

# **Behavioral Health Institute (BHI)**

## **Training, Workforce and Policy Innovation Center**

### **TeleBehavioral Health 301 Training Series**

Behavioral Health Telehealth Resource

Website: <https://bhinstitute.uw.edu>

Email: [bhinstitute@uw.edu](mailto:bhinstitute@uw.edu)

June 17, 2022

# **Behavioral Health Institute (BHI)**

## **Training, Workforce and Policy Innovation Center**

The Behavioral Health Institute is a Center of Excellence where innovation, research and clinical practice come together to improve mental health and addiction treatment. BHI established initial priority programs which include:

- Improving care for youth and young adults with early psychosis
- Behavioral Health Urgent Care Walk in Clinic
- Behavioral Health Training, Workforce and Policy Innovation Center
- Expanded Digital and Telehealth Services

# WEBINAR LOGISTICS

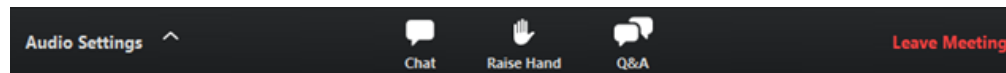
## CHAT Box

- We'll share info about logistics
- Let us know if you are having tech issues
- To you: from our training team
- From you: only visible to hosts/panelists
- NOT for content-related questions (see next slide)

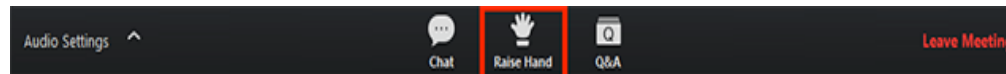
# WEBINAR LOGISTICS

## Q & A

1. Type question into Q&A Window
2. Raise hand (will be called on/unmuted)
  - Click Raise Hand in the Webinar Controls



- The host will be notified that you've raised your hand.



- Click Lower Hand to lower it if needed



## Speaker Disclosures

None of the series speakers have any relevant conflicts of interest to disclose.

## Planner disclosures

The following series planners have no relevant conflicts of interest to disclose:

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Rande Gray

Topher Jerome

# DISCLAIMER

Any information provided in today's talk is not to be regarded as legal advice. Today's talk is purely for informational purposes.

Always consult with legal counsel.

# We gratefully acknowledge the support from



# BUILDING TELEHEALTH CAPACITY for BEHAVIORAL HEALTH

## TeleBehavioral Health 301

### VA WHOLE HEALTH & TELEHEALTH

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JULY 15, 2022

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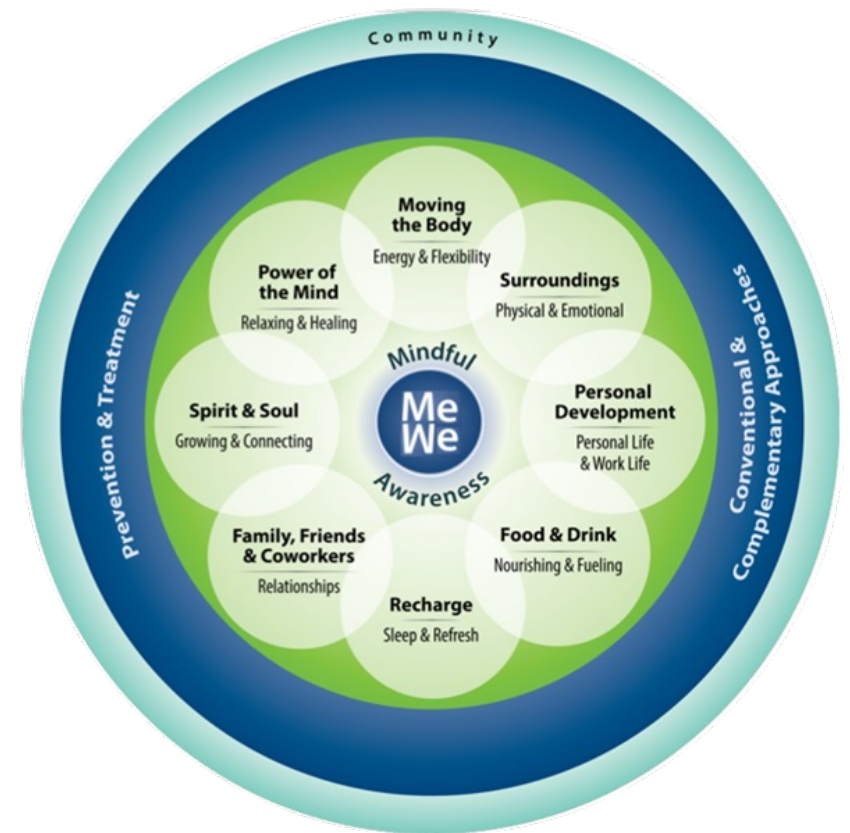


## Learning Objectives:

1. Understanding the program & scope of the VA's Whole Health initiative – developing self-care resources for Veterans & Staff
2. Identifying where to access Whole Health resources
3. Finding your own *MAP: Mission, Aspiration, and Purpose* & Creating your own Personal Health Inventory

# Whole Health:

- Person-Centered
- Applies to Veterans & Staff
- Empowers, Equips, and Treats
- Health-based
- Starts with Veteran Values: MAP (Mission, Aspiration, and Purpose)
- Uses Complementary & Integrative Health (CIH) Approaches – but is more than that – it is a philosophy of care that promotes wellness & well-being



# Sgt H.D. Presents to PMCHI

- 38 yo Army Veteran
- 2 deployments Afghanistan
  - TBI
  - PTSD
  - Migraine
  - Chronic pain
  - Childhood ADHD
- PCL-5 = 35
- GAD-7 = 12
- PHQ-9 = 8



- *“I don’t have PTSD...others in my unit have it worse off than I do...”*
- *I don’t have time to come to VA:*
  - *...I’m engaged*
  - *...I’ve got a new job*
  - *...I’m going to school”*

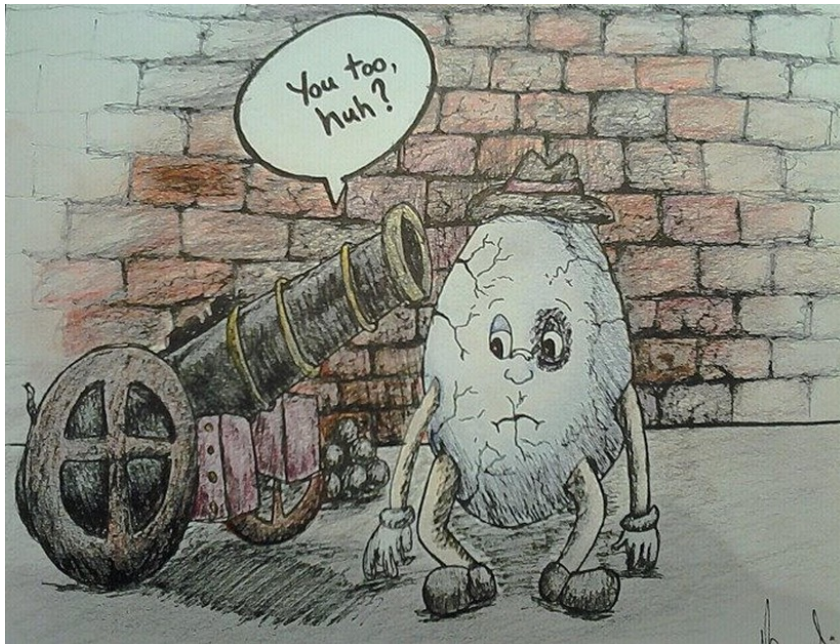
# Sgt H.D. Presents to PMCHI – 2 years later

- 40 yo Army Veteran
  - 2 deployments Afghanistan
  - TBI
  - PTSD
  - Migraine
  - Chronic pain
  - Childhood ADHD
- PCL-5 = 58 (35)
- GAD-7 = 15 (12)
- PHQ-9 = 18 (8)



- *“Doc, I don’t know what to do”*
- *“Here’s what’s happening:*
  - *...my wife is threatening divorce*
  - *...I just got fired*
  - *...I dropped out of school*
  - *...I can’t sleep*
  - *...I’m drinking too much*
  - *...I don’t know if I can keep living this way”*

# Can we put Sgt HD back together again?



<https://www.deviantart.com/bambi129/art/Humpty-Dumpty-Meets-Self-303336029>

*HD had a great fall.  
Can all the VA's psychologists  
and all the VA's psychiatrists  
(and nurses, social workers, OTs,  
PTs, dieticians, peer support  
specialists, pharmacists...etc)  
put HD together again?*

Humpty Dumpty was the name of a cannon in the English Civil War that fell from a wall and could not be repaired

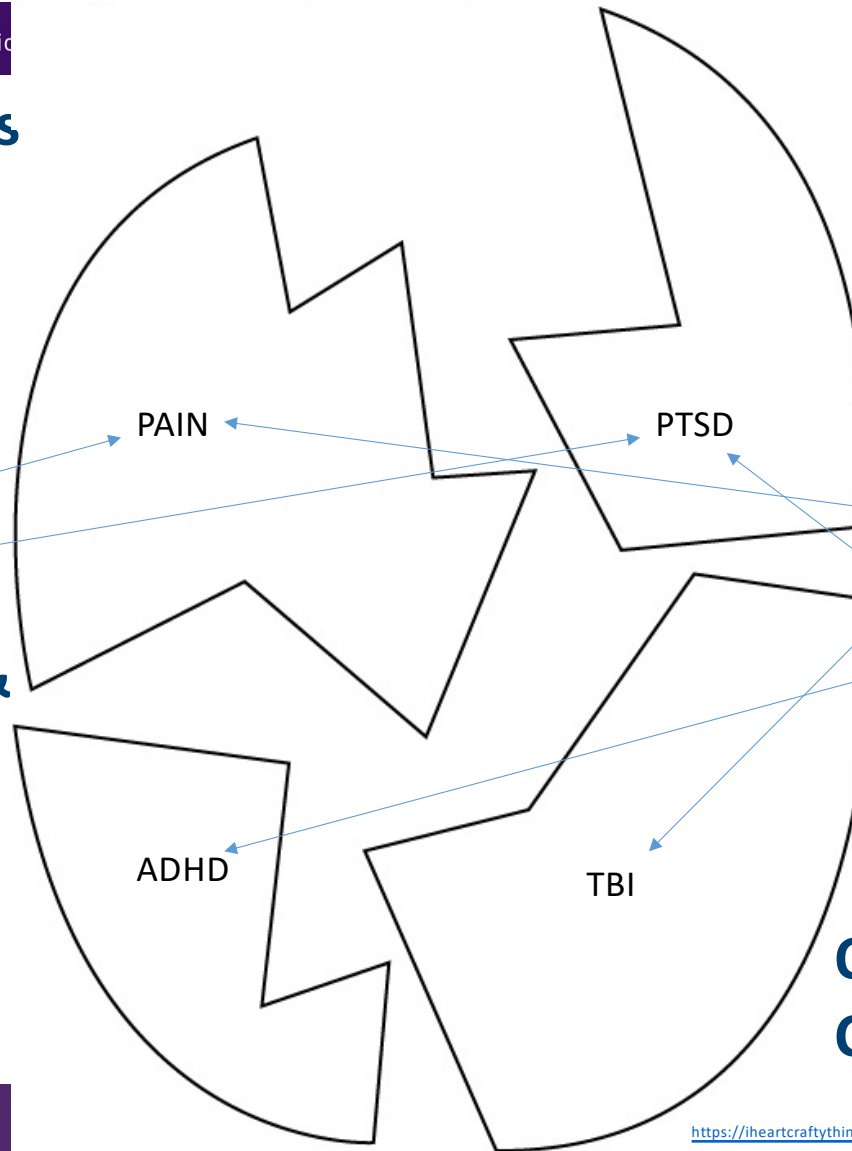
<https://www.ripleys.com/weird-news/humpty-dumpty/>

## How many Psychiatrists might Sgt HD see in 6 months of VA treatment?

1. PES/ED
2. PCMHI
3. PAIN CLINIC
4. POC

## How many other MDs & Providers?

1. ED
2. PCP
3. PAIN SPECIALIST
4. SLEEP SPECIALIST
5. ORTHOPEDIC



## How many SWs?

ED, PCC, POC, others?

## How many Psychologists?

1. PCMHI
2. PCMHI SLEEP GROUP
3. PAIN CLINIC
4. POLYTRAUMA
5. POC
6. NEUROPSYCHOLOGIST


## How many RNs & LPNs?

Innumerable!

**OT, PT, Dietician, PSS,  
Chaplain**

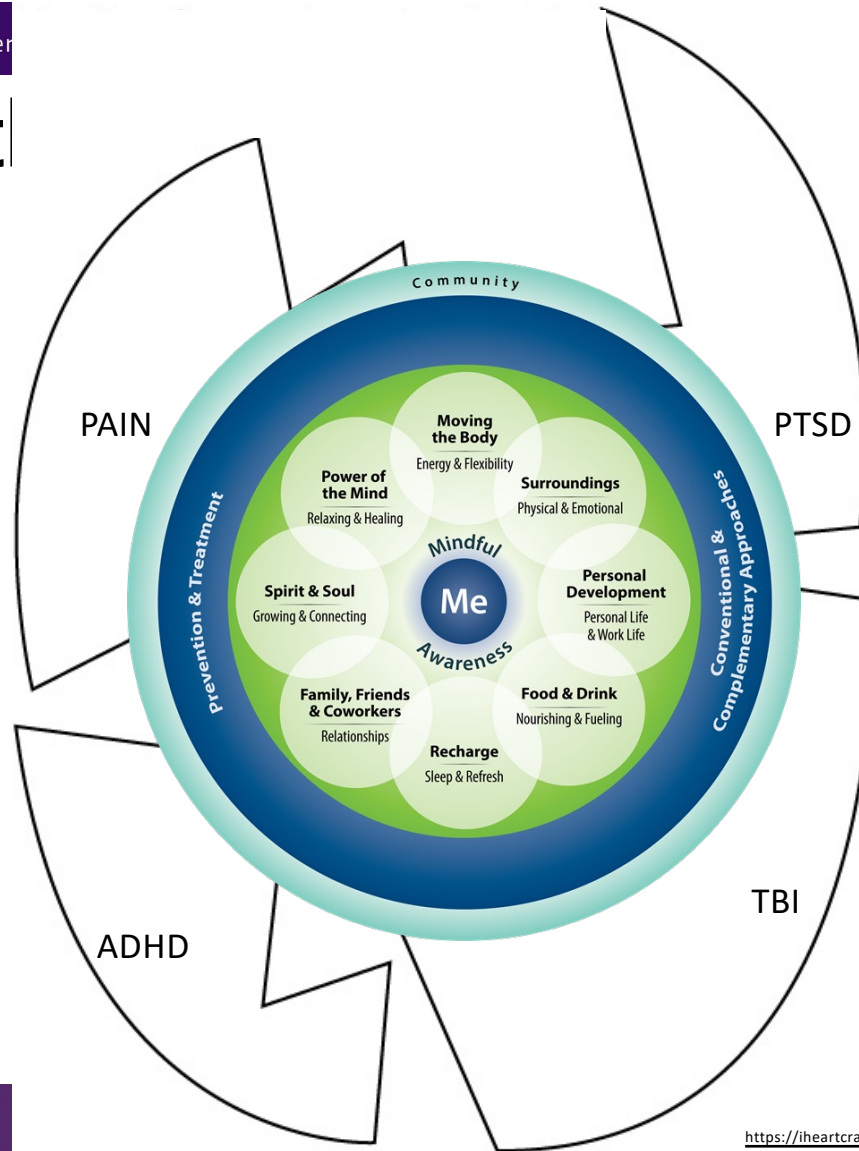
<https://iheartcraftythings.com/humpty-dumpty-craft.html>

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# Whole Health reminds us:

- we are not just working with pieces...
- we are working with a Whole Person



## Whole Health

- A holistic framework
- A shared language
- A set of tools
- Includes CIH, but more than set of techniques – it is a way of being with people
- Applies to ourselves (e.g. burnout, compassion fatigue) as well as Veterans
- *Not “what’s the matter with you?” But, “What matters most to you?”*
  - *Mission*
  - *Aspiration*
  - *Purpose*

<https://iheartcraftythings.com/humpty-dumpty-craft.html>

# We are All in the Center of the Circle of Health

Who  
does  
Whole  
Health?  
Everyone!



Where  
does  
Whole  
Health  
happen?  
Everywhere!

Live Whole Health.



<https://va.gov/wholehealth>

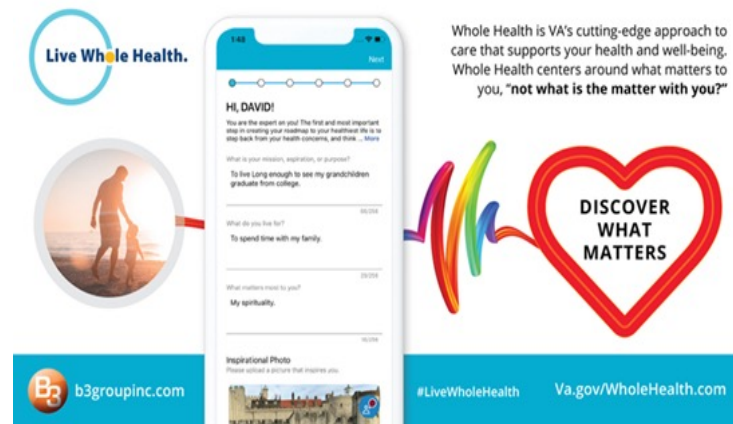
The screenshot shows the VA Whole Health website interface. At the top, there is a navigation bar with the VA logo, the U.S. Department of Veterans Affairs name, a search bar, a contact us link, and a sign in button. Below this is a secondary navigation bar with links for 'VA Benefits and Health Care', 'About VA', and 'Find a VA Location'. The main content area features a large green and blue graphic with the text '#LiveWholeHealth'. To the left of this graphic is a navigation menu for 'Whole Health' with options: Home, Get Involved, Veteran Resources, Professional Resources, Circle of Health, Build Your Personal Health Plan, and More Health Care. A red circle highlights this menu. Below the main graphic is a 'QUICK LINKS' section with buttons for Hospital Locator (with a zip code input field), Health Programs, Protect Your Health, and A-Z Health Topics. To the right of the main graphic is a 'Discover What Matters' section with a video player and a 'Learn more' link. Below the main content area is a 'What is Whole Health?' section with a paragraph explaining the concept and a 'How to Get Started' link.

## <https://www.va.gov/WHOLEHEALTH/veteran-resources/MobileApps-OnlineTools.asp>

The screenshot shows the 'Whole Health' website interface. On the left is a navigation menu with the following items: 'Whole Health' (expanded), 'Home', 'Get Involved', 'Veteran Resources' (highlighted in yellow), 'Whole Health Basics', 'Education Handouts', 'Feature Stories', 'Mobile Apps and Online Tools' (highlighted in yellow), 'Peer Facilitator Materials', 'Well-Being Programs', 'Videos', 'Podcasts', 'Professional Resources', and 'Circle of Health'. The main content area is titled 'Mobile Apps and Online Tools' and features a light blue callout box with the following text: 'Download now! VA's new Live Whole Health is a free, easy to use mobile application created for Veterans and others who are ready to take the next step in their Whole Health journey. Whole Health is VA's holistic approach to care that supports your health and well-being. Whole Health centers care around what matters to you, not what is the matter with you. With this app, you can fill out your personal health inventory, set goals, get virtual coaching, and learn more about Whole Health. Live Whole Health is available for download on iOS or Android devices. The Live Whole Health app is not meant to replace professional care for clinical or mental health conditions. Learn more in the Live Whole Health Mobile App Fact Sheet [document icon].' Below this callout, a note states: 'The list below includes additional resources developed within the VA as well as publicly available resources.'

- VA web-based & mobile resources
- Yoga Experiential resources
- Tai Chi Experiential resources
- Biofeedback Experiential resources
- Meditation/Guided Imagery Experiential resources

# Live Whole Health Mobile App for well-being



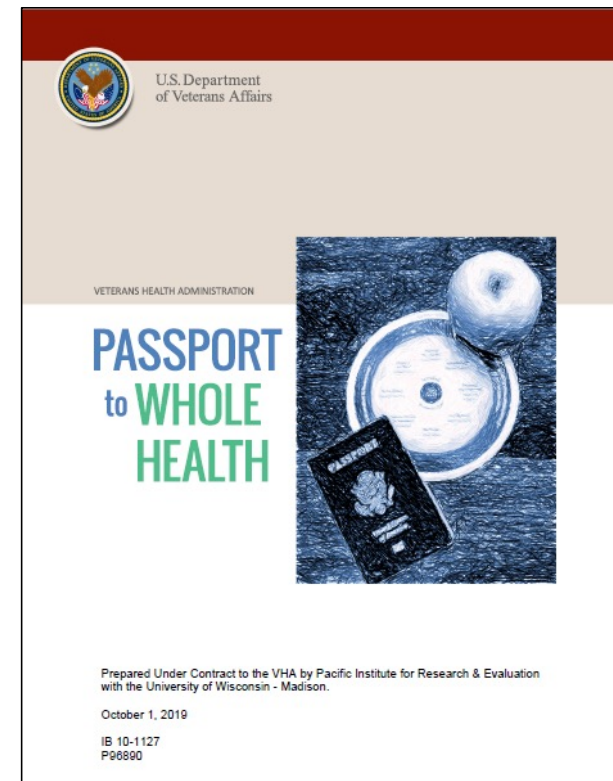
- Develop a personal health strategy improving overall health and well-being.
- Guides the user through a Personal Health Inventory and helps create relevant SMART goals with actionable steps to achieve goals.
- Search LiveWholeHealth & download the app today.



# Passport to Whole Health

19 chapters of  
tips and resources

[https://www.va.gov/WHOLEHEALTHLIBRARY/docs/Passport\\_to\\_WholeHealth\\_FY2020\\_508.pdf](https://www.va.gov/WHOLEHEALTHLIBRARY/docs/Passport_to_WholeHealth_FY2020_508.pdf)



# <https://www.va.gov/WHOLEHEALTHLIBRARY/courses/index.asp>

## Whole Health Library

- Whole Health Library
- Whole Health Library Home
- Whole Health
- About
- Get Started
- Implementation
- Self-Care
- Professional Care
- Tools
- Courses**
- Veteran Handouts
- More Health Care

### Courses

Scroll through this page for descriptions of each Whole Health course available to VA employees, or click on the offerings below to go directly to the course page and download course materials including participant manuals and presentations.

This is an accordion element with a series of buttons that open and close related content panels.

[Expand all](#) | [Collapse all](#)

- + Offerings for All Employees
- + Clinical Offerings
- + Pathway & Coaching: Whole Health Coaches, Facilitators, and Partners
- + Whole Health TMS/Train Courses

### Offerings for All Employees

#### WHOLE HEALTH FOR EMPLOYEES (WH102/102F)

[Learn More](#)

Whole Health 102 is a 4-hour experience designed to guide participants in exploring Whole Health and considering how it can be used to improve one's own health and well-being. The goal of this program is to help each participant identify their mission, aspiration, and purpose, and understand how they can make changes in their lives to help them work towards achieving their personal goals.

### COURSES:

- Whole Health for Employees
- Applying Whole Health in Clinical Care
- Whole Health in Your Practice
- Whole Health for Pain & Suffering
- Whole Health for Well-Being
- Eating for Whole Health
- Whole Health for All: Social & Structural Determinants of Health
- Whole Health Coaching

#### QUICK LINKS

Hospital Locator

## Complementary Integrative Health (CIH):

- **About 40% of active-duty personnel & Veterans use CIH**
  - **76% would if offered by VA**
  - **Use leads to higher satisfaction**

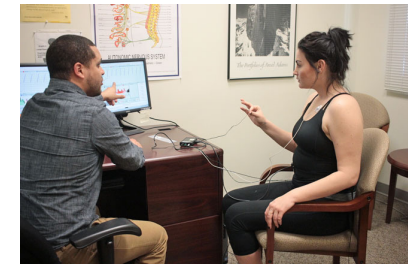
**VA has an Integrative Health Coordinating Center (IHCC) to oversee CIH in VA.**

**Directive 1137 created Lists I & II, which focus on what is covered and permitted in VA.**

McEachrane-Gross. BMC Complement Altern Med. 2006;6:34. Campbell. J Rehabil Res Dev. 2006;43:99-110. Hull. Global Adv Health Med. 2014;3:27-31. Complementary and Alternative Medicine. HAIG. 2011.

## List I CIH: *To be offered where clinically indicated*

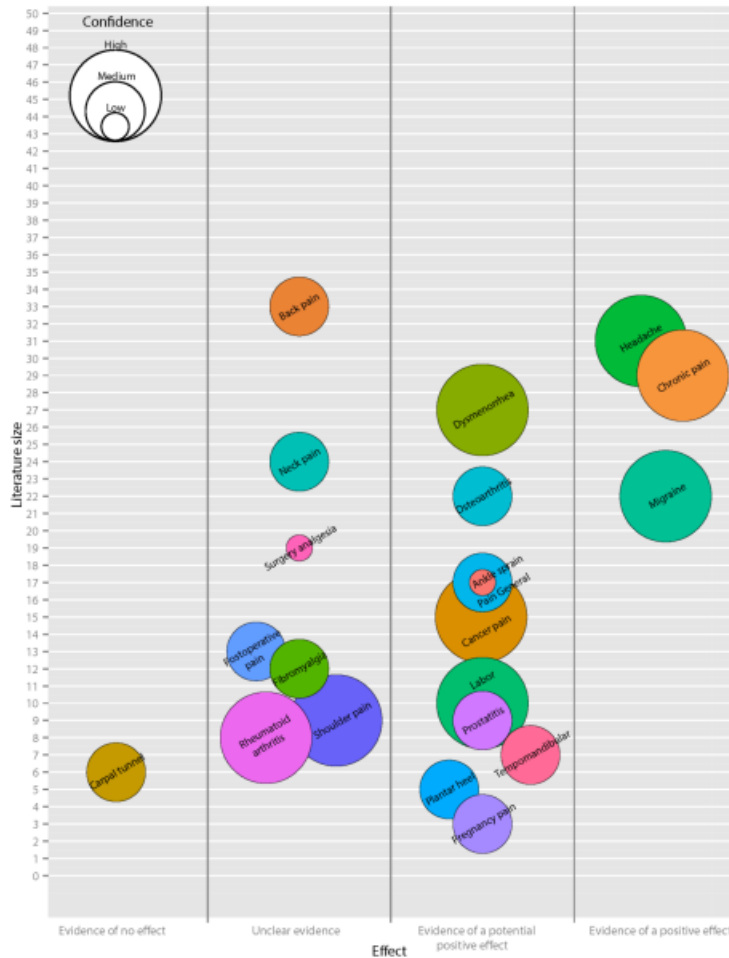
1. Acupuncture
2. Massage Therapy
3. Tai Chi/ Qigong
4. Yoga
5. Meditation
6. Guided Imagery
7. Biofeedback
8. Clinical Hypnosis



<https://www.youtube.com/watch?v=imEROGy6Kmk>

## EVIDENCE MAP OF ACUPUNCTURE FOR PAIN

The results for the clinical indication Pain are presented in the bubble plot and a text summary below. The bubble plot summarizes the results of 59 systematic reviews for 21 distinct indications relevant to the outcome pain [search date: March 2013].



Legend: The bubble plot shows an estimate of the evidence base for pain-related indications judging from systematic reviews and recent large RCTs. The plot depicts the estimated size of the literature (y-axis, number of RCTs included in largest review), the

# QUERI Evidence Map: Acupuncture for Mental Health

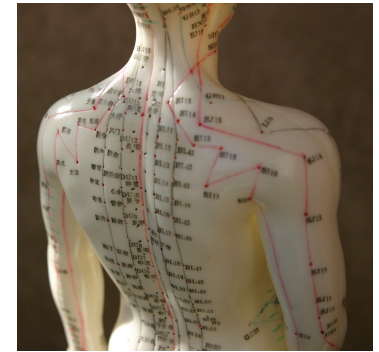


Image Credit: health.Harvard.edu

<https://www.hsrd.research.va.gov/publications/esp/acupuncture.cfm>

Farther right – More evidence of an effect  
Farther up – greater confidence of findings based on literature size

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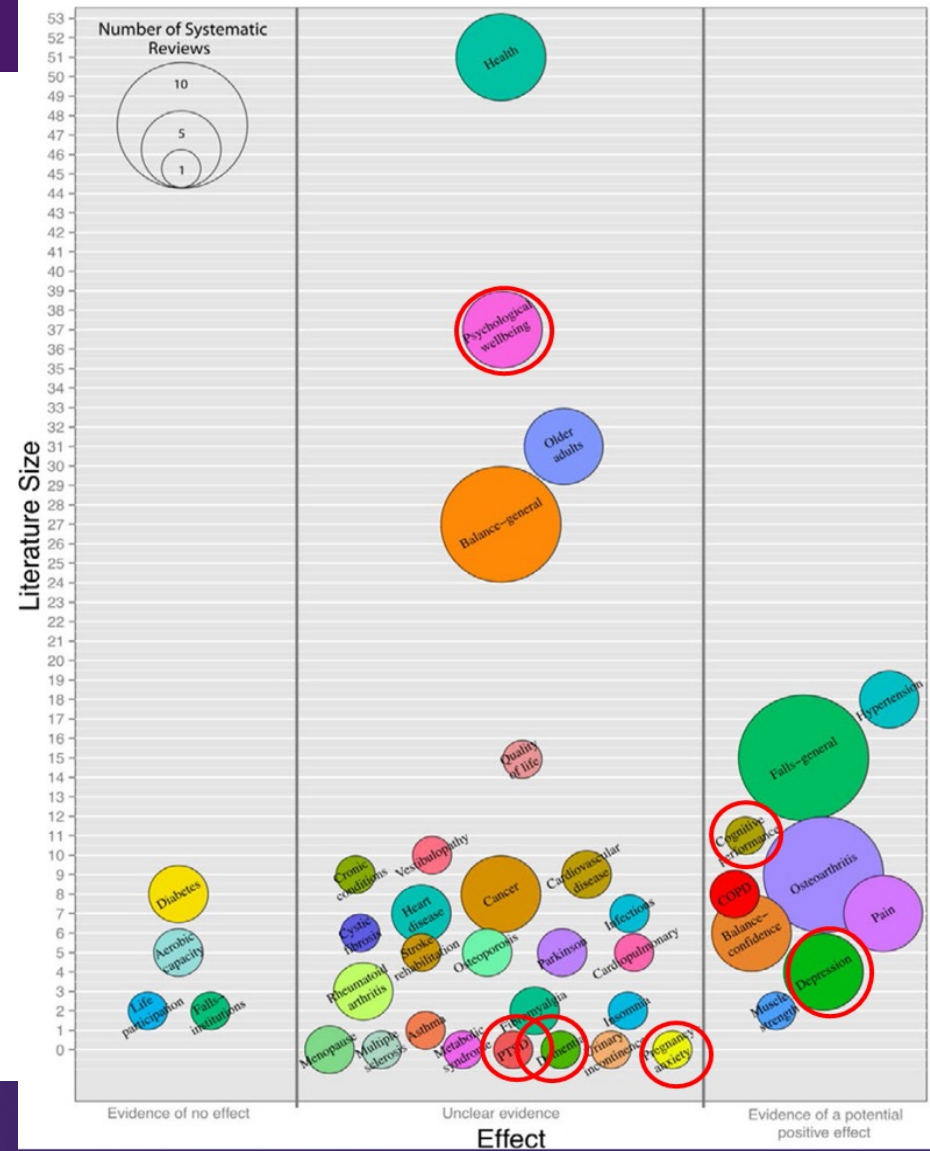
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# QUERI Evidence Map for Tai Chi

- 107 systematic reviews, through Feb 2014
- Farther up means more research
- Farther right means more findings it is effective
- Size of circle = Number of reviews

<https://www.hsrd.research.va.gov/publications/esp/taichi-REPORT.pdf>



# Whole Health Approaches – VA Puget Sound

- Developed a 10 week Whole Health Class
  - Ran this class for Primary Care Nursing Wellness
  - Adapted the class for a one-day retreat for Administrative Officers
- Developed a 4-week Journey Home & 12-week Hero's Journey Class
- Adapted Whole Health Class for Video during pandemic and added 15-20 minute meditation each class
- Used Whole Health Approaches to create a culturally-sensitive framework for working with Native Veterans via Tele-Mental Health
  - Personal Health Inventory
  - My Life, My Story including genogram
  - Incorporated Spirit & Soul perspectives in clinical work

# Center for Evaluating Patient-Centered Care (EPCC-VA)

<https://www.queri.research.va.gov/centers/EPCC.pdf>

## Promoting Veteran-Centered Care

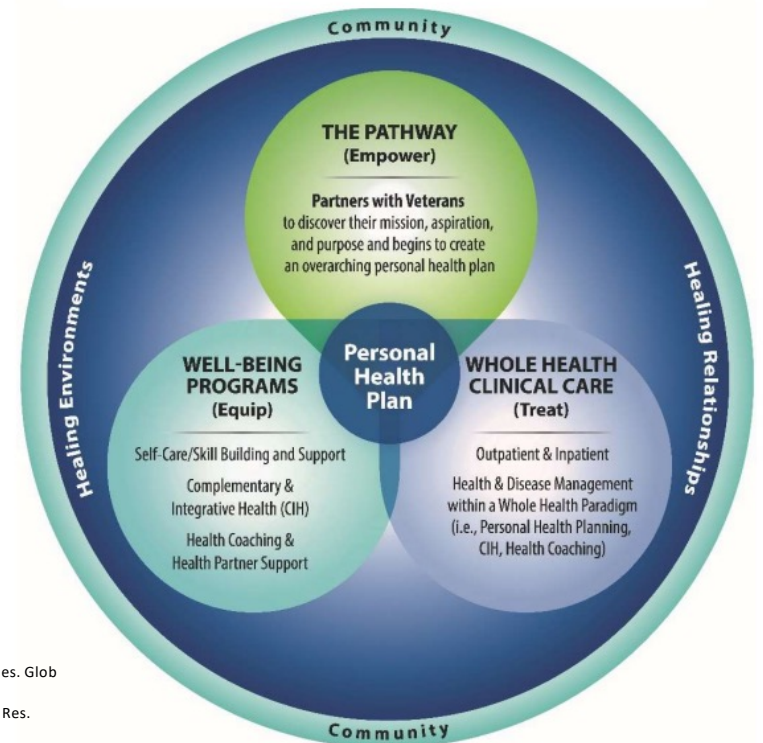
The VA Office of Patient-Centered Care & Cultural Transformation is supporting VA's transformation to a WH system of care, which integrates traditional and complementary clinical care with a focus on Veterans' goals to improve Veterans' experience, health, and well-being.

EPCC's evaluation demonstrated that Veterans with chronic pain who used WH experienced:

- Three-fold reduction in opioid use
- Improvements in perceived stress indicating improvements in overall well-being

Employees with more involvement in WH had:

- Higher rates of identifying their facility as the best place to work
- Lower turnover, lower burnout, and greater motivation



Bokhour BG, Hyde J, Zeliadt S, and Mohr D. February 2020. Whole Health System of Care Evaluation A Progress Report on Outcomes of the WHS Pilot at 18 Flagship Sites

[https://www.va.gov/WHOLEHEALTH/docs/EPCC\\_WHSevaluation\\_FinalReport\\_508.pdf](https://www.va.gov/WHOLEHEALTH/docs/EPCC_WHSevaluation_FinalReport_508.pdf)

Reddy KP, Schult TM, Whitehead AM, Bokhour BG. Veterans Health Administration's Whole Health System of Care: Supporting the Health, Well-Being, and Resiliency of Employees. Glob Adv Health Med. 2021;10:21649561211022698. Published 2021 May 30. doi:10.1177/21649561211022698

Bokhour, BG, Hyde, J, Kligler, B, et al. From patient outcomes to system change: Evaluating the impact of VHA's implementation of the Whole Health System of Care. Health Serv Res. 2022; 57(Suppl. 1): 53- 65. doi:10.1111/1475-6773.13938

wellbeing

Building resiliency through self-care



Hey, VA Employees!  
Resources for Your Whole Health

Provides quick, virtual tools to help you manage stress and promote your Whole Health during these unprecedented times. Resources to help you take care of your physical, mental, and emotional well-being.



SCAN ME  
with your camera

or visit  
<https://www.va.gov/WHOLEHEALTH/professional-resources/EWH-resources.asp>

## Employee Self-Care Resources

[https://www.va.gov/wholehealth/docs/10-773\\_PHI\\_July2019\\_508.pdf](https://www.va.gov/wholehealth/docs/10-773_PHI_July2019_508.pdf)

<https://www.va.gov/WHOLEHEALTH/phi.asp>



<https://mobile.va.gov/app/live-whole-health>



U.S. Department of Veterans Affairs  
 Veterans Health Administration  
 Office of Patient Centered Care and  
 Cultural Transformation



## Personal Health Inventory

Use this circle to help you think about your whole health.

- All areas are important and connected.
- The body and mind have strong healing abilities.
- Improving one area can help other areas.
- The inner ring represents your mission, aspirations, or purpose. Your care focuses on you as a unique person.
- Mindful awareness is being tuned in and present.
- Your self-care and everyday choices make up the green circle.
- The next ring is professional care (tests, medications, supplements, surgeries, examinations, treatments, and counseling). This section includes complementary approaches like acupuncture and yoga.
- The outer ring includes the people and groups who make up your community



Rate where you feel you are on the scales below from 1-5, with 1 being miserable and 5 being great.

<b>Physical Well-Being</b>				
1 Miserable	2	3	4	5 Great
<b>Mental/Emotional Well-Being</b>				
1 Miserable	2	3	4	5 Great
<b>Life: How is it to live your day-to-day life</b>				
1 Miserable	2	3	4	5 Great

What is your mission, aspiration, or purpose? What do you live for? What matters most to you?

Write a few words to capture your thoughts:

---

### Where You Are and Where You Would Like to Be

For each area below, consider “Where you are” and “Where you want to be”. Write in a number between 1 (low) and 5 (high) that best represents where you are and where you want to be. You do not need to be a “5” in any of the areas now, nor even wish to be a “5” in the future.

Area of Self Care	Where I am Now (1-5)	Where I Want to Be (1-5)
<b>Moving the Body:</b> Our physical, mental, and emotional health are impacted by the amount and kind of movement we do. Moving the body can take many forms such as dancing, walking, gardening, yoga, and exercise.		
<b>Recharge:</b> Our bodies and minds must rest and recharge in order to optimize our health. Getting a good night’s rest as well as recharging our mental and physical energy throughout the day are vital to well-being. Taking short breaks or doing something you enjoy or feels good for moments throughout the day are examples of ways to refresh.		
<b>Food and Drink:</b> What we eat and drink can have a huge effect on how we experience life, both physically and mentally. Energy, mood, weight, how long we live, and overall health are all impacted by what and how we choose to eat and drink.		
<b>Personal Development:</b> Our health is impacted by how we choose to spend our time. Aligning our work and personal activities with what really matters to us, or what brings us joy, can have a big effect on our health and outlook on life.		
<b>Family, Friends, and Co-Workers:</b> Our relationships, including those with pets, have as significant an effect on our physical and emotional health as any other factor associated with well-being. Spending more time in relationships that ‘fuel’ us and less in relationships that ‘drain’ us is one potential option. Improving our relationship skills or creating new relationships through community activities are other options to consider.		

<b>Spirit and Soul:</b> Connecting with something greater than ourselves may provide a sense of meaning and purpose, peace, or comfort. Connecting and aligning spiritually is very individual and may take the form of religious affiliation, connection to nature, or engaging in things like music or art.		
<b>Surroundings:</b> Our surroundings, both at work and where we live, indoors and out, can affect our health and outlook on life. Changes within our control such as organizing, decluttering, adding a plant or artwork can improve mood and health.		
<b>Power of the Mind:</b> Our thoughts are powerful and can affect our physical, mental, and emotional health. Changing our mindset can aid in healing and coping. Breathing techniques, guided imagery, Tai Chi, yoga, or gratitude can buffer the impact of stress and other emotions.		
<b>Professional Care:</b> “Prevention and Clinical Care” Staying up to date on prevention and understanding your health concerns, care options, treatment plan, and their role in your health.		

#### Reflections

Now that you have thought about what matters to you in all of these areas, what is your vision of your best possible self? What would your life look like? What kind of activities would you be doing?

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Are there any areas you would like to work on? Where might you start?

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After completing the Personal Health Inventory, talk to a friend, a family member, your health coach, a peer, or someone on your healthcare team about areas you would like to explore further.



# Referrals to VA Puget Sound

- VA Class Referrals:  
<https://www.va.gov/puget-sound-health-care/programs/health-and-wellness/#health-education-and-support>
- David Kopacz, MD if Veteran has a Primary Care Provider at VA:  
[David.Kopacz@va.gov](mailto:David.Kopacz@va.gov)
- Internal VA SharePoint:
  - [Whole Health at VA Puget Sound Health Care System - Home \(sharepoint.com\)](#)
- Sakuna Thongchanh, RN
  - Whole Health Program Manager, VA Puget Sound
  - [Sakuna.Thongchanh@va.gov](mailto:Sakuna.Thongchanh@va.gov)



- QUESTIONS & DISCUSSION



# **Behavioral Health Institute (BHI)**

## **Training, Workforce and Policy Innovation Center**

Additional Information & Resources

## After today's session:

**Slides & resources will be posted after the session**

**<https://bhinstitute.uw.edu/>**

### **Please complete the evaluation survey:**

- LINK will be shared in the chat box & also emailed
- Helps the presenters plan future sessions
- Required for Certificate of Completion and CEUs

# After today's session:

- Complete evaluation
- Certificate of Completion - no cost.
  - May be able to use Certificate of Completion to meet CE requirements.
- CME credit – nominal cost.
- NASW CEU – no cost

## Continuing Medical Education Accreditation

**Accreditation with Commendation:** The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Credit Designation:** The University of Washington School of Medicine designates this Other Activity for a maximum of 36 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. (Each 1 hour webinar is 1.0 credits).

\*Note: accreditation includes additional webinar and online series offerings.

4026 NE 55th St., Suite E-245, Seattle, WA 98105  
206.706.7084 » [nasw-wa.org](http://nasw-wa.org)



This workshop has been approved for 1 CEU by the Washington Chapter, National Association of Social Workers (NASW) for Licensed Social Workers, Licensed Marriage & Family Therapists & Licensed Mental Health Counselors.

Our Provider number is #1975-433.



# TELEBEHAVIORAL HEALTH 101

## Online Self-Study

<https://NRTRC.catalog.instructure.com/programs/telebehavioral-health-101-series>

- Introduction to TeleBehavioral Health and Policy Overview
  - \*Meets telehealth training requirement as established by Washington SB6061.
- Getting started: Facts & Myths, and Security & Privacy
- Digital Health Do's & Don't's, Workflows, and Safety planning
- Billing and Reimbursement for TeleBehavioral Health
- Clinical Engagement over Telehealth
- Clinical Supervision in Telehealth

A CERTIFICATE OF COMPLETION WILL BE ISSUED FOR EACH MODULE COMPLETED

NASW accredited: provider #1975-433.

### CME Accreditation

The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Washington School of Medicine designates this enduring material for a maximum *1 AMA PRA Category 1 Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Learners have the opportunity to complete up to 6 modules, with each module accredited for 1 AMA PRA Category 1 Credit™.

# TELEBEHAVIORAL HEALTH 201

- Telehealth Policy – the changing federal and state landscape
- Preparing Patients & Technology for Telehealth
- Doing Groups over Telehealth
- Mobile Health (mHealth) for Serious Mental Illness
- Provider Self-Care & Wellness in the Era of Telehealth and Covid
- Behavioral Health Apps
- Children & TeleBehavioral Health
- Applying Telehealth SUD Treatment in Community-based Settings
- Cultural Competence & Humility in TeleBehavioral Health
- Applying Telehealth to Measurement-based Care
- Suicide Risk Assessment over Telehealth
- Couples & Family Therapy over Telehealth

Online Self-Study at  
[Telebehavioral Health 201 Series](#)  
- [NRTRC \(instructure.com\)](#)

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# TELEBEHAVIORAL HEALTH 301

Jan 21, 2022:	Bree Collaborative Telehealth Guide & Hybrid Models
Feb 18, 2022:	Crisis Management & Risk Assessment
Mar 18, 2022:	Safety & Consent Planning
Apr 15, 2022:	Substance Use Disorder Treatment over Telehealth
May 20, 2022:	TeleBehavioral Health & Groups: lessons from Dialectical Behavioral Therapy
Jun 17, 2022:	TeleSupervision
Jul 15, 2022:	Whole Health & Telehealth
Aug 19, 2022:	Children & Adolescents
Sep 16, 2022:	Trauma-Informed Care
Oct 21, 2022:	Remote Teams & Tele-Teaming
Nov 18, 2022:	TeleMental Health and Professional Liability
Dec 16, 2022:	Reimagining practice: integration of AI, digital therapeutics and automation in behavioral health

A CERTIFICATE OF COMPLETION WILL BE ISSUED FOR EACH MODULE COMPLETED

NASW accredited: provider #1975-433.

CME Accreditation

Accreditation with Commendation: The University of Washington School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation: The University of Washington School of Medicine designates this Other Activity for a maximum of *36 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity. (Each 1 hour module is 1.0 credits).

\*Note: accreditation includes additional webinar and online series offerings.



## Additional Free Resources for Washington State Behavioral Health Providers

### EDUCATIONAL SERIES:

- UW Traumatic Brain Injury – Behavioral Health ECHO
- UW Psychiatry & Addictions Case Conference ECHO
- UW TelePain series

### PROVIDER CONSULTATION LINES

- UW Pain & Opioid Provider Consultation Hotline
- Psychiatry Consultation Line
- Partnership Access Line (pediatric psychiatry)
- Perinatal Psychiatry Consultation Line

