

MaineHealth  
**Learning Community**

Reconnecting the Mind and Body  
 Mental Health in Primary Care

**Agenda**

Thursday, May 14, 2009 ~ Harraseeket Inn, Freeport, Maine

**Goals:** Devise effective evidence-based strategies and practical innovations for integrating Mental Health into Primary Care  
 Learn and share knowledge with others through the MaineHealth Learning Community

**7:45 a.m. Registration and Breakfast**

**Casco Bay Room**

**8:00 – 8:15 a.m. Welcome and Introductions,** Jackie Cawley, DO, Sr. Medical Director – Ambulatory, Preventive Health, MaineHealth; Jeff Aalberg, MD, Sr. Medical Director, MMC PHO

**8:15 – 9:15 a.m. PLENARY SESSION: Assessing Patient Complexity: A Person-Centered Approach to Care**  
 Macaran “Mac” A. Baird, MD, MS, professor - head of the University of Minnesota Department of Family Medicine & Community Health. In his presentation, Dr. Baird will discuss a method to assess patient complexity and quickly form complexity-related action plans. This approach complements diagnosis-related care plans in a way that makes these cases less distressing or confusing to individuals, teams and the patients themselves.

**9:15 – 9:25 a.m. BREAK—Workshop Transition Time**

**9:25 – 10:15 a. m. WORKSHOP 1:** Choose one of the following sessions based on your interest.

**Kennebec Room**

→ **Children on the Autism Spectrum: Screening, Evaluation, and Follow-up**

Presenters: Victoria Dalzell, MD, Pediatric Specialty Care; Carol Hubbard, MD, Maine Pediatric Specialty Group

Goals:

- ✓ Describe characteristics of children on the Autism Spectrum
- ✓ Identify methods of screening and assessment

**Cathance Room**

→ **Psychotherapy: What is Evidence-Based?**

Presenter: Charles “Sandy” Cole, PhD, MMC Psychiatry

Goals:

- ✓ Demonstrate knowledge of evidence in support of mental health treatment
- ✓ Identify treatment factors that contribute to good patient outcomes

**Androscoggin Room**

→ **Emotional Wellbeing**

Presenter: Trevor Braden, MD, MMC Family and Integrative Medicine

Goal:

- ✓ Identify the connection between physical and emotional health
- ✓ Maximize your own wellbeing while caring for others

**Sassanoa Room**

→ **Sexual Side Effects of Psychotropic Medications**

Presenter: Cindy Boyack, MD, MMC Psychiatry

Goals:

- ✓ Understand the neurochemistry involved in sexual function and dysfunction, and how psychotropic medications cause sexual dysfunction
- ✓ Learn basic treatment approaches for sexual side effects

**10:15 – 10:25 a.m. BREAK—Workshop Transition Time**

**10:25 – 11:15 a.m. WORKSHOP 2:** Choose one of the following sessions based on your interest.

**Kennebec Room**

→ **Referring for Mental Healthcare: How the System Works**

Presenter: Pat McKenzie, LCSW, Sr. VP, Youth Alternatives Ingraham

Goals:

- ✓ Identify levels of mental health care
- ✓ Show how to make referrals to the appropriate resource

**Cathance Room**

→ **Making the Most of Psychiatric Consultation with Kids**

Presenter: Sandra Fritsch, MD, MMC Psychiatry

Goals:

- ✓ Describe necessary information for effective consultation referrals
- ✓ Identify how psychiatric consultation can be beneficial to your practice

**Androscoggin Room**

→ **Screening and Assessing for Common Mental Health Comorbidities of Depression\***

Presenter: Peter Amann, MD, MMP Family Physicians Scarborough

Goal:

- ✓ Be able to use the new MaineHealth adult screening & assessment tools for anxiety, bipolar disorder, substance abuse, sleep, and ADD

\* **PHO Members: Fulfill requirement for e-learn Module 4**

**Sassanoa Room**

→ **Coordinating Primary Care and Mental Health: Financial Sustainability, Communication, Resources, First Steps**

Presenter: Mary Jean Mork, LCSW, MaineHealth, Spring Harbor

Goals:

- ✓ Identify methods to overcome barriers to sustainability
- ✓ Access tools and templates for starting and sustaining the service

**11:15 – 11:25 a.m. BREAK—Workshop Transition Time**

**11:25 – 12:15 a.m. WORKSHOP 3:** Choose one of the following sessions based on your interest.

**Kennebec Room**

→ **Using the Complexity Assessment Tool with Your Patients**

Presenter: Macaran “Mac” Baird, MD, MS, University of Minnesota

Goal:

- ✓ Practice using the complexity patient tool with real life examples

**Cathance Room**

→ **Diagnosing and Treatment of Anxiety**

Presenter: Cindy Boyack, MD, MMC Psychiatry

Goals:

- ✓ Have a general understanding of normal anxiety and anxiety disorders
- ✓ Have a basic knowledge of pharmacologic and psychotherapeutic treatment strategies for anxiety disorders

**Androscoggin Room**

→ **HIPAA – Getting and Protecting the Information You Need to Know**

Presenter: Chris Simons, RHIA, Spring Harbor Hospital

Goals:

- ✓ Describe the HIPAA rules as they impact Mental Health record keeping
- ✓ Clarify correct methods for electronic and written communication

**Sassanoa Room**

→ **Why Integrated Primary Care?**

Presenters: Marty Braga, MS, LCPC; Maryagnes Gillman, MS, RN; Jeff Ray, DO; Sacopec Valley Health Center

Goals:

- ✓ See an example of a successful integrated primary care
- ✓ Incorporate proven strategies into your practice

**12:15 – 1:15 p.m. Networking Lunch Casco Bay Room**

**1:15 – 2:05 p.m. WORKSHOP 4:** Choose one of the following sessions based on your interest.

**Kennebec Room**

→ **“I Can’t Find My Keys!”: Office Assessment of Cognition**

Presenter: John Campbell, MD, MMC Psychiatry

Goals:

- ✓ Describe the indicators of dementia
- ✓ Identify simple methods for the assessment of cognition

**Cathance Room**

→ **Group Visits for Patients with Somatic Complaints and Chronic Pain**

Presenters: Julie Schirmer, LCSW, Director-Behavioral Medicine; Mary McDonough, RN, Practice Administrator; MMC Family Medicine

Goals:

- ✓ Identify the benefits of group visits for patients with chronic pain
- ✓ Provide successful strategies for conducting group visits with patients

**Androscoggin Room**

→ **Evidence-Based Depression Care: How are we doing and how can we get better?**

Presenter: Neil Korsen, MD, Medical Director, MaineHealth

Goals:

- ✓ Understand the components of evidence-based depression care
- ✓ Devise methods to more effectively use evidence based depression care in your practice

**Sassanoa Room**

→ **Stressed Out!! Relaxation Methods for You and Your Patient**

Presenter: Donna Levi, MS, MaineHealth

Goals:

- ✓ Experience the benefits of practicing relaxation methods for self-care
- ✓ Learn stress management techniques that can be shared with your patients

**2:05 – 2:25 p.m. Dessert Casco Bay Room**

**Casco Bay Room**

**2:25 – 3:15 p.m. PLENARY SESSION:**

**Mental Health in the Medical Home**

Neil Korsen, MD, Medical Director, MaineHealth

**Motivational Interviewing: Skills to Get Started**

Presenter: George “Joe” Dreher, MD, Attending Physician for Psychiatric Consultation, MMC Family Medicine

Goals:

- ✓ Identify central concepts for motivational interviewing
- ✓ Be able to use basic motivational interviewing in your interactions with patients

**3:15 – 3:30 p.m. HIGHLIGHTS OF THE DAY: Turning Information into Action**

Jackie Cawley, DO, Sr. Medical Director – Ambulatory, Preventive Health, MaineHealth

Closing remarks and prize drawing – be present to win!

**A MaineHealth Learning Community Practice Improvement Series Meeting (PRISM)**

Sponsored by MaineHealth and the Maine Physician Hospital Organization

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