

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



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## On-Demand Webcasts

### ***Part One: Depression and Follow-up After Higher Levels of Care***

Activity Expiration Date: June 8, 2024

#### **Activity Description**

Depression significantly impacts both mental and physical health and can result in serious long-term morbidities. Screening tools are routinely used in clinical practice for measurement-based treatment decisions and adjustments. HEDIS serves as a standard measurement tool for comparing performance with a focus on quality improvements. This activity will explain HEDIS measures related to the treatment of depression and the referral process for behavioral health treatment.

**Presenters:** Yusra Benhalim, MD, Senior National Medical Director, Optum Behavioral Health and Diane Sanders-Cepeda, DO, CMD, Senior Medical Director, UnitedHealthcare Retiree Solutions

#### **Learning Objectives**

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

- Discuss the screening, diagnosis, treatment and medication adherence for depression.
- Describe the aspect of HEDIS measures related to the treatment of depression.
- Define HEDIS qualified aftercare appointments for FUH and FUM.
- Explain the referral process for behavioral health treatment.

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### ***Part Two: Substance Use Disorders in Primary Care***

Activity Expiration Date: November 1, 2024

#### **Activity Description**

Substance-use disorders (SUDs) contribute heavily to the burden of disease in the United States. The traditional separation of behavioral health from mainstream health care has created obstacles to successful care coordination. Stigma can also be a barrier to treatment and recovery. This activity will focus on the integration of behavioral health services into the clinical primary care setting for SUD and discuss breaking the stigma and setting the stage for collaboration. Healthcare Effectiveness Data and Information Set (HEDIS) measures related to SUD will also be examined, as well as why these measures are important to establish a therapeutic alliance and a collaborative, stigma-free approach to care.

**Presenters:** Steve Daviss, MD, DFAPA, DABPM, Medical Director, Optum, President, Maryland-DC Society of Addiction Medicine (MDDCSAM) and Brian P. Goldstein, MD, MBA, FACP, Chief Medical Officer for Employer and Individual Services, North Carolina and South Carolina, UnitedHealthcare, Adjunct Clinical Professor of Medicine, UNC School of Medicine

### **Learning Objectives**

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

- Examine the aspect of HEDIS measures related to SUD.
- Describe SBIRT (Screening, Brief Intervention, and Referral to Treatment) as an evidence-based approach to delivering early intervention treatment services for individuals with SUD.
- Explain the role of stigma as a barrier to treatment and recovery in SUD.
- Discuss Medication-assisted Treatment (MAT) as an effective treatment for SUD.

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### **Part Three: Behavioral Health Treatment for Children and Adolescents**

Activity Expiration Date: February 14, 2025

#### **Activity Description**

Attention-deficit/hyperactivity disorder (ADHD) is one of the most common neurodevelopmental disorders affecting children. The American Academy of Pediatrics (AAP) clinical practice guidelines provide recommendations for the diagnosis and treatment of children with ADHD. This activity will focus on the use of screening tools that aid in assessment; treatment modalities, including medication and alternative therapies; strategies for family support; best practices; and the impact of untreated and undertreated ADHD. HEDIS measures related to behavioral health treatment for children and adolescents with ADHD will be discussed. This activity shall also review the assessment and treatment of childhood behavioral disturbances with a focus on appropriate antipsychotic medication prescribing.

**Presenters:** Robin K. Blitz, MD, Medical Director, Family Engagement Center/Special Needs Initiative, UnitedHealthcare and 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:

- Discuss the treatment modalities for ADHD, including psychosocial, educational and medical interventions.
- Perform the recommended follow-up care for children on stimulant medication.
- Perform the recommended annual metabolic monitoring tests for children on antipsychotic medication.
- Describe the screening tools used to aid in the assessment for ADHD.
- Explain the impact of untreated and undertreated ADHD.
- List the HEDIS® measures related to ADHD and antipsychotic medication for children.

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### **Provided By**

These activities are jointly provided by OptumHealth Education, Optum Behavioral Health and UnitedHealthcare, Employer & Individual.

### **Commercial support**

There was no commercial support received for this activity.

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