



Beyond Basics Training for the Behavioral Health Care Manager (BHCM)

About the Training

The Beyond Basics 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 Beyond Basics 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 Beyond Basics courses and learning objectives.

Engaging Patients in CoCM – 1 hour (1 CE credit)

- Describe core strategies for engaging patients in Collaborative Care
- Identify factors within their control to decrease the impact of stigma on engagement in care
- Tailor their CoCM elevator speech to the unique needs of individual patients

Working with your Psychiatric Consultant – 1 hour (1 CE credit)

- Prepare for a Systematic Caseload Review (SCR) session
- Describe a typical SCR session agenda
- Deliver a brief case presentation to your Psychiatric Consultant

Enhancing Visit Efficiency – 1 hour (1 CE credit)

- Describe the structure for a brief follow-up visit
- Describe the clinical benefits of collaborative documentation
- List ways to prepare yourself and patients for brief visits and collaborative documentation
- Incorporate strategies into your own practice to increase collaboration and enhance efficiency

Supporting Medication Management – 1 hour (1 CE credit)

- Describe methods for engaging patients in conversations and gathering information about medication
- Develop responses to support medication trials with common patient scenarios
- List resources for high-quality and up-to-date medication information

Using Registry Metrics to Drive Care – 1 hour (1 CE credit)

- Describe how a registry facilitates population-based care
- Perform a deeper analysis of actionable metrics and identify the potential role of the BHCM
- List which metrics are helpful to monitor trends over time, and which metrics require immediate action

Challenging Clinical Situations – 1 hour (1 CE credit)

- Identify common challenging clinical situations and the contributing factors
- Learn and apply a systematic five step approach to improve challenging clinical situations
- Recognize the BHCM role in managing challenging clinical situations

Relapse Prevention Planning (2.5 CE credits)

Session 1: 60 minutes, Session 2: 90 minutes

- Identify rationale for Relapse Prevention Planning as part of CoCM
- Discuss the key components of an effective Relapse Prevention Plan
- Describe the optimal timing of Relapse Prevention Planning in relation to ending an episode of care
- Describe current or potential Relapse Prevention Planning workflow within clinic system

Cost

Beyond Basics training costs \$645 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
- Bachelor's 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 Beyond Basics 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. Please check with your state licensing board to determine whether these credits are 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. LMFT, LMHC, etc.).

How to Claim

After each Beyond Basics 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 Beyond Basics Training, please contact the AIMS Center at

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.

Refund Policy

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

