

## Pre-Conference Sessions – Thursday, October 18, 2018

*Last updated July 17, 2018*

### PC1: Collaborative Leadership in Uncertain Times

Half-day session – 8:30 to 11:30 AM

#### Session Description

This 3-hour, interactive workshop will present principles of effective, collaborative leadership. Drs McDaniel and Campbell will begin with a brief history of hierarchical vs. distributed forms of leadership more appropriate for today's VUCA world (Volatile, Uncertain, Complex, and Ambiguous). The presenters will emphasize the importance of basing collaborative, distributed leadership on a foundation of respect, a shared mental model, complementary skill sets, and clear agreements about division of labor.

Drs McDaniel & Campbell will provide examples of success and failure, with opportunities for participants to present leadership challenges in small groups. The workshop will conclude by developing a more extensive set of principles for collaborative leadership in healthcare.

#### Objectives

Upon completion of this activity, learners will be able to:

- Participants will understand the distinctions between hierarchical and distributed forms of leadership and the importance of the latter in today's world
- Participants will learn the basic principles of a collaborative distributed leadership and how to apply them.
- Participants will apply these principles to their own leadership challenges.

#### Presenters

- Susan H McDaniel PhD, Dr Laurie Sands Distinguished Professor of Families & Health, Vice Chair, Department of Family Medicine; Director, Institute for the Family, Department of Psychiatry; University of Rochester Physician Communication Coaching Program; University of Rochester Medical Center, Rochester NY
- Thomas L Campbell MD, Wm Rocktaschel Professor and Chair, Department of Family Medicine, University of Rochester Medical Center, Rochester NY

## PC2: Stuck in the Middle: Strategies to Effectively Navigate Obstacles as an Early Career Professional

Half-day session – 12:00 to 3:00 PM

### Session Description

There are natural transition periods in everyone's career, and this is no more true for Early Career Professionals (ECPs). These times often come with emotional processes, and involves encounters with power, learning to lead while still acquiring knowledge and skills, locating one's place within a team, and significant emotional processing as one's footing becomes firm again. This session is designed for ECPs to name and create solutions for these transitional challenges. Participants will hear from three ECPs who will address topics unique to this professional cohort. Participants will have opportunities and be encouraged to discuss obstacles and solutions in their professional lives.

### Objectives

Upon completion of this activity, learners will be able to:

- Identify three common challenges faced by early career professionals in health-related professions.
- Identify three personal strengths and struggles in their current work context.
- Apply two strategies to effectively navigate their personal struggles in their current work context.

### Presenters

- Laura E. Sudano, PhD, LMFT, Associate Director, Collaborative Care, University of California San Diego (UCSD) Family Medicine and Public Health, San Diego, CA
- Eboni Winford, PhD, Licensed Psychologist and Behavioral Health Consultant, Cherokee Health Systems, Knoxville, TN
- Annie Jack, MD, Chief Resident, University of Rochester/Highland Hospital, Rochester, NY

## PC3: Toolkit for PCBH in Pediatric Primary Care: Part Two

Full-day session – Approximately 8:30 AM to 3:00 PM

### Session Description

Physical and mental health needs of children are distinctly different from adults. Unfortunately, there is a shortage of BH providers specially trained in pediatrics. This full day workshop will provide participants with the knowledge, skills, and a physical toolkit to operate in pediatric integrated care settings. All participants will receive an overview on the use of parenting interventions in primary care and how to incorporate BHCs into Well Child visits. Furthermore, participants will learn strategies for early identification, screening tools, and interventions. Participants will select 2 out of 4 breakout sessions on 1) Sleep; 2) Depression/Anxiety; 3) ADHD; 4) Toileting.

### Objectives

Upon completion of this activity, learners will be able to:

- Discuss a broad range of best practices in pediatric integrated care and ways to integrate BHCs into Well Child Checks.
- Build and utilize a toolkit of integrated pediatric care resources for immediate implementation in medical settings
- Identify common care pathways, brief interventions, and screening measures/assessment strategies for the most common issues in pediatric integrated care (sleep, mood disorders, and/or ADHD concerns, toileting).

### Presenters

- Lesley Manson, Psy.D., Assistant Chair of Integrated Initiatives, Clinical Assistant Professor, Arizona State University, Phoenix, AZ
- Tawnya Meadows, Ph.D., BCBA-D, Co-Chief of Behavioral Health in Primary Care-Pediatrics, Geisinger, Danville, PA
- Matthew Tolliver, Ph.D., Assistant Professor, East Tennessee State University, Johnson City, TN
- Allison Allmon Dixon, Ph.D., Pediatric Psychologist, Gundersen Health System, La Crosse, WI
- Sonny Pickowitz, LCSW, Primary Care Behavioral Health Coordinator and BHC, OSF Healthcare
- Cody Hostutler, Ph.D., Psychologist, Nationwide, OH
- Sarah Trane, Ph.D., Psychologist, Mayo Clinic, MN
- Brian DeSantis, Psy.D., ABPP, VP, Behavioral Health, Peak Vista Community Health Centers, Colorado Springs, CO

## PC4: Introduction to the Collaborative Care Approach

Half-day session – 8:00 to 11:00 AM

### Session Description

This interactive workshop will provide an introduction to Psychiatric Collaborative Care Model (CoCM) for all providers interested in learning more about this approach or how evidence-based collaborative care principles could be used in any behavioral health practice. Core skills in using a team-based approach to mental health delivery will be reviewed with opportunities to learn from example cases and practice using a registry to drive treatment to target for common mental health disorders. New payment opportunities using CMS Psychiatric Collaborative Care Model codes will be discussed. This is an idea for healthcare professionals considering implementing this model of care in the future.

### Objectives

Upon completion of this activity, learners will be able to:

- List history of integrated care models and the evidence-base for the Collaborative Care Model (CoCM)
- Describe the differences in workflow between traditional psychiatry and psychiatric consultation in collaborative care
- Name the five core principles of collaborative care
- Apply knowledge of a registry to facilitate treatment-to-target and psychiatric case reviews.

### Presenters

- Anna Ratzliff, MD, PhD, Associate Professor, University of Washington, AIMS Center Director, Seattle, WA
- Kristin Kroeger, Chief of Policy, Programs and Partnerships, American Psychiatric Association, Washington, DC
- Neil Korsen, MD, MS, Center for Outcomes Research and Evaluation, Maine Medical Center, Portland, ME

## PC5: Maximizing The Team Within an Integrated Primary Care Clinic

Half-day session – 11:30 AM to 3:30 PM

### Session Description

Want to learn how you can save time during your busy day in primary care while also improving patient care? This workshop will focus on helping primary care providers or nurses better utilize integrated providers, such as embedded behavioral health providers or care managers in their everyday practice. The workshop will open with personal stories from a physician and patient and then experts in integrated care will share how to utilize these providers for specific patient populations and employ team-based care to reduce provider burden and improve patient care. Primary care team members who do not regularly involve, but have access to, an embedded behavioral health provider are invited to attend.

### Objectives

Upon completion of this activity, learners will be able to:

- Understand the value that an embedded behavioral health provider can bring to the primary care teams efficiency and effectiveness in providing good patient care.
- Identify specific presenting concerns where the embedded behavioral health provider can be utilized
- Identify how a group medical visit can be employed as another way to maximize efficiency and effectiveness
- Identify specific strategies to foster success as a member of interdisciplinary team

### Presenters

- Jennifer S. Funderburk, PhD, Clinical Research Psychologist, VA Center for Integrated Healthcare, Syracuse, NY
- Katherine Dollar, PhD, Director of Implementation, VA Center for Integrated Healthcare, Buffalo, NY
- Kent Corso, PsyD, Private Consultant, NCR Behavioral Health, Washington, DC
- David Edelman, MD, Professor of Medicine, Duke University, Durham, NC
- Angela Denietolis, MD, Physician & Executive Director Primary Care Operations, Veterans Health Administration, Washington, DC