

## **Increasing Access to Integrated Behavioral Health Services: A Region III Webinar Series**

These webinars were designed to improve integrated behavioral health care by assisting providers with developing strategies to address specific behavioral health issues with patients in various health and human service settings serving diverse populations.

[An Introduction to Habilitation Therapy for Alzheimer’s and Dementia](#)

[What is SBIRT and why should we use it?](#)

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This webinar series was jointly offered by HHS-funded training programs located in Region III (Delaware, District of Columbia, Maryland, Pennsylvania, Virginia, and West Virginia), in collaboration with the Regional Office (Region III) of the U.S. Department of Health and Human Services. HHS-funded training programs located in Region III include:

- [Area Health Education Centers](#)
- [Central East Addiction Technology Transfer Center](#)
- [Pennsylvania/Mid-Atlantic AIDS Education and Training Center](#)
- [Geriatrics Workforce Enhancement Programs \(formerly the Geriatric Education Centers\)](#)
- [Institute for Research, Education, and Training on Addiction](#)
- [Mid-Atlantic Telehealth Resource Center](#)
- [Mid-Atlantic Center for Children’s Health and the Environment](#)
- [Primary Care Associations](#)
- [Region III Public Health Training Center](#)
- [Maternal and Child Health Leadership Training Program](#)
- [Region III STD and Reproductive Health Training and Technical Assistance Center](#)
- [STD/HIV Prevention Training Center at Johns Hopkins](#)

# An Introduction to Habilitation Therapy for Alzheimer's and Dementia

Presented by the [Virginia Geriatric Education Center](#).

## DESCRIPTION:

Do you provide health or human services for older adults? Or is your patient population getting older? Alzheimer's disease attacks the brain and it is the most common form of dementia. The incidence of the disease is rising in line with the aging population, and prevalence doubles every five years after age 65. You may not recognize it as symptoms usually develop slowly, but changes in patients' memory, thinking, and behavior (sometimes due to onset of Alzheimer's or Dementia) can negatively impact your ability to effectively provide care. Join this webinar if you want to learn how you can better connect with patients and improve their healthcare experience through habilitation therapy (therapy designed to help patients learn, keep, or improve skills and functional abilities that are not developing normally due to Alzheimer's or dementia).

## OBJECTIVES

After participating in this webinar, you will be able to:

- Describe habilitation therapy techniques for patients with dementia; and
- Identify opportunities to better support aging patients with habilitation therapy.

**PARTICIPANTS:** This webinar is designed for health care providers including physicians, physician assistants, nurse practitioners, nurse midwives, nurses, counselors, social workers, case managers, and other staff who interact with patients, who work in multiple types of settings including primary care, geriatric care, maternal and child health care, STD/HIV & reproductive health care, mental health, addictions, health departments, hospitals, health centers, schools, and community health settings.

**FACULTY:** Paul Raia, Ph.D



Dr. Raia has worked in the fields of psychology and gerontology for 40+ years, including his current position as Vice President for Professional Clinical Services at the Alzheimer's Association, Massachusetts/New Hampshire Chapter, where he has served for the past 27 years. Dr. Raia has developed a comprehensive approach to dementia care, Habilitation Therapy, and has dedicated his career to teaching others how to emotionally connect with individuals with dementia by using its domains and techniques. Major hallmarks in his career are: Developing and facilitating the first support group in the country for early-stage patients; consulting on the design and running of scores of dementia dedicated units in nursing homes and assisted living facilities; and expanding the breadth and quality of services to those with dementia and their families. He is proud to be the first graduate of Perkins School for the Blind to serve on its Board of Directors. Showing great consistency and impeccable taste, he has been married for more than 42 years to the same woman, Celia, and still thinks he is lucky to be with her. Paul and Celia have an adult son who is an acclaimed chef.

Recording available [here](#) (from July 31, 2015)

Duration: 45 minutes

## What is SBIRT and why should we use it?

Presented by the [National SBIRT Addiction Technology Transfer Center](#).

### DESCRIPTION:

Screening, Brief Intervention and Referral to Treatment (SBIRT) is a comprehensive public health approach for delivering prevention, early intervention and referral to treatment services to people using substances in a harmful or risky way. Although as effective as other preventative services such as giving flu shots screening for risky alcohol use not nearly as common. Let's change that by learning about SBIRT, its component parts and the multiple locations SBIRT can be implemented. Read more [here](#).

### OBJECTIVES

After participating in this webinar, you will be able to:

- Describe screening, brief intervention and referral to treatment (SBIRT) as a public health model; and
- Apply SBIRT to multiple health and behavioral settings.

**PARTICIPANTS:** This webinar is designed for health care providers including physicians, physician assistants, nurse practitioners, nurse midwives, nurses, counselors, social workers, case managers, and other staff who interact with patients, who work in multiple types of settings including primary care, geriatric care, maternal and child health care, STD/HIV & reproductive health care, mental health, addictions, health departments, hospitals, health centers, schools, and community health settings.

**FACULTY:** Holly Hagle, PhD



Dr. Holly Hagle has been actively working with providers since joining the Institute for Research, Education and Training in Addictions (IRETA) in 2003. She is the Director of the National Screening, Brief Intervention and Referral to Treatment Addiction Technology Transfer Center (National SBIRT ATTC) and as such oversees all of the training and educational initiatives. Dr. Hagle oversees the curriculum development and project coordination for three Health Resources and Services Administration (HRSA) SBIRT federally funded projects with the University of Pittsburgh School of Nursing since 2006. Dr. Hagle is an Adjunct Assistant Professor of Health and Community Systems, University of Pittsburgh, School of Nursing. Dr. Hagle has her BS in Psychology, MA in

Education, Curriculum and Instruction and PhD in Education, Instructional Management and Leadership.

Recording available [here](#) (from July 16, 2015)

Duration: 45 minutes

# An Introduction to Telemental Health

Presented by the [Mid-Atlantic Telehealth Resource Center](#).

## DESCRIPTION:

This webinar is designed to help you begin exploring how telemedicine may help increase access to behavioral health services for your patients. Key issues and growth opportunities in the telemental health industry will be covered. A brief historical context will be provided as background for the current state of technology, reimbursed services, security, HIPAA compliance, laws, ethics, risk management, credentialing and training requirements. Opportunities for increased access and implementation of telemental health services will be discussed.

## OBJECTIVES

After participating in this webinar, you will be able to:

- Identify areas where telemental health services may be beneficial for your practice or service setting;
- List five current types of telemental health practice settings;
- Describe the major types of modalities for telemental health services available; and
- Discern services that are legal, ethical, HIPAA-compliant and reimbursable by third party health insurers.

**PARTICIPANTS:** This webinar is designed for health care providers including physicians, physician assistants, nurse practitioners, nurse midwives, nurses, counselors, social workers, case managers, and other staff who interact with patients, who work in multiple types of settings including primary care, geriatric care, maternal and child health care, STD/HIV & reproductive health care, mental health, addictions, health departments, hospitals, health centers, schools, and community health settings.

**FACULTY:** Jay Ostrowski, MA, LPC/S, NCC, DCC, ACS



Jay Ostrowski is the Director of Product and Business Development with the National Board for Certified Counselors and Affiliates. He is a published telemental health researcher and has developed multiple telehealth products and services for the mental health industry. As the president of Behavioral Health Innovation (BHI), he develops comprehensive online mental health applications and serves as an advisor and telehealth consultant for the Mid Atlantic Telehealth Resource Center. Mr. Ostrowski holds a Masters degree in Counseling Psychology and has various related licenses and certifications including as a Professional Counselor, Professional Counselor Supervisor, National Counselor, Approved

Clinical Supervisor, Distance Counselor, and a Telemedicine Clinical Presenter. Jay resides with his wife and two sons, just outside of Charlotte, North Carolina.

Recording available [here](#) (from July 17, 2015)

Duration: 45 minutes

# Prescription Drug Abuse: Let's Stop the Epidemic

Presented by the [Central East Addiction Technology Transfer Center](#).

## DESCRIPTION:

Prescription drug abuse is a growing epidemic in the United States and demands our attention. It contributes to drastic increases in overdose deaths, injuries, emergency room visits, risks for sexually transmitted and other diseases, and medical costs. Results from the 2013 National Survey on Drug Use and Health indicate that about 15.3 million people aged 12 or older used prescription drugs non-medically in the past year, and 6.5 million did so in the past month. As health and human services providers, Health and human service providers each have an opportunity to play a role towards eliminating prescription drug misuse and abuse.

## OBJECTIVES

After participating in this webinar, you will be able to:

- Discuss factors that contribute to prescription drug abuse;
- Describe prescription drug abuse epidemiology in Delaware, District of Columbia, Maryland, Pennsylvania; Virginia, and West Virginia (Federal Region III);
- Describe multiple state efforts to reduce prescription drug abuse; and
- Identify strategies to address prescription drug abuse with patients in multiple care settings.

**PARTICIPANTS:** This webinar is designed for health care providers including physicians, physician assistants, nurse practitioners, nurse midwives, nurses, counselors, social workers, case managers, and other staff who interact with patients, who work in multiple types of settings including primary care, geriatric care, maternal and child health care, STD/HIV & reproductive health care, mental health, addictions, health departments, hospitals, health centers, schools, and community health settings.

**FACULTY:** Renata J. Henry, M.Ed.



Ms. Henry has over 35 years of experience in behavioral health, serving in leadership positions in mental health, substance abuse, and state and county government. Currently she is Executive Director of the Danya Institute which operates the Central East Addictions Technology Transfer Center. Prior to joining Danya Institute in 2013, positions held include the Deputy Secretary for Behavioral Health and Disabilities with the Maryland Department of Health and Mental Hygiene, and Director of the Division of Substance Abuse and Mental Health of Delaware Health and Social Services. Ms. Henry has provided national leadership in various capacities, including as a member of the Advisory Mental Health Council for the National Institutes of Health and SAMHSA's Advisory Committee for Women's Services, and as President of the Board of Directors of the National Association of State Mental Health Program Directors. Renata is the mother of two daughters and says they are her greatest achievement.

Recording available [here](#) (from July 22, 2015)

Duration: 45 minutes

# HIV and Behavioral Health: What Providers Need to Know

Presented by [The Pennsylvania/Mid-Atlantic AIDS Education and Training Center](#).

## DESCRIPTION:

Mental health and substance use disorders are associated with poor health outcomes for people living with HIV and can accelerate the progression of HIV disease, increase the risk for other diseases, and shorten lifespan. People living with HIV are also more likely to experience mental health problems. For people not infected with HIV, mental health and substance use disorders are linked to behaviors that increase risk for HIV infection. Providers in any health or human service setting have an opportunity to improve patients' health outcomes by advancing the way in which they address the interconnectedness of HIV and behavioral health.

## OBJECTIVES

After participating in this webinar, you will be able to:

- Discuss common behavioral health issues experienced by people living with HIV;
- Describe HIV risk factors for people with mental health and substance use disorders; and
- Identify strategies to address behavioral health and HIV with patients (HIV- and HIV+) in multiple care settings.

**PARTICIPANTS:** This webinar is designed for health care providers including physicians, physician assistants, nurse practitioners, nurse midwives, nurses, counselors, social workers, case managers, and other staff who interact with patients, who work in multiple types of settings including primary care, geriatric care, maternal and child health care, STD/HIV & reproductive health care, mental health, addictions, health departments, hospitals, health centers, schools, and community health settings.

**FACULTY:** Linda Rose Frank, PhD, MSN, ACRN, FAAN



Dr. Linda Frank is an Associate Professor of Public Health, Medicine, and Nursing at the University of Pittsburgh. She is Principal Investigator/Executive Director of the Pennsylvania/Mid-Atlantic AIDS Education & Training Center and the Telehealth AETC Appalachian Project. She directs the MPH Program in the Department of Infectious Diseases at the Graduate School of Public Health, University of Pittsburgh. She is a Fellow of the American Academy of Nursing; and Distinguished Alumna of the University of Pittsburgh and Pennsylvania State University Schools of Nursing, and received the University of Pittsburgh Chancellor's Public Service Award in 2010. As a psychiatric nurse clinical specialist, she has been in the forefront of the HIV/AIDS epidemic since 1988 and has extensive experience in education of health professionals; HIV prevention, psychiatric issues in HIV care, prison health, HIV treatment adherence; and quality management. She has been recognized with multiple awards by national organizations, universities, and federal agencies for her leadership. Dr. Frank has served on regional and national boards and planning groups engages legislators, government officials, and other leaders to assure that HIV prevention and care is a priority.

Recording available [here](#) from Friday, July 30, 2015)

Duration: 45 minutes

# The toxic legacy of lead: It's negative impact on behavior in children and society

Presented by [Mid-Atlantic Center for Children's Health and the Environment](#)

## DESCRIPTION:

Lead exposure is one of the most important environmental health problems for children in the U.S. This webinar will outline the historical perspectives of lead, key sources of exposure, health impacts, methods to reduce risks for exposure and prevent lead poisoning.

## OBJECTIVES

After participating in this webinar, you will be able to:

- Outline the historical significance of lead;
- Describe how children can be exposed to lead;
- Identify how lead impacts the physical and mental health of children; and
- Outline strategies for reducing risks for exposure and behavioral interventions particularly within the school setting.

**PARTICIPANTS:** This webinar is designed for health care providers including physicians, physician assistants, nurse practitioners, nurse midwives, nurses, counselors, social workers, case managers, and other staff who interact with patients, who work in multiple types of settings including primary care, geriatric care, maternal and child health care, STD/HIV & reproductive health care, mental health, addictions, health departments, hospitals, health centers, schools, and community health settings.

**FACULTY:** Laura Anderko, PhD, RN



Dr. Laura Anderko holds the Robert and Kathleen Scanlon Endowed Chair in Values Based Health Care at Georgetown University School of Nursing & Health Studies and serves as Director of the Mid-Atlantic Center for Children's Health and the Environment (Region III's Pediatric Environmental Health Specialty Unit, CDC). She is a former member of the Environmental Protection Agency's federal advisory committees: the Children's Health Protection Advisory Committee, the National Drinking Water Advisory Committee, and the National Environmental Justice Advisory Committee's Research Workgroup. In July 2013, Dr. Anderko was honored by the White House for her work in climate change and public health.

Recording available [here](#) (from July 31, 2015)

Duration: 45 minutes