



## Advanced Skills Training for the Behavioral Health Care Manager (BHCM)

### About the Training

The Advanced Skills Training offers a series of topics focused on the role of the BHCM and the clinical processes associated with implementing Collaborative Care. The sessions are delivered by an expert clinical trainer with experience in the BHCM role and using CoCM in primary care.

### Format

The Advanced Skills series takes place over Zoom as live group training. The entire series is 4 months in duration, with sessions occurring every two weeks. Each topic includes didactic content with interactive discussion and/or activities. Each course will include 8-12 participants. Below is the list of Advanced Skills course offerings.

Advanced Skills Course	Time/CE	Learning Objectives By the end of this session, participants should be able to:
<b>Engaging Patients in CoCM</b>	1 hour 1 CE credit	<ul style="list-style-type: none"> <li>Describe core strategies for engaging patients in Collaborative Care</li> <li>Identify factors within their control to decrease the impact of stigma on engagement in care</li> <li>Tailor their CoCM elevator speech to the unique needs of individual patients</li> </ul>
<b>Working with your Psychiatric Consultant</b>	1 hour 1 CE credit	<ul style="list-style-type: none"> <li>Prepare for a Systematic Caseload Review (SCR) session</li> <li>Describe a typical SCR session agenda</li> <li>Deliver a brief case presentation to your Psychiatric Consultant</li> </ul>
<b>Enhancing Visit Efficiency</b>	1 hour 1 CE credit	<ul style="list-style-type: none"> <li>Describe the structure for a brief follow-up visit</li> <li>Describe the clinical benefits of collaborative documentation</li> <li>List ways to prepare yourself and patients for brief visits and collaborative documentation</li> <li>Incorporate strategies into your own practice to increase collaboration and enhance efficiency</li> </ul>
<b>Supporting Medication Management</b>	1 hour 1 CE credit	<ul style="list-style-type: none"> <li>Describe methods for engaging patients in conversations and gathering information about medication</li> <li>Develop responses to support medication trials with common patient scenarios</li> <li>List resources for high-quality and up-to-date medication information</li> </ul>
<b>Using Registry Metrics to Drive Care</b>	1 hour 1 CE credit	<ul style="list-style-type: none"> <li>Describe how a registry facilitates population-based care</li> <li>Perform a deeper analysis of actionable metrics and identify the potential role of the BHCM</li> <li>List which metrics are helpful to monitor trends over time, and which metrics require immediate action</li> </ul>



<b>Challenging Clinical Situations</b>	1 hour 1 CE credit	<ul style="list-style-type: none"> <li>Identify common challenging clinical situations and the contributing factors</li> <li>Learn and apply a systematic five step approach to improve challenging clinical situations</li> <li>Recognize the BHCM role in managing challenging clinical situations</li> </ul>
<b>Relapse Prevention Planning</b>	2.5 hours total Session 1: 60 min. Session 2: 90 min. 2.5 CE credits	<ul style="list-style-type: none"> <li>Identify rationale for Relapse Prevention Planning as part of CoCM</li> <li>Demonstrate understanding of benefits of earlier introduction of Relapse Prevention Planning</li> <li>Identify appropriate time to begin Relapse Prevention Planning conversations with patients based on recommended guidelines</li> <li>Describe current or potential Relapse Prevention Planning workflow within clinic system</li> </ul>

**Cost**

Advanced Skills training costs \$950 per trainee for the entire series.

**Intended Audience**

- Anyone in a Behavioral Health Care Manager (BHCM) role
- Licensed mental health providers (LICSW, LPC/LMHC, LMFT, PhD, PsyD)
- License-track mental health providers
- Non-licensed BHCM staff who share a role with licensed or license-track providers
- Bachelors-level training in a related field
- Community Health Workers
- Registered Nurses
- Advanced Practice Nurse Practitioners or Physician Assistants

**Instructor Credentials**

*Instructors vary by cohort*

- **Annie McGuire, MS, LMHC, MHA:** Clinical Trainer & Practice Coach at the AIMS Center
- **Anna Hink, MSW, LCSW:** Clinical Trainer at the AIMS Center
- **Monica Harrison, MSW, LCSW:** Clinical Trainer & Practice Coach at the AIMS Center

**Trainee Requirements**

Participants must have an active caseload of at least 3 patients at the time of the training (except for those in supervisory roles). Participants must also have a working camera allowing them to turn on their video during the entire training.





## Continuing Education (CE)

After attending a live Advanced Skills session, eligible providers will have the opportunity to claim CE credits. Credits are earned by attending the entire live training session. Participants can earn up to 8.5 CE credits for the entire series: 1 CE credit for each of the first 6 sessions, and 2.5 CE credits for attending both Relapse Prevention Planning sessions.

The AIMS Center is approved by the American Psychological Association (APA) to sponsor CE. The AIMS Center maintains responsibility for this program and its content. All training activities are eligible for CE at no additional charge. APA credits are accepted by most state licensing boards; however, check with your licensing board to determine whether APA accredited CE is accepted for your state license. Clinical Social Workers: The University of Washington is recognized by the Washington state licensing authority for social workers practicing in the state. Similarly, we are recognized by the New York State Board Office for Social Work.

## CE Eligible Providers

Psychologists, Licensed Social Workers, Licensed Mental Health Counselors. Many States accept APA accredited CE for other licensed mental health providers (e.g. MFT, LMHC, etc.).

## How to Claim

After each Advanced Skills course, participants who attended the entire session will be sent an email with instructions on how to claim CE. Participants can download or print a CE certificate for their records.

## Conflict of Interest Disclosure Information

There are no relevant financial relationships for anyone who was involved in the planning or who had control of the content of this training.

## Additional Information

For more information about the Advanced Skills Training, please contact the AIMS Center at [bhskills@uw.edu](mailto:bhskills@uw.edu)

UW AIMS Center communications are intended to be inclusive and accessible, and we are working to ensure our services and materials will conform to all ADA standards and WCAG 2.1 Level AA success criteria. To request accommodations connected to a disability or health condition, please contact Aaron Stellarini at (206).685.1824 or [bhskills@uw.edu](mailto:bhskills@uw.edu).

## Refund Policy

Refunds may be granted at the AIMS Center's discretion. All refund or cancellation requests must be submitted to [bhskills@uw.edu](mailto:bhskills@uw.edu). The AIMS Center will review requests and determine the appropriate course of action.

