jürgen Unützer)*

- Key principles of antidepressant therapy and types of medications commonly used in primary care
- Patient education about antidepressants
- When to initiate, titrate, and switch antidepressants
- Combination therapy and drug interactions

2:15 Break

2:30 **Challenging Cases and Psychiatric Consultation**

*(Jürgen Unützer)*

- The role of the consulting psychiatrist and how it differs from traditional consultation
- Difficult cases that may benefit from psychiatric consultation: persistent depression, comorbid medical conditions or chronic pain, comorbid psychiatric conditions, comorbid alcohol/substance abuse
- Managing patients at risk for suicide

3:30 **Behavioral Activation and Brief Introduction to Problem-Solving Treatment**

*(Rita Haverkamp)*

- The role of behavioral activation in managing depression
- Ways to encourage behavioral activation
- Integrating behavioral activation into depression care management
- What is Problem-Solving Treatment and how does it fit with Behavioral Activation?

4:30 Homework Assignment

5:00 Adjourn Day 1

8:00 Continental Breakfast

8:30 Review of Day One, Q&A

9:15 Concurrent Sessions

**A: Depression and Chronic Medical illness**

*(Wayne Katon)*

- The intersection of depression and medical illness: diabetes, congestive heart failure, coronary artery disease
- The integration of services for depression, diabetes and heart disease

**B: Depression and Adolescents**

*(Laura Richardson, Lori Higa)*

- Screening for adolescent depression
- Interactions between mental and physical health in adolescents
- Collaborative care to improve outcomes for depressed adolescents in primary care settings

10:30 Break

10:45 Concurrent Sessions

**C: Depression and Chronic Pain**

*(Stephen Thielke, Jürgen Unützer, Lori Higa)*

- The interaction between depression and chronic pain
- Effects of chronic pain on depression symptoms and treatment
- Care management for both depression and chronic pain

**D: Depression and Moms**

*(Nancy Grote, David Harrison)*

- Impact of maternal depression on child mental health and development
- Psychosocial interventions for treating maternal depression
- Using medications to treat depression during pregnancy and post-partum period

12:00 Lunch

12:45 **IMPACT Implementations – Part 1**

*(Jürgen Unützer, Rachel Quintanilla, Rita Haverkamp, Virna Little, Nancy Jaeckels, Diane Powers)*

- Overview and goals of AIMS Center (Advancing Integrated Mental health Solutions)
- Adaptations of the IMPACT model for diverse practice settings and populations (e.g. HMO setting, FQHC setting, low-income Latino population, state-wide implementation)

2:45 Break

3:00 **IMPACT Implementations – Part 2**

- More adaptations of the IMPACT model for diverse practice settings and populations

3:30 **Implementation Planning and Team Building**

*(Jürgen Unützer, Diane Powers)*

- Implementation process and timeline
- Building the team
- Clinical tracking systems
- Action planning for implementing IMPACT in your setting

4:30 **Panel Discussion with Presenters**

- Questions and answers on all topics addressed in the training

5:00 **Adjourn Day 2**