Learning Objectives

1. How the PCP Toolkit was developed
2. How the PCP Toolkit is maintained
3. Which behavioral health conditions are included within the PCP Toolkit
4. What kind of content is available within the PCP toolkit
5. How to access and navigate within the PCP Toolkit
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“We help people live their lives to the fullest potential.”

Our Commitment
Integration of Medical and Behavioral Health Services to Improve Outcomes

As the first line of defense for behavioral health (BH) issues, primary care physicians (PCPs) play a critical role in the proper identification and treatment of BH conditions.

As a collaborative health care partner, Beacon supports PCPs through information sharing and support so that they have the tools and resources needed to successfully treat these conditions.

Beacon’s toolkit has been developed to support our ongoing collaborative initiatives with primary care practices.
Recommendations

• Review the tools and resources in the PCP Toolkit to determine usage in individual practice.

• Explore additional recommendations provided by your applicable trade organization.

If treatment of a BH condition is outside of your scope of practice, we recommend a referral to a BH professional in the patient’s health plan.
Chapter 02

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Our Commitment
Initial Development

Primary research targeting PCPs to determine:

- Who is presenting to their practice with BH conditions?
- What conditions are they seeing most frequently?
- How do they currently treat BH conditions?
- How do they refer patients for BH services?
- What additional resources would be helpful in treating their patients?

Secondary research of existing resources for BH conditions:

- Information gathered targeting up-to-date clinical guidelines, member-facing resources, and standard screening tools for BH conditions

Rigorous review of material included in the toolkit:

- Reviewed by consulting NP for relevance/usefulness to PCP practice
- VP of Medical Affairs reviewed for clinical appropriateness and accuracy
Moving Forward

• Ongoing monitoring and maintenance to ensure relevance of clinical material by Scientific Review Committee

• Managed in house by Corporate Quality Department
Chapter 03

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Features
Behavioral Health Conditions Included

- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Alcohol/Substance Use Disorder
- Anxiety
- Depression
- Adolescent Depression
- Postpartum Depression
- Eating Disorders
- Obsessive-Compulsive Disorder (OCD)
- Post-Traumatic Stress Disorder (PTSD)
- Schizophrenia
Content Included

- Overview of each behavioral health condition
- Diagnostic references
- Prescribing references
- Member resources
- Screening Tools
Chapter 04

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Our Commitment
Access

1. Go to beaconhealthoptions.com
2. Click on the Providers tab
3. Click on PCP Toolkit
PCP Toolkit

Let Us Help You When Behavioral Health Care is Needed for Your Patients

Primary care settings are increasingly the first line of identification for behavioral health (BH) issues, especially for depression. As your patients’ primary medical practitioner, you already know the large number of patients who present with both physical and behavioral health disorders. Beacon Health Options supports PCPs as the locus of treatment for a wide variety of BH diagnoses. To that end, we offer you this toolkit to help you with identification of BH conditions, as well as next
ADHD

Attention-Deficit/Hyperactivity Disorder (ADHD) is one of the most common chronic childhood disorders and its prevalence is on the rise. Estimates based on a 2011 survey of parents indicate that approximately 11% of children ages 4 to 17 have been diagnosed with the disorder. Parents of children with current ADHD diagnoses, reported that 61% of their kids were taking medication to treat it. Children with ADHD may have difficulty controlling their behavior in school and social settings and often fail to achieve their full academic potential. Additionally, ADHD is frequently found with other psychiatric disorders.

The key to effective long-term management of the child with ADHD is continuity of care with clinicians experienced in the treatment of ADHD. The frequency and duration of follow-up sessions should be individualized for each family and child, depending on the severity of ADHD symptoms; the degree of co-morbidity of other psychiatric illness; the response to treatment; and the degree of impairment in home, school, work, or peer-related activities.

Guidelines for Diagnosis and Treatment

➢ American Academy of Pediatrics ADHD Guideline
➢ American Academy of Pediatrics Guideline Supplement
➢ ADHD Medication Treatment Algorithm

Member Materials

➢ ADHD: What Is It?
➢ Diagnosing ADHD in Children and Adults

Screening Tools

➢ Adult ADHD Assessment Tool
➢ Child ADHD Screening Tools:
  ➢ ADHD Rating Scale: Home Version
  ➢ NICHQ Vanderbilt Assessment Scales
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Our Commitment
Thank You

Contact Us

With one call to Beacon, providers can:
• Get information on behavioral health benefits and services
• Locate behavioral health providers
• Get help making a routine appointment
• Make an urgent appointment
• Obtain crisis support

1-855-856-0582

www.beaconhealthoptions.com