



Primary Care & Mental Health Fall 2020 Sessions

Session recordings and materials can be accessed on the WyoLearn Website.

To access WyoLearn, please register at: <http://www.uwyo.edu/wind/echo/view-past-sessions.html>

Please note!
Use **Control+F** to search chart by session title or keywords.

Session Date

Session Title and Description

September 10, 2020

Postpartum Support Resources

This session will familiarize individuals with Postpartum Support International which provides resources, training, and involvement opportunities. This session will also discuss screening for Perinatal Mood and Anxiety Disorders before and after pregnancy and treatment of those disorders.

Presenter:

Charlotte Souter, PSI Support Coordinator, Jackson, WY and Teton Valley, ID

September 24, 2020

Antipsychotics

Learning Objectives: 1. Increase understanding of use of antipsychotics. 2. Increase understanding of risks, benefits, and monitoring requirements of antipsychotic drugs. 3. Increase knowledge of research of outcomes for antipsychotic medications. 4. Increase awareness of scopes of practice and use of antipsychotics

Presenter:

JJ Cehn, MD, MPH, Board Certified Psychiatrist, Cheyenne Regional Medical Center

October 8, 2020

Integrating Perinatal Mental Health in Rural Primary Care

Learning Objectives: 1. Discuss the etiology and epidemiology of perinatal mental health issues. 2. Discuss the barriers to diagnosis and treatment in the perinatal period. 3. Identify resources for managing perinatal mental health issues in primary care. 4. Increase public and professional awareness of perinatal mental health disorders.

Presenter:

Esther Gilman-Kehrer, DNP, MS, FNP-C, CNM, Clinical Assistant Professor, School of Nursing, University of Wyoming



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October 22, 2020

Treatment of Insomnia (Behavioral and Pharmacological)

This presentation will cover the causes, maintenance, and intervention for insomnia from a behavioral perspective, focusing most on the Brief Behavioral Treatment for Insomnia (BBTI). Additionally, a brief overview of cognitive behavioral treatment for insomnia will be included with mention of how one chooses between these two empirically supported approaches. The second section of the presentation will provide a brief summary of OTC and prescription treatments of insomnia. Specific focus will center on the adverse effects and limitations of these treatments.

Presenters:

Kyle DeYoung, PhD, Associate Professor, Clinical Psychology, University of Wyoming
Melissa Hunter, PharmD, Director, Drug Information Center, University of Wyoming

November 12, 2020

Developing Integrated Care Teams

Learning Objectives: 1. Review models of integrated care. 2. Describe backgrounds and roles of members of integrated teams. 3. Discuss process of developing integrated teams.

Presenters:

J'Laine Proctor, DNP, FNP, PMHNP, Clinical Associate Professor, UW School of Nursing
Nancy McGee, DNP, PMHNP-BC, Clinical Associate Professor, UW School of Nursing
Katie Keller, LPC, Mental Health Counselor, Albany Community Health Clinic
Katie Doherty, RN, Nursing Supervisor, Albany Community Health Clinic

December 17, 2020

Recognizing and Treating Eating Disorders Outside of Specialized Care Facilities

Learning Objectives: 1. Increase understanding of etiology of eating disorders.
2. Describe behavioral approaches to manage eating disorders

Presenter:

Kyle DeYoung, PhD, Associate Professor, Clinical Psychology, University of Wyoming



Primary Care & Mental Health Spring 2020 Sessions

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Session Date

Session Title and Description

Models of Integrative Care

February 13, 2020

Learning Objectives: Increase knowledge of integrative care; Understand models of integrative care; Understand rural opportunities and challenges for integrative care.

Presenters:

Nancy McGee & Jill Proctor; School of Nursing, University of Wyoming

MAT and Treatment of Opioid Use Disorder

February 27, 2020

Learning Objectives: Increase understanding of how to establish and maintain MAT clinics; Understand legal/regulatory/professional requirements for MAT clinics.

Presenter:

Jeremy Dubin, D.O., FASAM; Assistant Clinical Professor, University of Colorado School of Medicine

Telehealth and Integrative Care

March 12, 2020

Learning Objectives: Increase knowledge of telehealth in rural Wyoming; Increase understanding of use of telehealth in the context of integrative care; Increase knowledge of reimbursement for telehealth services.

Presenter:

Chris Harsell, DNP, ANP-BC; Nursing Instructor, University of North Dakota



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Navigating Rural Healthcare in the COVID-19 Environment

March 26, 2020

This session will address concerns in healthcare concerning the COVID-19 pandemic.

Presenter:

Nancy McGee, DNP, PMHNP; School of Nursing, University of Wyoming

Suicide Prevention and Screening

April 9, 2020

Learning Objectives: Increase knowledge of impact of suicide in Wyoming; Increase understanding of approaches to prevent suicide in primary care settings; Increase understanding of screening approaches for primary care settings; Increase knowledge of resources for suicide prevention and screening in Wyoming.

Presenter:

Carolyn Pepper; Professor, Department of Psychology, University of Wyoming

Use of Benzodiazepines

April 23, 2020

Learning Objectives: Increase knowledge of the appropriate use and duration of benzodiazepines medications; Increase knowledge of alternatives to benzodiazepines in the treatment of anxiety disorders; Understand rationale and protocols for safely tapering patients off of benzodiazepines.

Presenters:

Nancy McGee, DNP, PMHNP & Jill Proctor, FNP, PMHNP, DNP; School of Nursing, University of Wyoming



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May 14, 2020

Expanding Integrative Psychiatric Care to All Corners in Rural America

This session will introduce innovative approaches to expanding access to high quality virtual psychiatric and mental health services.

Presenter:

Eric Arzubi, MD; Board Certified in Child and Adolescent Psychiatry and General Adult Psychiatry

Roles and Scope of Practice in Integrative Teams

Learning Objectives: Define scope of practice and differentiate from standards of practice; Discuss opportunities and challenges in regulation of scopes of practice; Examine roles and scope of practice for clinicians involved in integrative care; Offer resources.

Presenters:

Mary Burman, PhD, FAANP, FAAN & Ann Marie Hart, PhD, FNP-BC, FAANP; School of Nursing, University of Wyoming

Panelists:

Matt Gray, PhD; Professor of Psychology, University of Wyoming
Eleanor Downey, PhD, MSW; Director, Division of Social Work, University of Wyoming
Katie Keller, LPC; Albany Community Health Clinic
Jasper Chen, MD; Psychiatrist, Cheyenne Regional Medical Center
Christina Cook, PMHNP; Family Physicians of Laramie
Nicki Alexander, PA; Family Physicians of Laramie
John Haeberle, MD; Family Medicine, Family Physicians of Laramie

May 28, 2020