

MaineHealth Learning Community

A Partnership of MaineHealth and the Maine Physician Hospital Organization

MaineHealth Primary Care Mental Health Program

In the beginning there was depression. The MaineHealth Primary Care Mental Health Program in partnership with the MMC Physician-Hospital Organization created Module I in 2006 about the use of the Patient Health Questionnaire (PHQ-9) to screen for depression and thought that was good. Then the PHO members wanted information on the use of medications for depression so we created Module II in 2007 and that was also good. Realizing the importance of a team approach and the importance of self-care activities in improving treatment of depression Module III followed in 2008 about the use of care managers and self-care activities. Our latest Module to hit the eLearn pages in 2009 is “Screening for Comorbid Mental Health Disorders in Adult Patients with Depression.”

Data from the National Comorbidity Study shows that almost half (45%) of patients who are diagnosed with one mental health disorder meet the criteria for at least one other disorder. That fact is not so good. We are often met in primary care with the patient who is not responding to initial treatment for depression and it may be that we are missing part of the story. Module IV includes information and tools for screening common mental health disorders including anxiety (GAD, panic, PTSD, social anxiety), bipolar, substance use, and adult ADD/ADHD. The MaineHealth Adult Wellbeing Screener, intended for initial evaluation, is introduced in the Module. The one-page tool screens for the common mental health disorders listed above as well as for depression and sleep, and include a functional assessment. Positive responses on the screening tool guide clinicians to individual assessments for common comorbidities for diagnosis or further testing. Each of the tools in the module is one page and is validated for use with adults in primary care. A scoring and initial treatment guide is offered for the screener and the follow up assessments.

As with previous eLearn modules for providers who are members of the MMC PHO, there are incentives for completing this training module. Financial incentives will be awarded to providers who achieve 80% or better on the test following the review of the slides.

All the Modules including Module IV are available online at <http://elearn.mmc.org/depression>. The username and password is “welcome”.

Please contact Gina Marquis at marqug@mainehealth.org or at 662-4613 for more information.

Paper copies of all the tools and guidelines in the Module are available for order from JS McCarthy: www.jsmcCarthy.com/mainehHealth.

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