Rapid Behavioral Health Education

Thursday, May 28, 2020
7:30 – 8:30 AM
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 2 recap and application
• 7:45 – 8:20 AM Case example on trainings 3 & 4
• 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. Bob Hilt  
*Seattle Children’s*
Session 2 recap and application

• Nearly universal mental health interventions
  • Connecting with parents
  • Decreasing stress overall – what could be taken off their plate or re-prioritized
  • Exploring learning or language issues that could be a source of school problems
  • John Weisz’ “FIRST”
    • Ways to feel calm
    • Ways of increasing motivation (ie, parent-child interactions)
    • Repairing thoughts (especially feelings of guilt, low-self worth)
    • Trying the opposite (behavioral activation, facing fears)
Case Example

Please use the chat box to ask/answer questions

I have an 11 yr old boy in my practice who has become very phobic of vaccines. We were unable to give him his flu shot in the fall, and now he needs his 11 yr old required vaccines to enter 6th grade. He has refused to see a therapist to work on his general anxiety & this fear specifically.
Things to try in the next two weeks

• Focus is on talking to youth and families about substance use
  • Asking the “CAGE” questions
  • Contrasting someone’s goals/values with the potential harms they have identified
  • Asking “what would it take?”
  • Review the video examples and come up with your own versions
Closing and next steps

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

The next training is scheduled for **Thursday, June 11th 7:30 – 8:30 AM.**

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

- Video 5 Talking about substance use (20 minute video with examples so do it in two sittings)
Thank you!