

ONLINE IMPACT TRAINING LEARNING OBJECTIVES & LEARNER'S CHECKLIST

IMPORTANT INSTRUCTIONS

It is the learner's responsibility to track your progression through the training modules. The AIMS Center does not save any record of which modules you have completed. The following checklist is provided to help you. This checklist is for your records only.

OVERALL LEARNING OBJECTIVES

This online training introduces you to IMPACT, an evidence-based model of collaborative care management for depression. A nationwide study demonstrated that this integrated team approach more than doubles the effectiveness of depression treatment and that the effects of the program are sustained even one year after it ends. 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. Reports also show a reduction of more than \$3,000 in total healthcare costs over a four year period. For detailed information about IMPACT and the evidence supporting it, visit <http://impact-uw.org>.

- 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

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Module 1: Introduction to Integrated Depression Care (Contact Hours: Nursing 1.1, Social Work 1)

This module describes how to identify patients with depression and explains why and how to treat depression in primary care using a stepped-care approach. This module summarizes the evidence base for IMPACT, a team approach to integrated depression care.

- 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
- 18:11 Section A: Why Integrated Care?
 - 10:29 Section B: What is IMPACT?
 - 18:59 Section C: IMPACT Research Evidence

Module 2: Key Components of Integrated Care (Contact Hours: Nursing 1.8, Social Work 1.5)

This module outlines the key components of integrated depression care, with emphasis on the central role of the care manager. This module covers the initial appointment with a patient, the importance of patient education, treatment planning, follow up, symptom tracking (PHQ-9), medication therapy, and relapse prevention.

- Key components of the IMPACT program as they are implemented by the care manager
 - Methods for identifying depression
 - Initial session / patient education / treatment options and planning
 - Follow-up contacts / PHQ-9 / symptom tracking
 - Relapse prevention
 - Care manager role in supporting medication therapy
- 13:52 Section A: Care Manager Core Skills
 - 19:41 Section B: Initial Visit
 - 14:25 Section C: Patient Education & Treatment Planning
 - 21:11 Section D: Treatment Monitoring
 - 22:59 Section E: Relapse Prevention & Case Studies

Module 3: Behavioral Activation (Contact Hours: Nursing 0.7, Social Work 0.5)

This module provides an overview of how and why to include behavioral activation in depression care.

- 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 (PST) and how does it fit with Behavioral Activation (BA)?
- 28:46 Section A: Introduction to BA

Module 4: Antidepressant Medications (Contact Hours: Nursing 1.4, Social Work 1)

This module presents the types of medications used in primary care to treat depression. Specifics such as how to talk with a patient about these medications, starting doses, measuring improvement and titrating dose is discussed. Combinations, switching antidepressants, and drug interactions are also described.

- 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
- 20:10 Section A: Overview
 - 29:45 Section B: Using Antidepressants in Primary Care
 - 10:22 Section C: Managing Side Effects and Drug Interactions
 - 29:45 Section D: Changing Medications
 - 10:22 Section E: Other Treatment Options

Module 5: Problem-Solving Treatment (Contact Hours: Nursing 2.8, Social Work 2.5)

This module summarizes the evidence for and key elements of Problem-Solving Treatment, including how to use this psychotherapeutic technique to treat depression.

- The theoretical model and evidence base for PST
 - Key steps of PST
 - Discuss key elements of initial PST session
 - Observation of initial PST session
- 10:42 Section A: Introduction
 - 18:00 Section B: Supporting PST Implementation
 - 12:50 Section C: PST Process
 - 23:29 Section D: Initial Session
 - 72:02 Section E: Follow-up Sessions
 - 14:30 Section F: Adapting PST

Module 6: Challenging Cases & Psychiatric Consultation (Contact Hours: Nursing 0.9, Social Work 1)

This module explores the role of the consulting psychiatrist in the integrated care team, especially regarding patients who don't improve as expected. It also discusses how to deal with suicidal patients.

- 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
- 25:42 Section A: Role of Psychiatric Consultant
 - 8:58 Section B: Managing Suicidal Patients
 - 4:12 Section C: Scope of Practice & Liability

Module 7: Chronic Pain and Depression (Contact Hours: Nursing 1.1, Social Work 1)

This module explores the intersection of chronic pain and depression, and describes care management for both conditions.

- The interaction between depression and chronic pain
 - Effects of chronic pain on depression symptoms and treatment
 - Care management for both depression and chronic pain
- 11:03 Section A: Introduction
 - 10:00 Section B: IMPACT-DP Study
 - 17:01 Section C: IMPACT-DP Treatment and Outcomes
 - 12:19 Section D: Case Study

Module 8: Chronic Medical Illness and Depression (Contact Hours: Nursing 0.9, Social Work 1)

This module presents how various chronic medical illnesses (e.g., diabetes, congestive heart failure) and depression affect each other.

- The intersection of depression and medical illness: diabetes, congestive heart failure, coronary artery disease
 - The integration of services for depression, diabetes and heart disease
- 9:14 Section A: Introduction
 - 9:48 Section B: Pathways Study & Outcomes
 - 12:54 Section C: TeamCare Study
 - 4:54 Section D: Teamcare Study Outcomes

Module 9: Maternal Depression (Contact Hours: Nursing 1.5, Social Work 1.25)

This module gives an overview of perinatal depression, treatment options, and barriers to care. The last section details medication options for depressed moms, with information for pregnant or nursing women.

- 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
- 7:11 Section A: Overview
 - 11:44 Section B: A Communicable Disorder
 - 4:46 Section C: Treating Maternal Depression
 - 33:06 Section D: Barriers to Care

Module 10: Adolescents and Depression (Contact Hours: Nursing 1.1, Social Work 1)

This module describes depression in teens and how assessment or treatment may differ from adults. Learn more about integrated care for depressed teens, and examine a case study.

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

- 7:45 Section A: Depression in Teens
- 24:56 Section B: Assessment & Treatment
- 6:18 Section C: Integrated Care for Teen Depression
- 12:16 Section D: Case Study

Module 11: Implementation Lessons from the Real World (Contact Hours: Nursing 2.4, Social Work 2)

This module focuses on adaptations of the IMPACT model at sites across the U.S., including various settings, populations, and target conditions (e.g., HMO; FQHC; low-income Latinos; depression and anxiety).

- Adaptations of the IMPACT model for diverse practice settings and populations (e.g. HMO setting, FQHC setting, low-income Latino population, state-wide implementation)

- 18:41 Section A: Adapting IMPACT
- 19:36 Section B: Project Vida-Texas
- 10:58 Section C: Kaiser Permanente - California
- 25:31 Section D: Institute for Family Health - New York
- 25:36 Section E: DIAMOND Program - Minnesota
- 17:26 Section F: Mental Health Integration Program - Washington

Module 12: Planning Implementation (Contact Hours: Nursing 1.2, Social Work 1)

This module explains how to build an integrated care team, the importance of a registry, and how to adapt and implement this model of care in diverse settings.

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

- 28:24 Section A: Building the Team
- 19:42 Section B: Training & Patient Tracking
- 9:03 Section C: Action Planning

Module 13: Financing Integrated Mental Health Care (Contact Hours: Nursing 3.1, Social Work 3)

This module provides an overview of the "business case" for financing integrated behavioral health care. In this final module, we present concrete examples and discuss start-up costs and long-term financing—all against a backdrop of the national reform movement, "patient-centered medical home".

Financing Integrated Mental Healthcare

- Four Quadrant model
- Overview of healthcare reform and implications for financing integrated mental healthcare
- Developing a business case for integrated care
- Examples of financing
- Primary care in mental health
- Mental health in primary care (CHPW MHIP program)

Financing DIAMOND

- Payment structure for state-wide
- DIAMOND Initiative in Minnesota
- Lessons about cost of care and payment from first two years of DIAMOND experience
- Coordination of payment with Patient-Centered Medical Home care

Billing and Reimbursement for IMPACT Care

- Financing IMPACT care in various settings (e.g. FQHC, school health centers)
- State variations in funding structures and options
- Sustainability planning for implementation
- Resources for billing and reimbursement information
 - 28:35 Section A: Overview
 - 17:04 Section B: Behavioral Health in Primary Care
 - 23:58 Section C: Healthcare Reform
 - 10:41 Section D: The Business Case
 - 57:58 Section E: Financing DIAMOND Care
 - 33:37 Section F: Integrated Care in FQHCs