Thank you to our sponsors!

• Our sincere thanks to Community Health Plan of Washington, Molina Healthcare, and the University of Washington’s General Pediatrics division for responding so quickly to support this community need!
Agenda

• 7:30 – 7:35 AM Introduction from the speakers
• 7:35 – 7:45 AM Session 1 recap and application
• 7:45 – 8:20 AM Case example and question on trainings 1 & 2
• 8:20 – 8:30 AM Closing & next steps

Reminder: You will be muted on the call. Please use the chat box for any questions or responses. Thank you!
Speaker Introductions

Dr. Francie Chalmers
*Skagit Pediatrics*

Dr. Larry Wissow
*Seattle Children’s*
Session 1 recap and application

- Asking for permission to ask questions, give your thoughts, or give advice
- What are your favorite ‘sayings’ for how to approach a difficult task?
- How can you help families identify “first small steps?”
- Try helping families describe behavior in terms of what they want to see rather than what they don’t want to see
- A ‘script’ for talking about yourself and what will happen for new visits or new situations
- Asking ‘anything else’ before moving on to setting an agenda for a visit
- Thinking of ways to break in and help someone organize a story
- Summarizing what you heard and asking for corrections, additions, agreement
- Asking for priorities
I did a video visit for an 8 year old’s well check, but mom’s main concern was how she was coping with the current pandemic. Notably, a year ago exactly, step dad died suddenly 5 days after he was diagnosed with leukemia and nine days prior to that mom’s mom died as well. Mom was struggling, the child sobbed during our visit and I sat there doing my best, but felt grossly inadequate. They had tried counseling in the past but it wasn’t a good fit for the child. Mom continues in counseling. Mom noted frustration and fatigue with the entire situation and was looking to me for advice regarding her daughter. Of course, I recommended trying to find a different counselor but I also felt like I wished I could’ve provided more.
Training lesson 2 question

Please use the chat box to ask/answer questions

How can we navigate a parent/child argument, in a way that can diffuse their different perspectives of the problem, respect both sides, and come up with a plan in a short amount of time?
Things to try in the next two weeks

• How would you describe “catch them being good” to a parent?
• How would you help a parent tone down their punishment to make it more effective and have a less negative impact?
• Listen for statements in visits that imply that someone is feeling guilty, ashamed, or in some other way negative about themselves.
• Gently point them out just say you feel badly that they feel that way.
• How would you describe gradual exposure to someone who has a fear of a particular situation?
• How would you describe behavioral activation for someone who is depressed and isolating?
Closing and next steps

This training and following trainings are recorded and posted on the WCAAP website.

The next training is scheduled for Thursday, May 28th 7:30 – 8:30 AM.

Between now and then: watch the next two brief training videos recorded by Dr. Larry Wissow:

• “(Nearly) universal mental health Interventions”
• “Brief interventions for low mood and anxiety”
Thank you!