



## ***ECHO-Chicago offers community-based healthcare providers advanced training to manage complex, chronic diseases***



*Providers gain new skills and knowledge through a series of case-based (each participant must present at least 2 patient cases), interactive learning sessions via high-grade videoconferencing. No travel. No cost to participants.*

### **Behavioral Health Integration: Management of Common Psychiatric Issues in Primary Care**

**Beginning Thursday, September 7; 8:00-9:00 AM (13 sessions)**

**This activity has been approved for *AMA PRA Category 1 Credits*<sup>TM</sup>**

The ECHO-Chicago curriculum in Behavioral Health Integration expands capacity to better meet the behavioral and mental health needs of patients. An estimated 25-30% of adults in the U.S. have a mental illness; with higher rates among those who are publicly insured and racial/ethnic minorities. A shortage of psychiatry specialists in the U.S. can make it difficult for patients to access psychiatric care. Increasingly, primary care providers are caring for patients with complex mental health needs, without additional training or support. ECHO-Chicago mentors primary care providers to evaluate persons who may need mental health services, to treat those patients when feasible and appropriate, to provide a warm hand-off when referral to psychiatry is necessary.

Selected topics:

- Optimizing treatment for depression
- Non-pharmacological approaches to depression and anxiety
- Appropriate use of benzodiazepines
- Trauma informed care
- Basics of Bipolar Disorder
- Primary care for persons with SMI
- Safe Prescribing of antipsychotics
- Non-pharmacological approaches to chronic pain

**To register or for more information about an upcoming series, contact  
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