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 whiles 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

### 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

• 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

### 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

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)

Insomnia

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