



UPMC Western Psychiatric Hospital
Office of Educational Resources and Planning

UPMC 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 Mid-Point Meeting

(MD62)

Friday, February 28, 2020

1:00 to 5:00 PM

12:00 to 1:00 - Lunch

Wyndham Pittsburgh University Center

100 Lytton Ave.

Pittsburgh, PA 15213

(Parking is available in the hotel lot and at UPMC parking,
120 Lytton Ave. at no cost)

**Course Director
Abigail Schlesinger, MD**

SMART Choices Learning Collaborative Mid-Point Meeting
Wyndham Pittsburgh University Center
February 28, 2020

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 adolescents across Pennsylvania. SMART Choices is a Learning Collaborative designed to train primary care and behavioral health providers to screen adolescents for substance use and provide appropriate interventions. Validated screening tools are used to determine the adolescent'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 to adolescents 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 a variety of disciplines, such as Pediatric Primary Care Physician, Family Practice Physician or Advanced Practice Provider (PA, DNP, CRNP), Behavioral Health Therapists, Registered Nurses, Practice/Office Managers, and Quality Improvement Specialists. If you have any questions, please contact Shannon Meyers (Mikita), RN at 412-585-4276.

SMART Choices Learning Collaborative Mid-Point Meeting

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

Abigail Schlesinger, MD, Shannon Meyers (Mikita), RN and Megan Tobin, RN, BSN will review information on Feedback, Listen, Option (FLO) as a technique for providing an effective brief intervention. Participants will review the principles of 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.

Shannon Meyers will present the Evolution of Adolescent Vaping and explain how providers can use SBIRT with adolescent patients who are vaping. 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 Mid-point Learning Objectives

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

1. Review the components of SBIRT.
2. Practice intervening when substance use is identified.
3. Discuss methods to improve practice related to substance use.
4. Explain how to use SBIRT with adolescents who are vaping.

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

Pittsburgh, PA

Faculty:

***Shannon Meyers (Mikita), RN**

Outpatient Nurse Coordinator

Child and Family Counseling Center

Facilitator for SMART Choices Learning Collaborative

Certified SBIRT Trainer

UPMC Children's Hospital of Pittsburgh

Pittsburgh, PA

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

Pittsburgh, PA

***Conference Committee Chair**

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.

The University of Pittsburgh is an affirmative action, equal opportunity institution

Agenda – February 28, 2020

SMART Choices Mid-point Meeting

<i>12:00 to 1:00 PM</i>	Lunch (provided)
<i>1:00 to 2:00 PM</i>	Welcome & Introductions Abigail Schlesinger, MD Shannon Meyers (Mikita), RN Megan Tobin, RN, BSN
	Feedback, Listen, Options (FLO) Review Abigail Schlesinger, MD Shannon Meyers (Mikita), RN Megan Tobin, RN, BSN
<i>2:00 to 3:15 PM</i>	Brief Intervention Role-play Scenarios Abigail Schlesinger, MD Shannon Meyers (Mikita), RN Megan Tobin, RN, BSN
<i>3:15 to 3:30 PM</i>	Break
<i>3:30 to 4:30 PM</i>	The Evolution of Adolescent Vaping Shannon Meyers (Mikita), RN
<i>4:30 to 5:00 PM</i>	Next Steps Abigail Schlesinger, MD Shannon Meyers (Mikita), RN Megan Tobin, RN, BSN
<i>5:00 PM</i>	Adjournment

All presentations are intermediate.

Additional information regarding speakers and presentations can be obtained by contacting Doreen Barkowitz at barkowitzdh@upmc.edu.

Continuing Education Credit – SMART Choices Mid-Point Meeting

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 3.75 *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 3.75 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 3.75 continuing education hours.

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

This program is offered for 3.50 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 .375 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 3.75 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.

- 1. Please retain your certificates in a safe place. Replacements cost \$30.*
- 2. Continuing education credits will be reduced if the participant chooses to leave before the end of the event.*
- 3. The participant will be awarded continuing education contact hour(s) for attending the program, and upon completion and submission of the online evaluation form.*

Registration Information

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

Please click here to return to online registration -

<https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=217468>

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

Registration Includes:

- All registration and conference materials
- Lunch
- Continuing Education Credits and Continuing Medical Credits

Registration Instructions:

1. Click on 'Register Now' (small box at bottom of page). You'll need to scroll all the way down.
2. If "SMART Choices Mid-Point..." appears under 'Shopping Cart', click on 'Checkout' (think of this as 'continue').
3. Register as a new registrant or sign in if you already have an account (username is your e-mail). You do not have to answer questions about your health insurance!
4. When the conference name appears again, click on 'Checkout' (again, think of this as 'continue')
5. Please respond to all questions. Click on 'continue'.
6. Please print the e-mailed confirmation for your records.

Please dress in layers. It's difficult to keep the room temperature adjusted to suit everyone's needs.

If unable to register online, please use the registration form below.



*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.*

**Registration Form
Smart Choices Mid-Point Meeting
February 28, 2020
(MD62)**

Please make copies for additional registrants. Telephone registrations cannot be accepted.

Date of Birth: (__/__/____)					
First Name:			Last Name:		
Degree(s) to be noted on name badge (e.g. MD, PhD)					
Institutional Affiliation/Practice Name					
Address:					
Address 2:					
City:		State:		Zip	
County:					
Day Telephone:					
E-Mail Address:					

Practice Name: _____
Have you attended a previous TiPS program? Yes ____ No ____
Have you attended a previous SBIRT program? Yes ____ No ____
Will you be attending lunch from 12:00 to 1:00 PM? Yes ____ No ____

<p>For Continuing Education purposes, please check the continuing education or medical credits you need:</p> <p><input type="checkbox"/> NBCC Counselor <input type="checkbox"/> Nurse <input type="checkbox"/> Psychologist <input type="checkbox"/> Physician/MD <input type="checkbox"/> Social Worker (LSW/LCSW/LPC/LMFT)</p> <p>Clinician Type: <input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> DNP <input type="checkbox"/> CRNP PA <input type="checkbox"/> PhD <input type="checkbox"/> Other</p>

Register online at <https://upmc.asapconnected.com/CourseDetail.aspx?CourseId=217468> or e-mail/fax registration form to:

**Attn: Nancy Mundy
OERP/WPIC
3811 O'Hara Street
Champion Commons Building, Room 322
Pittsburgh, PA 15213**

**Fax: 412-204-9110
E-MAIL: mundynl@upmc.edu**