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
- “How electroshock therapy changed me” – TED Talk on ECT (includes brief strong language)
- See Electroconvulsive Therapy Performed – Video showing ECT session in clinic
- Neurostar brochure – Brochure on transcranial magnetic stimulation technology
- Anxiety and Depression Association of America – website for an international nonprofit membership organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

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](#))

• **Park Rx** – Website for non-profit with the mission to “decrease the burden of chronic disease, increase health and happiness, and foster environmental stewardship, by virtue of prescribing Nature during the routine delivery of healthcare by a diverse group of health care professionals.”

• **Children & Nature Network** – Website that promotes increasing “equitable access to nature so that children . . . can thrive.”

• **National Alliance on Mental Illness** – website for the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness

**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**
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

North End Psychiatry and Associates TMS/ECT information and referral form

Pacific Northwest Region of the National Network of Libraries of Medicine – health information services, resource sharing, community partnerships, outreach program development, and evaluation

Events/Education Opportunities

Autism

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

General Mental Health
• **Hooked on Mental Health** – Flyer of October 26, 2019 event to promote mental health awareness

**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.

**ACES**

• **Adverse Childhood Experiences (ACES)** – Centers for Disease Control webpage

**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

**Funding**

• **Pacific Northwest Region of the National Network of Libraries of Medicine** – Funding to improve access to health information, increase engagement with research and data, expand professional knowledge, and support outreach
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)

Depression

- [Depression and Chronic Illness](#) – Brochure

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

CBT Worksheet – Example of a Cognitive Therapy Thought Record from IWanttoChangeMyLife.org

Thought Record: Example of a simple thought record from TherapistAid.com

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

North Idaho Connections Information Packet – Information on how North Idaho Connections works. NIConnections is an online search and referral platform for staff, community partners, patients and family members to access information about community resources in northern Idaho.
• National Alliance on Mental Illness – website for the nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness

• Anxiety and Depression Association of America – website for an international nonprofit membership organization dedicated to the prevention, treatment, and cure of anxiety, depression, OCD, PTSD, and co-occurring disorders through education, practice, and research.

• Preventive Health Assistance (PHA) Program – The Weight Management PHA is a benefit for Medicaid participants and is designed to help eligible participants and their families improve their lifestyle through physical fitness, balanced diet, and personal health education.