SMIAdviser
A Clinical Support System for Serious Mental Illness

An APA and SAMHSA Initiative

AMERICAN **PSYCHIATRIC** ASSOCIATION

SAMHSA
Substance Abuse and Mental Health Services Administration

www.SMIadviser.org

Welcome to your quarterly update from SMI Adviser. We continue our commitment to advance evidence-based care for individuals who have serious mental illness (SMI).

Now in Year 3 of our five-year grant, the number of resources and learning opportunities that SMI Adviser offers continues to grow. We have highlights to share on several important facets of our initiative.

- ✅ SMI Adviser is excited to launch a virtual conference on evidence-based practices for the care of individuals who experience first-episode psychosis. This virtual conference takes place next month on November 12-13, 2020.

- ✅ Our new mobile app My Mental Health Crisis Plan began a national marketing campaign in October. You can find the app in the Apple App Store and Google Play Store. It allows individuals to create a psychiatric advance directive (PAD) and make their treatment preferences known in times of crisis.

- ✅ SMI Adviser is helping to define and establish a new position on the mental health care team – the Digital Health Navigator. This role will ease access for individuals and lessen the burden that busy clinicians face to be technical troubleshooters. SMI Adviser is developing a curriculum to train Digital Health Navigators.

Want to help spread the word about SMI Adviser? Visit our Partner Action Toolkit to find all of our materials. Share with your colleagues and help us raise awareness.

Thank you for being an important part of this initiative.

For questions about SMI Adviser, please contact us at SMIAdviser@psych.org. Our team is here to help you.

A BETTER TOMORROW
Find answers that help people with serious mental illness live their best lives.

Clinicians & Providers

Individuals & Families

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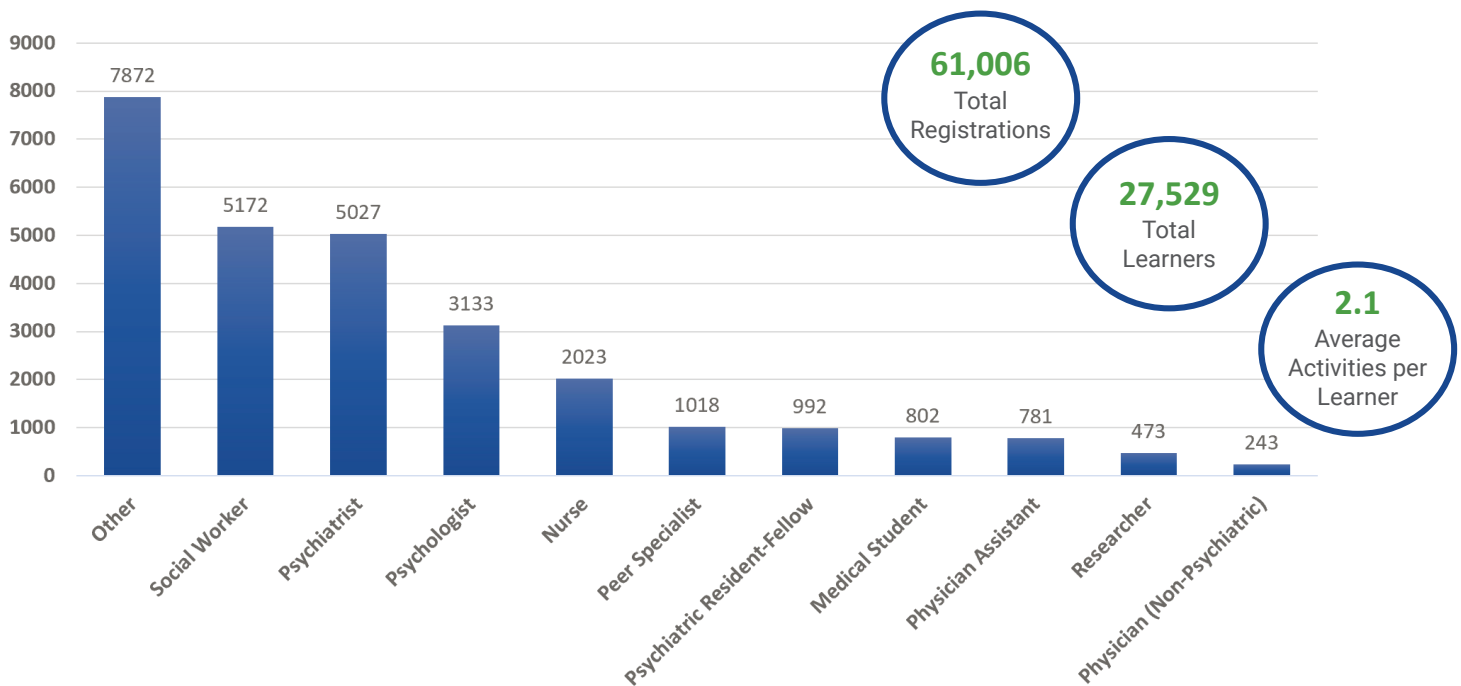
A Look at Our Growing Impact

At the start of our initiative, SMI Adviser invested time and resources in a strong infrastructure. This includes an array of technology tools to aggregate, measure, and visualize data. It also involves robust processes around project management and embedded expertise around clinical knowledge, educational design, marketing, and more.

This solid foundation drives our evidence-based approach to technical assistance. Participation across our initiative soared in Year 2.

61,006 Total Registrations

27,529 Total Learners

2.1 Average Activities per Learner

Bar chart values:
- Other: 7872
- Social Worker: 5172
- Psychiatrist: 5027
- Psychologist: 3133
- Nurse: 2023
- Peer Specialist: 1018
- Psychiatric Resident-Fellow: 992
- Medical Student: 802
- Physician Assistant: 781
- Researcher: 473
- Physician (Non-Psychiatric): 243

Participation in Online Education

Registrations in Year 2
47,318

Unique Learners in Year 2
22,620

SEE OUR EDUCATION CATALOG

Data as of September 25, 2020

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Our online Knowledge Base contains hundreds of evidence-based answers and resources on SMI. All content is vetted by our Clinical Expert Team.

Total Knowledge Base Resources	Knowledge Base Resources added in Year 2
1,435	**844**

Our online Knowledge Base is completely FREE

Assisted Outpatient Treatment

- Assisted Outpatient Treatment (AOT) Resource Hub
- State Standards for Civil Commitment
- Assisted Outpatient Treatment (AOT): Promising Practic An Overview
- TA Coalition Webinar: Evolution of Assisted Outpatient Treatment (AOT)
- Implementing Assisted Outpatient Treatment: Essential Elements, Building Blocks and Tips for Maximizing...

Clozapine

- Clozapine Center of Excellence
- Update from the FDA regarding COVID-19, Clozapi and blood monitoring
- Seizure side effect of clozapine
- Why is clozapine not the first medication chosen t schizophrenia for everyone?
- Is it possible to plan for continuation of clozapine during emergencies (such as coronavirus COVID-19...

Co-morbid Medical Conditions

- Position Statement 13: Integration of Mental and Gener Health Care
- The Psychiatrist's Guide to Population Management of Diabetes – eCourse
- Are there current efforts to add additional training in ge medical care into psychiatric training...
- Prevalence, incidence and mortality from cardiovascula disease in patients with pooled and specific...
- How can care managers use motivational interviewing help promote positive health behavior change in...

Co-morbid Substance Use Disorders

- Coexisting severe mental illness and substance misuse: community health and social care services
- What is an example of a program that has worked in to increase access for the treatment of substance use...
- If marijuana is legal, is it ok for patients with serious ment illness to use it?
- What is the evidence for cannabinoids for the treatment of SMI and symptoms of SMI?
- Is substance abuse common in people with schizophrenia?

COVID-19

- Managing Fatigue During Times of Crisis: Guidance for Nurses, Managers, and Other Healthcare Workers
- Telehealth Tips: Managing Suicidal Clients During the COVID-19 Pandemic
- Older Clinicians and the Surge in Novel Coronavirus Disease 2019 (COVID-19)
- Practice Guidance for COVID-19
- Resilience

SEE OUR KNOWLEDGE BASE

Total Number of Consultations
1,148

Our Clinical Expert Team responds directly to questions from frontline mental health clinicians. Questions span many critical topics around SMI, from clozapine to psychopharmacology to service delivery.

SUBMIT A QUESTION NOW

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Increased Education on First-Episode Psychosis

First-episode psychosis continues to be an area of focus for resources, education, and consultations. In partnership with Psychosis-Risk and Early Psychosis Program Network (PEPPNET), SMI Adviser plans to deliver nine webinars in Year 3 on issues that are specific to evidence-based care for individuals who experience first-episode psychosis.

SMI Adviser also offers a free, two-day virtual conference in November 2020. The agenda has live sessions on each day led by national experts and offers content for all professions on the mental health team – administrators, counselors, nurse practitioners, peer specialists, psychiatrists, psychologists, registered nurses, and social workers.

All sessions will be recorded and available for on-demand access after the event. Plenary sessions cover topics such as cultural mental health disparities, workforce development, harnessing technology to facilitate recovery, and more.

SEE FULL AGENDA

3rd National Conference on
Advancing Early Psychosis Care in the United States

Addressing Inequalities - Race, Culture and COVID

Virtual Conference | November 12-13

20 Sessions   4 Concurrent Tracks

Track A: System-Level Improvements
Explore solutions to address early psychosis care at the health system level, such as building and retaining the workforce and sustainable financing.

Track B: The Human Experience
Look at inclusivity, inequities, and other challenges that impact individuals and interprofessional staff as they experience the behavioral health system.

Track C: Culturally Informed Care
Dive into strategies and solutions that address big-picture issues like continuity of care, behavioral health disparities, care in rural areas, and more.

Track D: The New Normal
Examine the impact of the pandemic on coordinated specialty care and find ideas on how to provide crisis services remotely, manage remote teams, manage psychopharmacology during COVID, and more.

## All sessions are certified for free CME, psychology CE, and social work CE.

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## Download My Mental Health Crisis Plan

Our new mobile app, My Mental Health Crisis Plan, began a national marketing campaign in October 2020. Individuals who have SMI can use this app to develop a psychiatric advance directive (PAD) and make their treatment preferences known in the event of a mental health crisis.
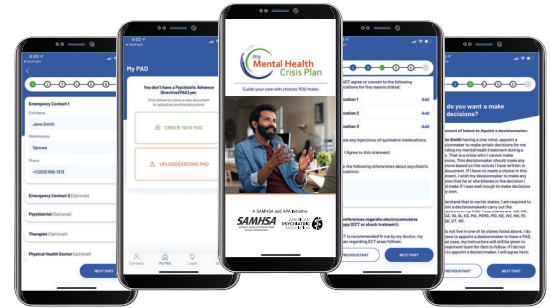
PADs Help You Provide Evidence-Based, Person-Centered Care
PADs are part of person-centered care. Many studies show that when you support the use of PADs, it enhances the care that people receive. This is true for individual clinicians all the way up to entire health systems. According to organizations like The Joint Commission on Accreditation of Healthcare Organizations, PADs align with the highest standards of care in mental health. Individuals who use PADs are:

- Less likely to require coercive interventions during crises.
- More likely to adhere to medications after discharge.
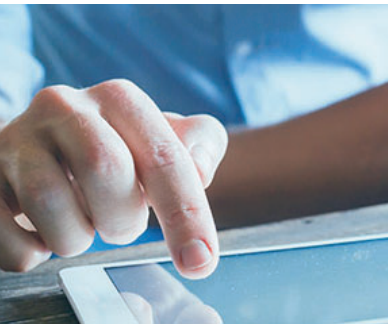
How does a PAD help mental health clinicians?

- Enhances the therapeutic alliance between an individual and those on their treatment team
- Enhances the process of informed consent
- Allows someone's family or significant others to be an official part of their treatment
- Improves continuity of care

How does a PAD help individuals?

- Helps them think through and clarify their preferences for treatment
- Encourages discussions that may even help prevent crises from occurring
- Gives them a voice during a crisis, instead of their preferences not being known
- Allows family members, clinicians, and others in the social support network to be better advocates
- Makes them more likely to feel that their personal needs for mental health services are being met

DOWNLOAD THE APP RIGHT NOW

Download on the App Store

ANDROID APP ON Google play

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## Digital Health Navigator – A Transformative New Role

The COVID-19 pandemic amplified existing disparities for those who have SMI. Technology barriers are among the most common areas that make it difficult to engage and provide care to this population. Individuals who have SMI may not be able to access video appointments or share critical health data. Clinicians may spend extra time troubleshooting technology problems or tracking down billing issues. With telehealth here to stay, these are a critical gaps that need to be addressed.

SMI Adviser envisions a new position on the mental health care team to address these gaps: a Digital Health Navigator. We are developing a curriculum that trains staff in the skills to fill this role. The curriculum will be ready in mid-2021.

The Digital Health Navigator curriculum will:

- ✅ Contain skills-based modules with measures for knowledge and competency
- ✅ Provide asynchronous learning that focuses on specific topics in digital health
- ✅ Grow new skillsets for existing team members or new positions

There are many practical, impactful ways that Digital Health Navigators can transform access to care.
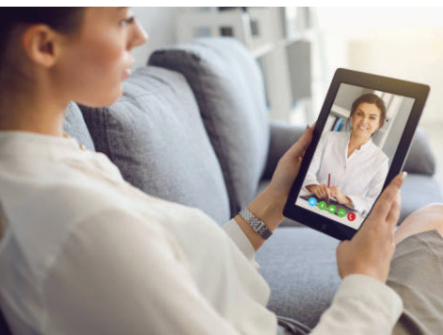
- ✅ Prepare individuals for telehealth visits
- ✅ Troubleshoot technology issues outside of clinical visits
- ✅ Help individuals acquire devices
- ✅ Apply evidence-based tools to evaluate apps
- ✅ Facilitate between-visit monitoring, data sharing, and interpretation
- ✅ And many more!

Next steps in the development of a national training program include:

1	2	3	4	5
Developing module content	Building online educational modules	Engaging testing site(s)	Refining module content with feedback	Launching curriculum
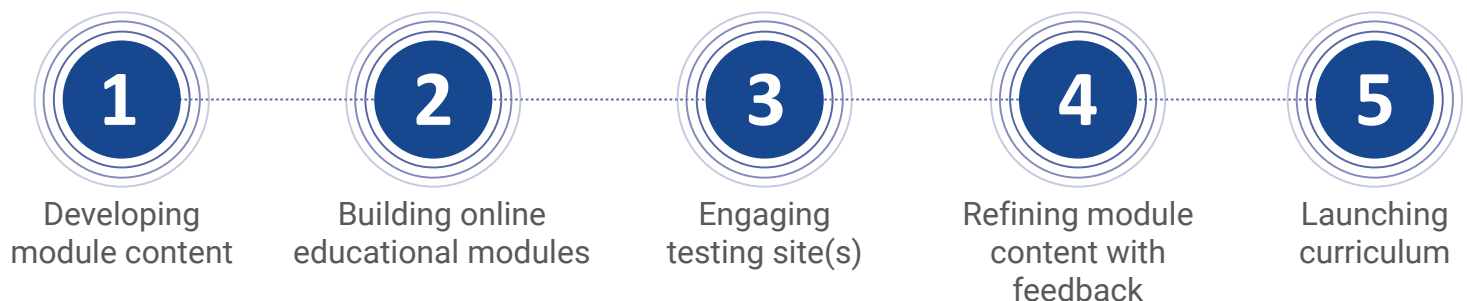
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New Look, New Resources for Individuals and Families

Recently we redesigned the resource-packed section on our website that are specifically designed for individuals and families. This effort is a collaboration between SMI Adviser and a team from the National Alliance on Mental Illness (NAMI).

New series of fact sheets on serious mental illness (SMI).

Videos that offer personal insights from individuals with lived experience.

Two-part podcast series on bipolar disorder.

Whiteboard animations on neurobiology of SMI, medications, and more.
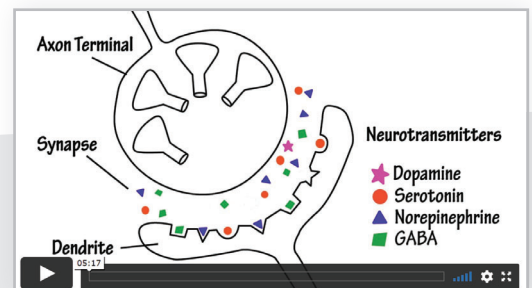
SEE THESE RESOURCES

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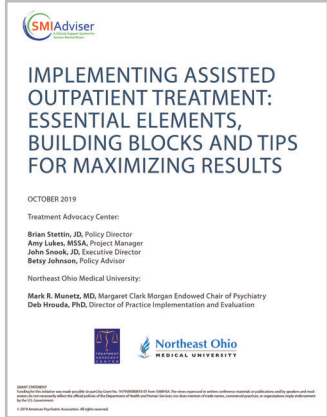
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## Resources on Assisted Outpatient Treatment

SMI Adviser and the Treatment Advocacy Center (TAC) are partners in facilitating the national expansion of assisted outpatient treatment (AOT). We offer several easy-to-access, online resources to guide clinicians, policy makers, and anyone else who wants to establish or improve an AOT program in their communities.

Find an overview of AOT, learn how it can benefit communities, discover the variability of AOT programs, and identify practices that can assist in successful, systematic implementation.

Participate in the first and only interactive online resource for mental health clinicians who seek practical guidance on establishing and maintaining successful AOT programs in their own communities.

LEARN MORE ABOUT AOT

Course 1: Basic Concepts and Principles of AOT
→

Course 2: Implementation of AOT
→
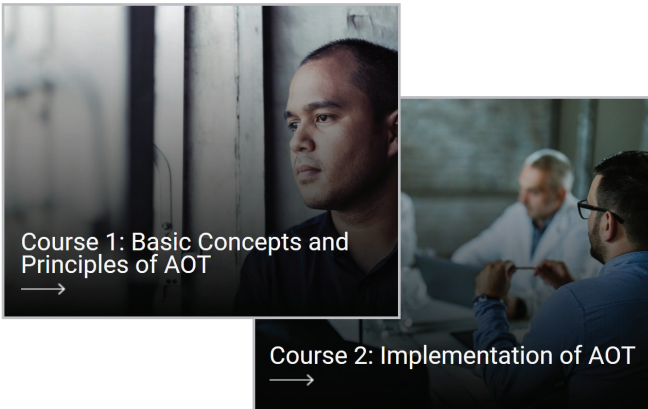
Free Continuing Education Credits for Social Workers

SMI Adviser has an interprofessional audience and we look to support their education needs in order to promote evidence-based care for individuals who have SMI. That is why we are excited to announce that starting in November 2020, some of our live webinars and on-demand courses will offer continuing education credits for social workers.

The effort to obtain certification to offer social work continuing education credits was led by our Clinical Expert Team. Stay tuned for updates via email on which courses will offer these credits.

SEE OUR EDUCATION CATALOG

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Access SMI Adviser Materials in Our Partner Action Toolkit

Use our Partner Action Toolkit to share information about SMI Adviser with your staff and colleagues. It contains logos, flyers, text for social media posts, text for listservs, and more. Simply download the files you need.

Join our Mission for Better – help us raise awareness and promote the use of evidence-based care for individuals who have SMI. Post something on social media today and use our hashtag #MissionForBetter.

SEE THE TOOLKIT

SAMHSA Partner Spotlight: Addiction Technology Transfer Center (ATTC)

This section highlights other programs and resources from the Substance Abuse and Mental Health Services Administration (SAMHSA)

The purpose of the ATTC Network is to accelerate the adoption and implementation of evidence-based and promising addiction treatment and recovery-oriented practices and services. This collaborative network helps raise awareness, knowledge, and skills of the workforce addressing the needs of people who have substance use or other behavioral health disorders. The ATTC Network team also fosters regional and national alliances among culturally diverse practitioners, researchers, policy makers, funders, and the recovery community.

LEARN MORE ABOUT THE ATTC

ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration