

## OneCity Health

# COLLABORATIVE CARE TRAININGS: MARCH AND APRIL 2018 SESSIONS

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OneCity Health has launched a training series on Collaborative Care for OneCity Health primary care partners in collaboration with the CUNY Graduate School of Public Health and Health Policy.

Sessions that are currently open for registration cover:

- Patient Health Questionnaire (PHQ-9) Screening (March 15)
- Primary Care Psychopharmacology for Anxiety (March 22)
- Wellness Self-Management Plus Facilitator Training (April 3)
- Problem Solving Treatment (April 12)
- Substance Use Disorders (April 19)
- Treating Anxiety (April 24)

Registration is required to attend these sessions. See below for additional information on each training.

### Target Audience

These sessions are intended for Collaborative Care team members, including nursing staff (nurses, patient care aides) behavioral health clinicians (licensed social workers) and primary care physicians. Continuing medical, nursing and social work education credits will be provided to participants as applicable.

### In-Person Session Training Details

Please note that due to space constraints, we request that no more than two (2) individuals from your organization register for an in-person session. We will circulate presentation materials after a training so attendees can share with their colleagues.

### Questions

Please reach out to the OneCity Health support desk Monday – Friday, 9 a.m. – 5 p.m. at 646-694-7090 or anytime at [ochsupportdesk@nychhc.org](mailto:ochsupportdesk@nychhc.org) with questoins

## PHQ-9 WEBINAR

The Collaborative Care model aims to improve routine screening and diagnosis of common behavioral health conditions in primary care. The Patient Health Questionnaire (PHQ-9) is a commonly used and validated screening tool for depression in adults that is used to screen and/or diagnose depression, measure the severity of symptoms, and measure a patient's response to treatment. The PHQ-9 can be self-administered by the patient or administered by a variety of different staff.

Participants who attend the webinar will learn the following:

1. Describe the characteristics and impact of depression
2. Recognize and define the basic elements of the Patient Health Questionnaire (PHQ-9) used to screen for depression
3. Understand workflows and communication strategies to support patients completing the PHQ-9

### Event Details

**When:** Thursday, March 15, 2018

**Time:** 10:00 a.m.

**Location:** Webinar via Webex

[Click here to register](#)

## PRIMARY CARE PSYCHOPHARMACOLOGY FOR ANXIETY WEBINAR

The Collaborative Care model aims to improve evidence-based treatment of common behavioral health conditions (e.g. depression, anxiety) in primary care.

Participants who attend the webinar will learn the following:

1. Recognize that anxiety is treatable
2. Increase knowledge on psychopharmacology treatment choices for anxiety disorders
3. Deploy evidence-based strategies for the treatment of anxiety

### Event Details

**When:** Thursday, March 22, 2018

**Time:** 10:00 a.m.

**Location:** Webinar via Webex

[Click here to register](#)

## IN-PERSON TRAINING: WELLNESS SELF-MANAGEMENT PLUS FACILITATOR TRAINING

This in-person training on April 3, 2018 will be a Wellness Self-Management Plus facilitator training.

Wellness Self-Management Plus (WSM+) is a curriculum designed to provide adults with substance use and mental health concerns with knowledge and life strategies that supports their recovery. The WSM+ curriculum was developed by the New York State Office of Mental Health and Office of Alcoholism and Substance Abuse Services. The WSM+ curriculum represents an adaptation of the evidence based practice, Wellness Self-Management, to more comprehensively address co-occurring mental health and substance use issues.

The WSM+ facilitator course provides training to clinicians who are currently or looking to lead the WSM+ co-occurring group curriculum. This full day training provides clinicians with an in-depth introduction to the WSM+ curriculum, goals, facilitator competencies, and values. The training provides instruction on all stages of WSM+ group facilitation as well as ample opportunities for simulated group practice. Through use of case examples, this training also provides guidance on clinical skills specific to leading co-occurring groups in which participants may be at different stages of change. Those attending will leave with the skills and knowledge to start and lead successful WSM+ groups.

Participants in the WSM+ training will learn the following:

1. The ten WSM+ goals and facilitator values and competencies
2. Clinical skills specific to leading co-occurring groups, in which participants may be at different stages of change
3. Strategies for leading WSM+ groups and designing a lesson plan
4. How to develop action steps for starting a WSM+ group

### Event Details

**When:** April 3, 2018

**Time:** 8:30 a.m. – 5:00 p.m.

**Location:**

NYC Health + Hospitals /Metropolitan  
1901 First Avenue  
New York, NY 10029

[To register click here.](#)

## IN-PERSON TRAINING: PROBLEM SOLVING TREATMENT

We are offering this in-person training on April 12, 2018 that will discuss problem solving treatment.

Problem solving treatment (PST) is a skills-building treatment for depression used in primary care and community settings. It is based on the assumption that problems of daily life cause and maintain depressive symptoms, and that through systematically identifying and addressing these problems, people can reduce the number and severity of depression symptoms they experience. PST has a specific, structured problem solving procedure that helps patients to clearly define their problems and set concrete and realistic goals. PST helps patients gain a sense of control over their lives and become empowered to make lasting life changes.

Participants in the PST training will learn the following:

- Learn about the connection between problem solving skills and depressive symptoms
- Be able to identify the seven stages of Problem Solving Treatment
- Understand the concept of Activity Scheduling

Participants will have the opportunity to practice Problem Solving Treatment skills through role playing activities and will learn concrete skills that they can put into practice immediately in their work with patients.

### Event Details

**When:** April 12, 2018

**Time:** 8:30 a.m. – 1:00 p.m.

**Location:**

NYC Health + Hospitals/Metropolitan  
1901 First Avenue  
New York, NY 10029

[To register click here.](#)

## **WEBINAR TRAINING: TREATING SUBSTANCE USE DISORDERS**

We are offering this webinar training on April 19, 2018 that will discuss treating substance abuse disorders.

This one hour webinar will provide an overview of best practices to treat substance use co-morbidities within the Collaborative Care model. Topics will include brief therapeutic interventions such as motivational interviewing and behavioral activation, medication management and referral to treatment.

Participants in this webinar will learn the following:

- Best practices to treat substance use co-morbidities within Collaborative Care
- Brief interventions to effectively treat patients with substance use comorbidities within Collaborative Care
- Medication management techniques for patients with substance use issues being treated within Collaborative Care

A WebEx will be emailed to registrants 48 hours prior to the training.

### **Event Details**

**When:** April 19, 2018

**Time:** 10:00 a.m. - 11:00 a.m.

**Location:** Via Webex Link

[To register click here.](#)

## **IN-PERSON TRAINING: TREATING ANXIETY WITHIN THE COLLABORATIVE CARE MODEL**

We are offering this in-person training on April 24, 2018 that will discuss treating anxiety.

This full day training will provide an introduction and overview to anxiety and treatment interventions that are suitable for primary care.

Participants in this training will learn the following:

- Screening, assessment and diagnosis of anxiety in primary care
- Overview of evidence-based treatment models for anxiety

Participants will have the opportunity to practice these evidence-based treatment interventions through role playing activities and will learn concrete skills that they can put into practice immediately in their work with patients.

### **Event Details**

**When:** April 24, 2018

**Time:** 8:30 a.m. - 5:00 p.m.

**Location:**

NYC Health + Hospitals/Metropolitan  
1901 First Avenue  
New York, NY 10029

[To register click here.](#)