

Online Collaborative Care Training for Primary Care Providers

Prior to completing the advanced training, *AIMS Center Online Collaborative Care Training for Primary Care Providers*, we strongly recommend completing the introductory course, *Applying the Integrated Care Approach: Skills for the PCP* (2 hours). This free, CME-eligible course from the American Psychiatric Association (APA), developed in partnership with the AIMS Center, outlines essential skills for a primary care provider (PCP) within a Collaborative Care (CoCM) program.

Access the introductory course here: <https://www.psychiatry.org/psychiatrists/practice/professional-interests/integrated-care/get-trained>

About the Advanced Online Training

The *AIMS Center Online Collaborative Care Training for Primary Care Providers* is a training focused on advanced skills for PCPs as part of a Collaborative Care or integrated care team. Concepts covered in this training build off of concepts first introduced in the APA's course, *Applying the Integrated Care Approach: Skills for the PCP*.

Please note that this training is only available to providers participating in formal [Implementation Coaching and Training Support](#) from the AIMS Center. Reach out to aimstrng@uw.edu with questions.

Length

Approximately 2 hours

Format

This training is self-paced and can be completed in multiple sessions. You may also return to the training after you have completed it. The training is organized into three parts. Each part of the training includes one or more modules with case-based practice activities. See page 2 for a detailed training outline.

The training is web-based and requires internet access as well as a computer, tablet, smartphone, or other device that can connect to the Internet. Media used includes video, audio, text, and graphics. Internet Explorer is not supported.

Continuing Education

After completing the training, 2 CME credits can be claimed by eligible providers at no additional cost.

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this other activity for a maximum of 12.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

How to Claim CME

To receive CME credits, participants must complete the online training, receive a minimum score of 75% on the CME quizzes, and complete the brief evaluation survey. Participants will then be emailed instructions for claiming CME.

Training Outline

Below is an outline of the *Online Collaborative Care Training for Primary Care Providers*.

Part 1: Diagnosing Mental Health Disorders in Primary Care

Module 1: Identifying the Provisional Diagnosis

By the end of this module, PCPs should be able to:

- Construct essential psychiatric differential diagnoses
- Tell the scripted questions needed to hone a provisional diagnosis
- Distinguish patient responses to questions

Module 2: Using Validated Behavioral Health Measures for Mental Health Disorders

By the end of this module, PCPs should be able to:

- Recognize what screeners can be used for diagnosing mental health disorders
- Appraise screeners' usefulness and limitations

Module 3: Refining the Diagnosis in CoCM

By the end of this module, PCPs should be able to:

- Describe the role of the BHCM and Psychiatric Consultant in clarifying the diagnosis
- Justify participating in a team diagnosis

Part 2: Treating Mental Health Disorders in Primary Care

Module 4: Proactive and Effective Pharmacotherapy for Mental Health

By the end of this module, PCPs should be able to:

- Proactively adapt medication approach to achieve measured improvement

Module 5: Optimizing Medical Care to Improve Mental Health Treatment in CoCM

By the end of this module, PCPs should be able to:

- Identify impact of common co-occurring medical disorders on mental health
- Describe/discuss the PCP's role and the roles of the BHCM and Psychiatric Consultant in optimizing treatment

Module 6: Supporting Therapeutic Approaches within the Collaborative Care Model

By the end of this module, PCPs should be able to:

- Recognize evidence-based therapeutic interventions to treat mental illness
- Integrate therapeutic interventions during follow-up visits to reinforce treatment

Part 3: Relapse Prevention Planning for Mental Disorders in Primary Care

Module 7: Developing Relapse Prevention Plans in the Collaborative Care Model

By the end of this module, PCPs should be able to:

- List the components of the relapse prevention plan
- Discuss/describe the PCP role in the relapse prevention plan

