



SCHOOL OF SOCIAL WORK  
CONTINUING EDUCATION  
UNIVERSITY OF MICHIGAN

Web-Based Certificate in  
Integrated Behavioral Health and Primary Care  
Pediatric Track  
Spring 2018

Definitions:

*“Live coursework”* consists of interactive lectures viewed online from a home or work computer. *All participants in the program log on at the same time* and view the live streaming lecture and PowerPoint presentation. You can see the instructors, but they can’t see you. During live coursework, participants have instant access to the instructors for questions and comments via chat bar.

*“Self-paced coursework”* consists of pre-recorded podcasts and web modules. Participants can view these materials at any time during the term.

*“Small group videoconferences”* are part of the live coursework component, and consist of meetings with classmates. At appointed times, participants are invited to enter the online videoconferences and discuss course materials and projects with their peers. Each participant can see and hear their small group of five to seven peers, and can be seen and heard by them. In certain cases, participants from the same agency meet together in person during these times in lieu of entering a videoconference.

## SCHEDULE OF LIVE SESSIONS

Day	Date	Time	Track
Wednesday	3/14/2018	5:30pm to 7:30pm	ALL
Monday	3/19/2018	5:30pm to 7:30pm	PEDIATRIC
Monday	3/26/2018	5:30pm to 7:30pm	PEDIATRIC
Wednesday	3/28/2018	5:30pm to 7:30pm	ALL
Monday	4/9/2018	5:30pm to 7:30pm	PEDIATRIC
Monday	4/16/2018	5:30pm to 7:30pm	ALL
Monday	4/23/2018	5:30pm to 7:30pm	PEDIATRIC
Monday	4/30/2018	5:30pm to 7:30pm	ALL
Monday	5/7/2018	5:30pm to 7:30pm	PEDIATRIC
Wednesday	5/9/2018	5:30pm to 7:30pm	ALL

### TIMED AGENDA: LIVE COURSEWORK

*Note: All times listed below are in the Eastern time zone*

#### Wednesday March 14, 2018

5:30 - 7:30, J. Capobianco, "Introduction to Bidirectional Integrated Care"

#### Monday March 19, 2018

5:30-7:30, C. Bares, "Social Determinants of Health"

#### Monday March 26, 2018

5:30-6:30, M. Duprey, "Model"

6:30-7:30, D. Lee, "BHC"

#### Wednesday March 28, 2018

5:30-7:30, J. Capobianco, "Introduction to Bidirectional Integrated Care"

#### Monday April 9, 2018

5:30-7:30, M. Ruffolo, "Interventions"

Monday April 16, 2018

5:30-6:30, A. Lapidos and M. Duprey, "IPAT" Small Group Videoconference

6:30-7:30, J. Capobianco, "Financing"

Monday April 23, 2018

5:30-6:30, E. Attisha, "Asthma"

6:30-7:30, S. Bobak, "ADHD"

Monday April 30, 2018

5:30-6:30, A. Marks, "Ethics"

6:30-7:00, A. Lapidos and M. Duprey, "Ethics"

7:00-7:30, Small Group Videoconference

Monday May 7, 2018

5:30-6:30, C. Grim, "Trauma"

6:30-7:30, T. Holtrop, "Obesity"

Wednesday May 9, 2018

5:30-6:00, A. Lapidos, "Mindfulness"

6:00-6:30, Small Group Videoconference

6:30-7:30, M. Duprey, "Implementation"

**SELF-PACED COURSEWORK**

*Video Lectures:*

D. Furgeson, "Oral Health for Collaborative Care"

P. Pfeiffer, "Primary Care Psychopharmacology"

D. Cordova, "Culturally Responsive Practice"

J. Salerno, "Teen Suicide"

C. Rheingans, "Affordable Care Act"

J. Salerno, "Teen Sexual Health"

C. Johnsons, "Integrated Infant Mental Health"

L. Biggs, "DD/Autism"

**"Eating Disorders"**

K. Rogalski, "Anxiety and Depression"

J. Lane, "Adolescent Medical Homes"

G. Seedott, "Pediatric Substance Abuse"

## COURSE DESCRIPTIONS: SHARED CURRICULUM

### Introduction to Integrated Behavioral Health and Primary Care

In this module, participants will learn about the nature and implications of integrated care, and will become fluent in the key terms that have come to describe it. Topics will include key public policies affecting the integrated care movement, including the Affordable Care Act; successful models of integrated care; population health management and health disparities; and ethical challenges and opportunities in integrated care. The transition to integrated care will be framed as a paradigm shift from disease-oriented to recovery-oriented service delivery, resulting in new opportunities and challenges, and direct implications for consumers and their families.

#### Learning Objectives:

1. Explain the difference between colocation and integration.
2. State three key features of the Affordable Care Act related to integrated health.
3. Compare and contrast interdisciplinary and multidisciplinary teams.
4. Apply the four quadrant model to stratify a patient population.
5. **Identify level of integration based on standard model that is used in current workplace and determine what changes can further integrate practice.**
6. Identify two ethical challenges to integrated health practice.
7. **Address/resolve common ethical challenges in integrated health practice.**
8. Identify two financing strategies that can facilitate integrated care.

### Integrated Health Systems and Implementation

In this module, participants will obtain knowledge and skills related to the implementation of integrated care services. Implementation of integrated team-based collaborative care presents challenges and opportunities for providers and managers, with significant implications for access to care and patient satisfaction. Topics include basics of integrated health implementation; telepsychiatric consultation; culturally responsive practice; Patient Centered Medical Home recognition; oral health for collaborative care; and provider mindfulness and self-care.

#### Learning Objectives:

1. Provide three examples of specific behavioral intervention strategies.
2. **Implement an organizational self-assessment for cultural responsiveness.**

3. **Develop skills to hire and train staff in integrated health practice.**
4. Identify two core features of acceptance and commitment therapy.
5. Differentiate between client values and goals.
6. Explain how provider mindfulness and self-care relate to workforce challenges such as burnout prevention.
7. List three features of primary prevention of oral diseases such as dental caries.
8. List the three most common psychiatric medications prescribed in primary care and their uses, contraindications, and potential side-effects.

## COURSE DESCRIPTIONS: PEDIATRIC CURRICULUM

### Foundations of Pediatric Integrated Health Care

Although "pediatrics" describes the age range from birth through 18 years of age, children develop through a number of distinct developmental, psychological, and social stages. The Pediatric track explores how to address the most common issues of these stages using a pediatric integrated health model of care. Topics include an introduction to the model, the role of the pediatric behavioral health consultant, pediatric social determinants of health, and interventions in the medical setting.

#### Learning Objectives:

1. Identify and describe an example of the Pediatric Integrated Health Care model.
2. **Identify requisite skills to serve in the role of behavioral health consultant in pediatric integrated health care.**
3. Identify at least five social determinants of health for the pediatric population.
4. **Apply a population health model to develop programs or interventions for children and/or adolescents.**

### Pediatric Interventions

As the healthcare system is transformed from non-integrated to integrated, many services and interventions can be provided directly to the pediatric population as well as their parents in the medical clinic. Although many clinicians know typical child and adolescent diagnoses from a clinical perspective, this module helps participants develop an integrated understanding of typical topics that may present in the medical setting. Topics include ADHD, pediatric asthma, DD-autism, anxiety, depression, trauma, and adverse childhood experiences.

#### Learning Objectives:

1. Identify recommended evidence-based treatment options for ADHD in pediatric primary care.

2. Identify two primary causes of pediatric asthma.
3. **Teach patients, stakeholders, and community about the impact of pediatric trauma on health.**
4. Identify trauma symptoms and/or adverse childhood experiences in primary care.
5. Identify symptoms of depression that could present in pediatric primary care and appropriate depression medications for the pediatric population.
6. List three common anxieties in children and adolescents.
7. Identify symptoms of autism that are likely to present in pediatric primary care.
8. **Identify a need for further assessment for developmental disabilities.**
9. **Educate parents/caregivers on issues of pediatric obesity causes and interventions.**

## Adolescents

Many adolescents are required to attend at least one physician appointment a year, presenting an annual opportunity to engage them in management of their own health care and in the detection and early intervention of risky behaviors which can have lifelong consequences. Adolescents can be best engaged in self-management when their unique social, developmental, physical and psychological needs are considered. Topics include adolescent-centered medical homes, adolescent sexual health, substance abuse, suicide, eating disorders, and school-based health centers.

### Learning Objectives:

1. **Identify and normalize developmental considerations in adolescent sexual health.**
2. **Modify a physical environment to become a developmentally-appropriate and engaging adolescent medical home.**
3. **Apply two prevention and/or intervention strategies for pediatric substance abuse.**
4. Identify three risk factors for teen suicide.
5. Identify three symptoms of an eating disorder that likely present in healthcare settings.