PROVIDER RESOURCES

Articles, Videos, Other Resources

Autism
- Board Certified Behavioral Analysts Contact Info – Business cards of Maggie Imlay and Amanda DeYoung, two Board Certified Behavioral Analysts willing to answer questions (from the 4/17/19 session on Autism)

Depression
- “Antidepressant-Resistant Depression in Patients with Comorbid Subclinical Hypothyroidism or High-Normal TSH Levels” – Article by Bruce M. Cohen, MD, PhD; Barabar R. Sommer, MD; and Alexander Vuckovic, MD, published in the American Journal of Psychiatry 175:7, July 2018

General Mental Health
- Token Economy Training – Slides for implementing a token economy with a reinforcement schedule in a facility
- Token Economy Phase 1 Point Sheet – Example of a token economy point sheet
- Token Economy Phase 2 Point Sheet – Example of a token economy point sheet
- Token Economy Outpatient Example – Example of outpatient token economy point sheet
- Where There Is No Psychiatrist: A Mental Health Care Manual by Vikram Patel and Charlotte Hanlon (free downloadable PDF available here; Amazon page to purchase available here)

Geriatrics
- Geripal – A geriatrics and palliative care blog
- **Slow Medicine for Elders** – Webpage advocating for measured treatment that improves the quality of patients' extended late lives while being considerate of their families' financial and emotional resources

**Insomnia**
- **CBT-I Coach Mobile App** – Webpage for mobile app for people that are engaged with Cognitive Behavioral Treatment for Insomnia with a health provider or who would like to improve their sleep habits

**LGBTQ Health**
- **“Transgender Patients: Providing Sensitive Care“** – Article with advice on how best to communicate with and treat this patient population. Written by Abbas Hyderi, MD, MPH, et al., published in the Journal of Family Practice

**Personality Disorders**
- **“Dialectal Behavior Therapy” with someone with a personality disorder** – Short video that includes an example of someone with a personality disorder

**Seizures**
- **“Psychogenic Nonepileptic Seizures“** – Article by Taoufik M. Alsaadi, MD, and Anna Vinter Marquez, MD, published by the American Academy of Family Physicians
Community Resources/Treatment Centers

- **Advocates Against Family Violence (AAFV) Website** – organization providing programs and resources—including a women and children’s shelter—to victims of domestic violence.
- **Mountain West Child Life Association Website** – Networking group that provides educational and networking opportunities for Child Life professionals and programs
- **NAMI-TV Directory** – Treasure Valley’s National Alliance on Mental Illness provides a comprehensive and concise directory of all mental health services in the Treasure Valley area
- **Recovery Centers** – link to Recovery Idaho webpage, which features locations of recovery centers throughout Idaho
- **Rural Crisis Center Network** – brochure about crisis centers in District 2, including addresses of current and future crisis centers
- **New Roads Behavioral Treatment Center** – Facility near Salt Lake City, Utah, for chronic mental health conditions
- **YouthCare Treatment Center** – Website for reactive attachment disorder treatment center in Draper, Utah

Events/Education Opportunities

**Autism**

- **Idaho Autism Summit** – Flyer for conference on November 2, 2019

**Trauma**

- **Trauma Informed Care: A Case-Based Virtual Course** – Flyer for online training about trauma-informed care, free CE credit available

Guidelines and Information
Autism

- **Applied Behavior Analysis Treatment of Autism Spectrum Disorder: Practice Guidelines for Healthcare Funders and Managers**
- **Ten Key Interventions for ASD** – recommendations by Abhilash Desai, MD, psychiatrist
- **Applied Behavior Analysis Questions and Answers Sheet** – Article published by the May Institute in 2016
- **Parent Guidelines for Identifying, Selecting, and Evaluating Behavior Analysts Providing Treatment for Individuals Diagnosed with Autism Spectrum Disorders** – Manual created by Autism Special Interest Group of the Association for Behavior Analysis International

Dementia/Geriatrics

- **ATMAN Approach to Managing Chronic Non-Cancer Pain without Opioid and Tramadol in Older Adults** – Recommendations proposed by Abhilash Desai, MD, and George T. Grossberg, MD
- **CALM Checklist: Controlling Agitation with Less Medications** – Checklist for Older Hospitalized Adults with Dementia, created by Abhilash Desai, MD, psychiatrist
- **Dementia Friendly Hospital: 10 Key Interventions to Reduce Stress of Hospitalization for Patient with Dementia** – handout created by Abhilash Desai, MD, psychiatrist
- **Pharmacologic Management for People with Dementia** – an infographic summarizing NICE guidance on drugs that can be offered for treatment for people with dementia
Insomnia

- “Insomnia: Pharmacologic Therapy” – AAFP article outlining pharmacologic therapy recommendations for insomnia

LGBTQ Health

- Standard of Care of the Health of Transsexual, Transgender, and Gender Nonconforming People – manual published by the World Professional Association for Transgender Health

Medications/Tests

- Anticholinergic Burden Calculator – Calculates anticholinergic burden in patients over 65
- Anticholinergic Cognitive Burden Scale – List of drugs and their anticholinergic burden score, developed by the Aging Brain Program of the Indiana University Center for Again Research
- Choosing Wisely Website – Initiative of ABIM Foundation that seeks to advance dialogue on avoiding unnecessary medical tests, treatments and procedures. Includes recommendations from medical societies for clinicians and resources for patients
- Crediblemeds.org – Website providing reliable information on medications, including on QTc
- Deprescribing.org – Evidence based guidelines for deprescribing appropriately
• **Generic Weekly Prozac Information** – Screenshot of a Facts and Comparison webpage with important facts about fluoxetine hydrochloride oral

• **Medication Interaction Chart** – Informational chart about potentially harmful medication interactions

• **“Prevalence of Prescription Medications with Depression as a Potential Adverse Effect Among Adults in the United States”** – Article written by Dima Mazen Qato, PharmD, MPH, PhD, et al., published in JAMA on June 12, 2018, Volume 213, Number 22

• **Psychotropic Drug Dosage Range** – Excel sheet with suggested drug dosage ranges

• **Therapeutic Research Center (TRC) Healthcare** – Medication learning company that offers up-to-date medication therapy information and recommendations, CME opportunities, natural medicines database, and other resources

### Migraines

• **Preventive Treatment of Migraine in Adults** – UpToDate webpage offering recommendations on preventing migraines (must subscribe/log in to read full article)

• **Help with Migraine Prevention** – Instructions for one pharmacological recommendation

### Suicide

• **Safety Planning Quick Guide for Clinicians** – PDF that walks through process and helpful questions to ask when safety planning with patient
• **Suicide Assessment Evaluation and Triage (SAFE-T)** – PDF booklet that describes steps of doing a suicide assessment

• **Suicide Quick Reference** – PDF on suicide prevention, intervention, and postvention practice guidelines.

## Screening Tools

### Autism

• **New Recommendations on Screening for ASD** – JAMA article published February 16, 2016

• **Surveillance and Screening Algorithm ASD** – Visual algorithm for screening and surveilling ASD as set forth by AAP in November 2007

### General Mental Health

• **LabCorp’s M3 Checklist: A multicondition mental health screening tool for depression, anxiety, bipolar disorder and PTSD** – brochure

### Insomnia

• **Epworth Sleepiness Scale Website** – Eight-question assessment to measure daytime sleepiness of adults

### Secondary Stress

• **Secondary Traumatic Stress Scale** – Tool to measure secondary trauma in persons who work with traumatized patients

### Somatic Symptom Disorder

• **PHQ 15 Screening Tool (patient handout)** – Screening tool to evaluate somatic symptoms

• **PHQ 15 Screening Tool (provider handout)** – Screening tool to evaluate somatic symptoms with scoring information and other instructions
• **Somatic Symptom Scale—8 (SSS-8)** – Eight-item scale for patients to measure their somatic symptom burden, published in *JAMA Internal Medicine, 174*(3), 399–407

• **“Somatic Symptom Disorder”** – Article by Stuart L. Kurlansik, PhD, and Mario S. Maffei, MD, and published by the American Academy of Family Physicians

• **“The Somatic Symptom Scale–8 (SSS-8): A Brief Measure of Somatic Symptom Burden** - JAMA article investigating the reliability, validity, and severity categories as well as the reference scores of the SSS-8

**PATIENT RESOURCES**

**Autism**


- **Challenging Behaviors Tool Kit** – Manual with guidelines on managing aggressive and challenging behaviors published by Autism Speaks

- **Harnessing the Seven Forces of Wellness, Wisdom and Healing** – Handout about overall wellness by Abhilash Desai, MD

- **Suggested Care Team Members for Autism Care Plan** – Handout by Abhilash Desai, MD

- **Suggested Components of Autism Care Plan** – Handout by Abhilash Desai, MD

- **Autism and the Extended Family: A Guide for Those Outside the Immediate Family Who Know and Love Someone with Autism** by Raun
Melmed and Maria Wheeler (here is a link to a book review in a medical journal; here is a link to Amazon page)

**Emotional Well-being/Reducing Stress**

- *The Happiness Trap: How to Stop Struggling and Start Living* – A guide to ACT: the mindfulness-based program for reducing stress, overcoming fear, and creating a rich and meaningful life
- *Palouse Mindfulness* – Website for free mindfulness-based stress reduction
- *Cleveland Clinic Stress Meditations* – Free app that offers seven different relaxation techniques

**Insomnia**

- *Strategies for a Good Night’s Sleep* – Handout about good sleep habits created by the Therapeutic Research Center

**Perinatal**

- *Nurse-Family Partnership Outreach* – Website for program in which registered nurses make home visits to vulnerable first-time mothers (here is the program flyer)

**Suicide Prevention**

- *Wallet-Sized Safety Plan* – A template from the Department of Health and Welfare

**Miscellaneous**
• **AuntBertha.com** – Connects people to social services, categorized by state