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

- Mountain West Child Life Association Website – Networking group that provides educational and networking opportunities for Child Life professionals and programs
- YouthCare Treatment Center – Website for reactive attachment disorder treatment center in Draper, Utah
- New Roads Behavioral Treatment Center – Facility near Salt Lake City, Utah, for chronic mental health conditions

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
- 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

• **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
- **Leisure Resource Manual** – ideas for recreational therapy all over Idaho, published by the Department of Health and Welfare
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