

Last Updated April 12, 2023

All times are in Eastern Daylight Time

WEDNESDAY, APRIL 19, 2023

| | | |
|--|---|---|
| PLENARY SESSION 11:00 AM to 12:00 PM ET | P-1 Promote and Empower Yourself in Your Professional Life Sentari Minor | |
| CONCURRENT SESSIONS PERIOD A 12:15 to 1:15 PM ET | A-1 PCBH Program Development 101 Michael Bruner and Ciara Incorvati | A-2 Supervision in CoCM: High Quality Care Manager Meetings Lauri Sidari and Trisha Patrician |
| CONCURRENT SESSIONS PERIOD B 1:30 to 2:30 PM ET | B-1 Developing your Clinical Supervision Skills for CoCM and PCBH Meghan Fondow and Shanda Wells | B-2 Behavioral Health Policy Change: Breaking Down 2022 Behavioral Health Improvement Strategies Julie Geiler |
| CONCURRENT SESSIONS PERIOD C 2:45 to 3:45 PM ET | C-1 Innovations in Pediatric PCBH Allison Allmon Dixon and Cody Hostutler | C-2 Building a Career in Integrated Care within Academia Yajaira Johnson-Esparza and Brittany Houston |
| MEET UP 3:45 to 4:15 PM ET | Meet with Colleagues for an End of Day Discussion - Moderated by Neftali Serrano <i>This debrief session will provide time for individual and group self-reflection on where you are with your career and what directions the day's sessions might have spurred you to consider for professional development.</i> | |

THURSDAY, APRIL 20, 2023

| | | |
|--|---|--|
| CONCURRENT SESSIONS PERIOD D 11:00 AM to 12:00 PM ET | D-1 Treating PTSD with Exposure-Based Approaches in Primary Care Stacy Ogbeide | D-2 Using An Equity Lens To Undergird Your Quality Metrics Development Ebony Winford |
| CONCURRENT SESSIONS PERIOD E 12:15 to 1:15 PM ET | E-1 Value-Based Payment: Moving from Understanding to Application Brian Sandoval, Rachel Bembas, and Leslie Manson | E-2 The Past Continues to Be Present: The Influences of Racial Bias in Psychiatry & Behavioral Health Tanya Vishnevsky and Gretchen Buchanan |
| CONCURRENT SESSIONS PERIOD F 1:30 to 2:30 PM ET | F-1 Career Paths In Integrated Care: Growing and Selling Yourself Martha Saucedo, Jena Fisher, and Colleen Cordes | F-2 Integrated Behavioral Health Providers: A Survey of Workload, Compensation, and Quality of Work and Life Matt Martin and Neftali Serrano |
| PLENARY SESSION 2:45 to 3:45 PM ET | P-2 Improving Health Equity Through Empowering the Workforce Jodi Polaha, Candice Chen, Kimberly Williams, Bridget Weller, Dan Ferguson, Courtney Walker, Candice Selwyn, Eve-Lyn Nelson, Stephanie Punt | |
| MEET UP 3:45 to 4:15 PM ET | Meet with Colleagues for an End of Day Discussion - Moderated by Neftali Serrano <i>This debrief session will encourage you to consider the stage of your career and what that means for your professional growth related to needs and goals. Are you early, mid or late career? What does that look like? What priorities are you balancing?</i> | |

We expect 8 hours of live content for CEUs, but also 6 additional hours of recorded/enduring content., for a total of 14 hours of CEU credits.

Session Descriptions

P-1: Promote and Empower Yourself in Your Professional Life

Young professionals and emerging leaders often want to advocate for themselves and their careers but don't understand the tools, resources, and approaches for success. Join branding and positioning expert, Sentari Minor, for a session on promoting and empowering yourself in your professional life. Storytelling mixed with tangible and practical approaches, this workshop is a wonderful occasion for individuals looking to elevate in their careers and drive more professional opportunities.

Presenter

- Sentari Minor, Vice President, Strategy + Chief of Staff, evolvedMD, Phoenix, AZ

Objectives

At the end of this presentation, participants will be able to:

- Understand how to leverage branding for professional gain.
- Advocate for their own professional development and growth.
- Uncover passions and strengths to guide professional journey.

A-1: PCBH Program Development 101

Program development and evaluation are essential activities when implementing the Primary Care Behavioral Health (PCBH) model in any given healthcare setting. It often seems that there are limitless program development needs, all urgent, vying for our attention, and knowing where and how to start can be a daunting task. In this presentation, our aim is to provide simple, concrete strategies to guide selection, execution, and evaluation of program development projects in an integrated primary care setting. We will focus on making the material accessible to those new to program development, but welcome attendees of all experience levels and will encourage open dialogue with the hope that we can all learn from one another.

Presenters

- Michael R. Bruner, PsyD, Director of Behavioral Health, HealthSource of Ohio, Milford, OH
- Ciara Incorvati, MA, Graduate Student BHC, HealthSource of Ohio, Milford, OH, & Xavier University, Cincinnati, OH

Objectives

At the end of this presentation, participants will be able to:

- Describe strategies for identifying and prioritizing program development needs in primary care.
- Describe common models and strategies used to organize and implement desired changes in a healthcare setting.
- Describe strategies for evaluating the results of PCBH program development projects.

A-2: Supervision in CoCM: High-quality Care Manager Meetings

This session will provide best practices as well as experiential guidance to help clinicians as well as their administrators optimize supervisory touch-points with Behavioral Health Care Managers.

Presenters

- Laura Sidari, MD, Program Director, Consulting Psychiatrist, Cayuga Integrated Behavioral Health, Cayuga Medical Associates, Ithaca, NY
- Trisha Patrician, PhD, Assistant Director, Behavioral Health Consultant, Cayuga Integrated Behavioral Health, Cayuga Medical Associates, Ithaca, NY

Objectives

At the end of this presentation, participants will be able to:

- Identify the intersections between high-quality supervisory supports and successful CoCM delivery
- Understand common costs and benefits to investing in supervisory supports in CoCM
- Develop a framework for providing effective and efficient supervision for care managers
- Understand how to navigate common pitfalls encountered in care manager supervision

B-1: Developing your Clinical Supervision Skills for CoCM and PCBH

This session will focus on clinical, consultation and practical skills needed to supervise in each model of care. Special attention will be paid to the cognitive shift needed to be made in terms of being traditionally trained versus the skills needed to work in a Primary Care setting (ie: such as the shift to a population health focus). Practical workflows will be discussed in addition to the billing implications associated with supervision in each model of care.

Presenters

- Meghan Fondow, PhD, Director of Behavioral Health, Access Community Health Centers, Madison, WI
- Shanda Wells, PsyD, Manager of Behavioral Health in Primary Care, University of Wisconsin Health, Madison, WI

Objectives

At the end of this presentation, participants will be able to:

- Describe strategies for identifying and prioritizing program development needs in primary care.
- Describe common models and strategies used to organize and implement desired changes in a healthcare setting.
- Describe strategies for evaluating the results of PCBH program development projects.

B-2: Behavioral Health Policy Change: Breaking Down 2022 Behavioral Health Improvement Strategies

This session will walk through the changes being implemented to support President Biden's Strategy to Address our National Mental Health Crisis. The session will detail the levers pulled in multiple government departments and programs and the recent passage of the Omnibus spending bill which will allow licensed counselors and marriage and family therapists to provide services to Medicare patients.

Presenters

- Julie Geiler, M.A., Technical Assistance Associate and Policy Coordinator, Collaborative Family Healthcare Association, Cincinnati, OH

Objectives

At the end of this presentation, participants will be able to:

- Identify points for public input in federal laws and regulations
- Identify resources to follow federal and state legislative agendas
- Develop a framework for understanding policy levers for advancing behavioral health

C-1: Innovations in Pediatric PCBH

Kids are not small adults. Their rapid development, frequent interaction within multiple child-serving social sectors (e.g., medicine, school, legal), and family context requires unique innovations and considerations when implementing the Primary Care Behavioral Health Model in pediatric settings. Specifically, this presentation will

focus on preventative interventions designed to keep youth healthy, cross-sector and community-based components to integration models, and equity informed approaches to primary care integration.

Presenters

- Allison Allmon Dixon, PhD, Integrated Care Section Chair, Pediatric Psychologist and Behavioral Health Consultant, Gundersen Health System, La Crosse, WI
- Cody Hostutler, PhD, Clinical Director of Behavioral Health Integration & Assistant Professor in Pediatrics, Nationwide Children's Hospital & The Ohio State University, Columbus, OH

Objectives

At the end of this presentation, participants will be able to:

- Describe the rationale for pediatric specific PCBH models
- Identify 2 key child and family facing systems essential for pediatric care outside of the health system
- Develop cross system pathways to promote child and family health

C-2: More than a Clinician: A Integrated Care Career in Academic Medicine

The field of behavioral health has rapidly expanded beyond clinical care and the need for behavioral health professionals in other settings, including academic medicine, has become evident. Thus, education regarding available roles to behavioral health professionals in academic medicine and the skills and competencies to be successful are necessary. This presentation will highlight the value of behavioral health professionals in academic settings. Presenters will discuss the multiple roles that behavioral health professionals can have in academic medicine and will discuss pathways and resources to facilitate the transition to integrated care within academia.

Presenters

- Yajaira Johnson-Esparza, PhD, Assistant Professor/Clinical, Department of Family & Community Medicine, Behavioral Health Consultant, Family Medicine Residency, University of Texas Health Science Center at San Antonio, San Antonio, TX
- Brittany Houston, PsyD, Assistant Professor, Department of Population Health, Behavioral Science Director of Family Medicine Residency, Dell Medical School of UT Austin, Austin, TX

Objectives

At the end of this presentation, participants will be able to:

- Describe the importance of a behavioral science presence in academia.
- Identify roles of a behavioral health professional within academia.
- Identify skills and competencies to be successful in academic medicine.

D-1: Treating PTSD with Exposure-Based Approaches in Primary Care

Patients experiencing symptoms of Posttraumatic Stress Disorder (PTSD) may have frequent or infrequent contact with primary care (PC) due to over or under reliance on PC which may be moderated by the patient's level of trust in their healthcare team. This can lead to misinterpretation of the intentions of others and could cause reactions such as defensiveness or hostility, which could increase interpersonal conflict, particularly with their PC team. Symptoms of PTSD have also been related patient and provider difficulties with chronic disease management, health behavior change, and the management of other psychiatric conditions. Therefore, it is imperative to address PTSD in PC with, targeted, evidence-based approaches that are appropriate for the context of PC, especially for marginalized and historically excluded groups. This presentation will discuss the impact of PTSD and Posttraumatic Stress Symptoms (PTSS) on PC as well as present evidence-informed,

exposure-based approaches for addressing PTSD and PTSS in PC. Additionally, approaches for addressing ethno-racial trauma in PC will also be discussed.

Presenters

- Stacy Ogbeide, PsyD, ABPP, CSOWM, Associate Professor of Family & Community Medicine and Psychiatry and Behavioral Sciences, Assistant Dean for Faculty – Long School of Medicine, Director of Behavioral Health Education – Family Medicine Residency, Primary Care Track Coordinator – Clinical Psychology Internship, UT Health San Antonio, San Antonio, TX

Objectives

At the end of this presentation, participants will be able to:

- Identify how distrust of the healthcare system related to PTSD and PTSS in historically excluded groups impacts the Quadruple Aim;
- Describe the features of the PE-PC PTSD protocol;
- Describe the features of designing an exposure-based intervention for addressing PTSD or PTSS within PC; and
- Discuss the PTSD and PTSS presentations for patients who are experiencing ethno-racial trauma.

D-2: Using An Equity Lens To Undergird Your Quality Metrics Development

Health equity is a concept that is often discussed but rarely operationally defined or measured. Data informs value-based payment contracts for reimbursement, fulfills federal requirements, and contributes to the experience of patient care. To this end, understanding how to determine when quality metrics accurately reflect equitable approaches to care is key. In this session, we will discuss pros and cons of using “traditional” quality metrics such as UDS metrics to demonstrate change in health disparities and overall organizational change. We will also engage in brainstorming to identify metrics that would best reflect measurable factors that contribute to health equity advancement.

Presenter

- Eboni Winford, PhD, MPH, Director of Research and Health Equity, Cherokee Health Systems, Knoxville, TN

Objectives

At the end of this presentation, participants will be able to:

- Define health equity
- Understand strengths and weaknesses associated with using only UDS metrics to measure health equity
- List at least 3 metrics that reflect a way to measure the effect of health equity on health outcome measures

E-1: Value-Based Payment: Moving from Understanding to Application

In this session, participants will be introduced to key facets of Value-Based Payment, including the LAN Categories, Risk vs. non-risk bearing contracts, and financial considerations. In addition, participants will briefly assess their own readiness for VBP across essential domains predictive of successful population health outcomes. Finally, participants will use their own readiness assessment to identify unique opportunities for engagement and meaningful participation in local VBP efforts.

Presenters

- Brian Sandoval, PsyD, Sr. Director of Development, Comagine Health, Portland, OR
- Rachel Bambas, PhD., Principal Consultant, Health Management Associates, Scranton, PA

- Lesley Manson, PsyD, Principal Consultant, TEAMS, Associate Chair of Integrated Initiatives at Arizona State University, Phoenix, AZ

Objectives

At the end of this presentation, participants will be able to:

- Understand the critical terms and resources related to VBP
- Identify two key areas to improve your readiness for VBP
- Determine the 1-3 opportunities for future engagement and participation in VBP

E-2: The Past Continues to Be Present: The Influences of Racial Bias in Psychiatry & Behavioral Health

Until recent years, most training programs in psychiatry, psychology and related behavioral health fields have maintained a version of history that has been whitewashed and has minimized racism and bias within the field. These racist legacies continue to impact theory, training, and practice today. This omission has also contributed to the assumption that behavioral health providers and academics tend to be impervious to racial bias or discrimination. Unfortunately, this is far from the truth.

This presentation will delve into the rather complicated history of psychiatry and psychology as it relates to racism in clinical practice and the systematic exclusion of Black, Indigenous and People of Color (BIPOC) as clinicians and academics. We will then provide participants with an opportunity for self-reflection and offer suggestions for engaging in cultural humility and taking an antiracist approach to behavioral healthcare.

Presenters

- Gretchen Buchanan, PhD, LMFT, LADC, Postdoctoral Fellow, Washington University, St. Louis, MO
- Tanya Vishnevsky, PhD, Licensed Clinical Psychologist & Owner, Natick Counseling, Buckingham, PA

Objectives

At the end of this presentation, participants will be able to:

- Identify at least two historical examples of racial bias within the field of psychiatry and psychology
- Identify at least one recent example of racial bias within the field of psychiatry and psychology
- Identify one strategy for promoting an antiracist approach within behavioral health

F-1: Career Paths In Integrated Care: Growing and Selling Yourself

The path to becoming a leader in integrated care can vary greatly, and each leadership role is unique. In this discussion, we will hear from three female leaders in integrated care who have leveraged their skills as behavioral health consultants to create distinct leadership positions in the field. They will share their personal experiences, including lessons learned from mistakes, and offer guidance for emerging leaders as they begin their own journeys.

Presenters

- Martha Saucedo, LCSW, Project Manager for Technical Assistance & Strategic Development, Collaborative Family Healthcare Association, Madison, WI
- Jena Fisher, PhD, Senior Executive Director of Clinical Services and Innovation, Merakey, Erdenheim, PA
- Coleen Clemency Cordes, Associate Dean, Career Track Faculty Success, Clinical Professor, College of Health Solutions, Arizona State University, Arizona, AZ

Objectives

At the end of this presentation, participants will be able to:

- Describe 3 BHC competencies and how these competencies can be leveraged to support leadership success
- Articulate how value-based approaches to leadership can support growth and persistence in leadership
- Describe strategies to grow your career while mitigating burnout
- Recognize and analyze the various systemic and cultural hindrances that women of color experience in leadership, and explore ways to empower and support them in overcoming these obstacles.

F-2: Integrated Behavioral Health Providers: A Survey of Workload, Compensation, and Quality of Work and Life

The Integrated Behavioral Health workforce is a dynamic and growing group of professionals who work in a variety of settings and receive a range of compensation packages.

A salary survey is a useful methodology for collecting information on wages and benefits to determine salary levels for specific job categories and workloads.

From June 7th to November 1st 2022, we surveyed members of the CFHA community using an electronic survey. In addition to measuring compensation, we also collected information on job descriptions, workloads, location, education, licensure, billing, practice type, patient population, and job satisfaction.

We hope the results of this survey will address gaps in compensation across the field and aid hiring managers in their recruiting efforts. The purpose of this session is to review the survey methodology and results and discuss applications of these findings to integrated care workforce development and human resource management.

Presenters

- Matt Martin, PhD, MS, LMFT, CSSBB, Clinical Associate Professor, Arizona State University, College of Health Solutions, Phoenix, AZ
- Neftali Serrano, PsyD, Chief Executive Officer, Collaborative Family Healthcare Association, Chapel Hill, NC

Objectives

At the end of this presentation, participants will be able to:

- Describe the value of salary surveys in identifying and addressing workforce trends
- Examine evidence of workload and compensation parity and disparity
- Discuss applications of findings to integrated care workforce development and human resource management

P-2: Improving Health Equity Through Empowering the Workforce

Growing dynamic and vital career pathways for all behavioral health professionals is a way to address health equity. This session will review key innovations published in the recent Special Issue of Families, Systems, & Health focusing on development of the behavioral health workforce for team based care. Authors of the papers will describe their work and discuss cross cutting themes around how to address health equity through the intentional cultivation of the workforce.

Presenters

- Jodi Polaha, PhD, Professor and Director, East Tennessee State University Institute for Integrated Behavioral Health, Johnson City, TN
- Candice Chen, MD, MPH, Associate Professor, Department of Health Policy and Management, Milken Institute School of Public Health, George Washington University, Washington, DC
- Kimberly Williams, DNS, RN, ANP-BC, PMHNP-BC, PHNA-BC, Associate Professor, University of South Alabama, Mobile, AL
- Bridget Weller, PhD, Professor of Social Work, Western Michigan University, Kalamazoo, MI

- Candice Selwyn, PhD, Research Assistant Professor, University of South Alabama, College of Nursing, Mobile, AL
- Stephanie Punt, PhD, Neuropsychology post-doctoral fellow, UCLA, Los Angeles, CA
- Courtney Walker, PhD, Assistant Professor of Psychiatry and Human Behavior and Pediatrics, University of Mississippi Medical Center, Jackson, MS
- Dan Ferguson, M.S., Director, Yakima Valley College-WA State Allied Health Center of Excellence, Yakima, WA
- Eve-Lyn Nelson, PhD, FATA, Professor, Pediatrics and Psychiatry, University of Kansas, Kansas City, KS

Objectives

At the end of this presentation, participants will be able to:

- Describe 3-5 innovations in developing a behavioral health workforce for team care.
- Discuss how these (and other) projects engage the development of professionals who could influence health equity.
- Discuss future directions for work in this area including research and policy.