

# Teaching Mental Health in Primary Care

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# Objective

By the end of this session, I will be able to describe methods of teaching residents how to care for outpatients with mental illness in primary care.

# Overview

- depression, anxiety & suicidality
- substance use disorders
- children & adolescents
- older adults

# Depression, anxiety & suicidality

- American Psychiatric Association practice guidelines for treatment of major depression\*
- Intermountain Health Care Process Model (CPM) for depression, bipolar disorder & ADHD\*
- Roy-Byrne et al, “Brief Intervention for Anxiety in Primary Care Patients,” *J Am Board Fam Med* 2009;22:175–186
- Suicide Prevention Resource Center Suicide Prevention Toolkit for Rural Primary Care\*
- Screening tools: PHQ-2, PHQ-9, GAD-7

# Substance use disorders

- SAMHSA Treatment Improvement Protocols (TIPs), e.g.,
  - 35. Enhancing motivation for change in substance abuse treatment\*
  - 49. Incorporating alcohol pharmacotherapies into medical practice\*
- NIAAA Clinicians' Guide to Helping Patients who Drink too Much\*
- Screening tool: AUDIT-C

# Children & adolescents

- AACAP practice parameters\*: atypical antipsychotics, autism, prescribing psychotropic medication to children, assessment of children & adolescents
- *Pediatrics in Review*: depression & suicide, anxiety, aggressive behavior, autism
- *Pediatric Psychopharmacology*, Martin, Scahill & Kratochvil (2010)

*thank you to Bill Taft for these recommendations*

# Older adults

- American Geriatric Society
  - iGeriatrics app – GeriPsych consult (\$2.99)
  - “Guide to the management of psychotic disorders & neuropsychiatric symptoms of dementia in older adults” (2013)\*
  - “Guide to the dementia diagnosis & treatment”\*
- American Association for Geriatric Psychiatry: CME on dementia & depression\* (must create account)
- American Psychiatric Association: interactive program on “Off label use of atypical antipsychotics”\*
- *Geriatric Psychiatry Basics*, Sakauye (2008)

# Your suggestions?