



Western Psychiatric Institute and Clinic of UPMC
Comprehensive Recovery Services
Office of Educational Resources and Planning

Children's Hospital of Pittsburgh-Community Based Services

University of Pittsburgh School of Medicine
Center for Continuing Education in the Health Sciences

SMART Choices Learning Collaborative Kick-Off Meeting

(MD55)

Friday, November 22, 2019

8:30 AM to 4:00 PM

Giant Food Store Community Room
315 S. York Road
Willow Grove, PA 19090

**Course Director
Abigail Schlesinger, MD**

Introduction

UPMC Children's Hospital of Pittsburgh has been selected by Pennsylvania state officials to increase access to Screening, Brief Intervention, Referral to Treatment (SBIRT) for patients across Pennsylvania. SMART Choices is a Learning Collaborative designed to train primary care and behavioral health providers to screen patients for substance use and provide appropriate interventions. Validated screening tools are used to determine the patient's frequency of substance use and probability of developing a substance use disorder (SUD). SMART Choices Learning Collaborative participants are trained to provide brief advice or brief intervention, when indicated, and to provide referrals for patients who need specialty substance use treatment.

The SMART Choices Learning Collaborative is one year in length and requires each participating practice to self-identify a Quality Improvement Team (QIT). QIT members participate in three in-person trainings and one group phone call per month. QITs complete Plan-Do-Study-Act (PDSA) cycles monthly and review their progress during the group phone calls. Certified SBIRT trainers facilitate each call and provide support to the QITs.

Who Should Attend

Representatives from each QIT should attend this training. QITs should include at least one Primary Care Physician, Family Practice Physician or Advanced Practice Provider (PA, DNP, CRNP). QITs should include a variety of disciplines, such as Behavioral Health Therapists, Registered Nurses, Practice/Office Managers, and Quality Improvement Specialists. If you have any questions, please contact Shannon Meyers at 412-585-4276.

SMART Choices Learning Collaborative Kick off Meeting

Participants will learn the fundamentals of the Learning Collaborative structure and how to incorporate the Learning Collaborative model into their practice.

Abigail Schlesinger, MD, Shannon Meyers, RN-BC and Megan Tobin, RN, BSN will present information about SBIRT, with an emphasis on the brief interventions. Feedback, Listen, Option (FLO) will be discussed as a technique for providing an effective brief intervention. Participants will learn about motivational interviewing (MI) and the benefits of using MI during a brief intervention. Participants will break into groups to practice FLO. Each participant will have the opportunity to interact with standardized patients and practice SBIRT skills.

Participants will also receive information about accessing Kognito, an online SBIRT training tool. There will be an opportunity for participants to ask questions at the conclusion of the meeting. Next steps in the learning collaborative process will also be discussed.

SMART Choices Kick-Off Learning Objectives

At the completion of the afternoon SMART Choices Kick-Off Meeting, participants will be able to:

1. Identify substance use screening tools for adolescents and adults.
2. Practice intervening when substance use is identified.
3. Discuss methods to improve practice related to substance use.
4. Review the components of SBIRT.

Course Director:

Abigail Schlesinger, MD

Medical Director, TiPS

Clinical Director, Behavioral Science Division

UPMC Children's Hospital of Pittsburgh

Medical Director, Ambulatory Integrated Behavioral Healthcare

Associate Professor

UPMC Western Psychiatric Hospital

Certified SBIRT Trainer

Faculty:

Shannon Meyers (Mikita), RN

Outpatient Nurse Coordinator

Facilitator for SMART Choices Learning Collaborative

Certified SBIRT Trainer

UPMC Children's Hospital of Pittsburgh

Megan Tobin, RN, BSN

Outpatient Psychiatric Nurse

Behavioral Science Division

Facilitator for SMART Choices Learning Collaborative

Certified SBIRT Trainer

UPMC Children's Hospital of Pittsburgh

All individuals in a position to control the content of this education activity are required to disclose all relevant financial relationships with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients.

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Agenda

SMART Choices Kick-Off Meeting

- 8:30 to 9:00 a.m. **Registration & Continental Breakfast**
- 9:00 to 10:30 a.m. **Welcome, Introductions to Staff**
Abigail Schlesinger, MD
Shannon Meyers (Mikita), RN-BC;
Megan Tobin, RN, BSN
- Introduction to the Learning Collaborative Structure**
Shannon Meyers (Mikita), RN-BC
- Introduction to SBIRT**
Abigail Schlesinger, MD;
Megan Tobin, RN, BSN
- 10:30 to 10:45 a.m. **Break**
- 10:45 to 11:45 a.m. **Feedback, Listen, Options (FLO)**
Abigail Schlesinger, MD
Shannon Meyers (Mikita), RN-BC;
Megan Tobin, RN, BSN
- 11:45 a.m. to 12:45 p.m. **Lunch**
- 12:45 p.m. to 2:45 p.m. **Brief Intervention Role-Play**
Abigail Schlesinger, MD;
Shannon Meyers (Mikita), RN-BC;
Megan Tobin, RN, BSN
- 2:45 p.m. to 3:00 p.m. **Break**
- 3:00 p.m. to 4:00 p.m. **Wrap-up & Next Steps**
Abigail Schlesinger, MD;
Shannon Meyers (Mikita), RN-BC;
Megan Tobin, RN, BSN

Additional information about the speakers or presentations can be obtained by contacting Doreen Barkowitz at barkowitzdh@upmc.edu. In addition, conference materials will be online at <https://www.oerp.pitt.edu/conference-materials/> for one month after the event.

Continuing Education Credit – SMART Choices Kick-Off

Physicians

In support of improving patient care, the University of Pittsburgh is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME) and the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

The University of Pittsburgh School of Medicine designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other health care professionals will receive a certificate of attendance confirming the number of contact hours commensurate with the extent of participation in this activity.

Psychologists

UPMC Western Psychiatric Hospital is approved by the American Psychological Association to offer continuing education for psychologists. UPMC Western Psychiatric Hospital maintains responsibility for this program and its content. This program is being offered for 5.5 continuing education credits.

Counselors



UPMC Western Psychiatric Hospital has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5059. Programs that do not qualify for NBCC credit are clearly identified. UPMC Western Psychiatric Hospital is solely responsible for all aspects of this program. This program is being offered for 5.5 continuing education hours.

Licensed/Clinical Social Workers, Licensed Professional Counselors, Licensed Marriage and Family Therapists: LSW/LCSW/LPC/LMFT

This program is offered for 5.5 hours of social work continuing education through UPMC Western Psychiatric Hospital's Office of Educational Resources and Planning, a PA-approved provider of social work continuing education in accordance with all the applicable educational and professional standards of the Pennsylvania State Board of Social Workers, Marriage and Family Therapist. These clock hours satisfy requirements for LSW/LCSW, LPC and LMFT renewal. For more information, call (412) 204-9085.

Other Healthcare Professionals

Nurses and other health care professionals are awarded .55 Continuing Education Units (CEU's). One CEU is equal to 10 contact hours. **Nurses:** For attending this program you will receive a Certificate of Attendance confirming 5.5 hours of continuing education. These hours may be considered eligible for completing the 30 hours of continuing education required for biannual nursing re-licensure in Pennsylvania.

Registration Information

There are no fees to attend or to receive continuing education credits, however registration is required.

Please contact Shannon Meyers (Mikita), RN at mikitasr@upmc.edu for additional information about SMART Choices registration.

Registration Includes:

- All registration and conference materials
- Continental Breakfast
- Continuing Education Credits and Continuing Medical Credits



*We encourage participation by all individuals. If you have a disability or require special accommodations, advance notification of any special needs will help us better serve you. Please notify us of your needs at least **two** weeks in advance of the program by calling Nancy Mundy at 412-204-9090.*