

A teal background featuring various office supplies: a black tray with gold paper clips and binder rings, a white mug of black coffee, a small green plant, and a black pencil case with green pencils. The word "Psychiatry" is written in a white, cursive font.

Psychiatry

for Non-Psychiatrists

November 1, 2024

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Enhancing Mental Health Support in the Community

Paul Daniel, Ph.D.
Executive Director
Center Associates

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DISCLOSURE

I do not have any financial relationships with ineligible companies to disclose.

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Learning Objectives

- **Objective 1:** Understand the Structure of Community Mental Health Services
- **Objective 2:** Recognize Common Mental Health Issues and Early Intervention Strategies
- **Objective 3:** Identify Ways to Collaborate with Mental Health Professionals

What Non-Psychiatrists
can learn about
Community Mental
Health Services

Structure of Community Mental Health Services

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Services: Outpatient counseling, medication management, crisis intervention (urgent care), Integrated Health Home (care coordination and peer support), Community Support Services, case management, BHIS (Behavioral Health Intervention Services) IHFT, (In-Home Family Therapy), Peer Support Groups

Providers: Who provides these services? Social Workers, Mental Health Counselors, Psychologists, ARNP, peer specialists, care coordinators, etc.)

Access Points: How do individuals access these services? (Referrals, walk-ins, hotlines, etc.)

Identifying Common Brain Health Illnesses

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Understanding the BioPsychoSocial Model - It recognizes that genetics, brain chemistry, personal experiences, emotions, relationships, and environmental influences all contribute to mental health, offering a holistic approach to understanding and treating mental disorders.

Understanding the audience (signs and symptoms): Children, adults, elderly; various cultural expectations to understand

Brain Health: Depression, Anxiety, BiPolar, PTSD, Psychosis, ADHD, ODD, SA, etc

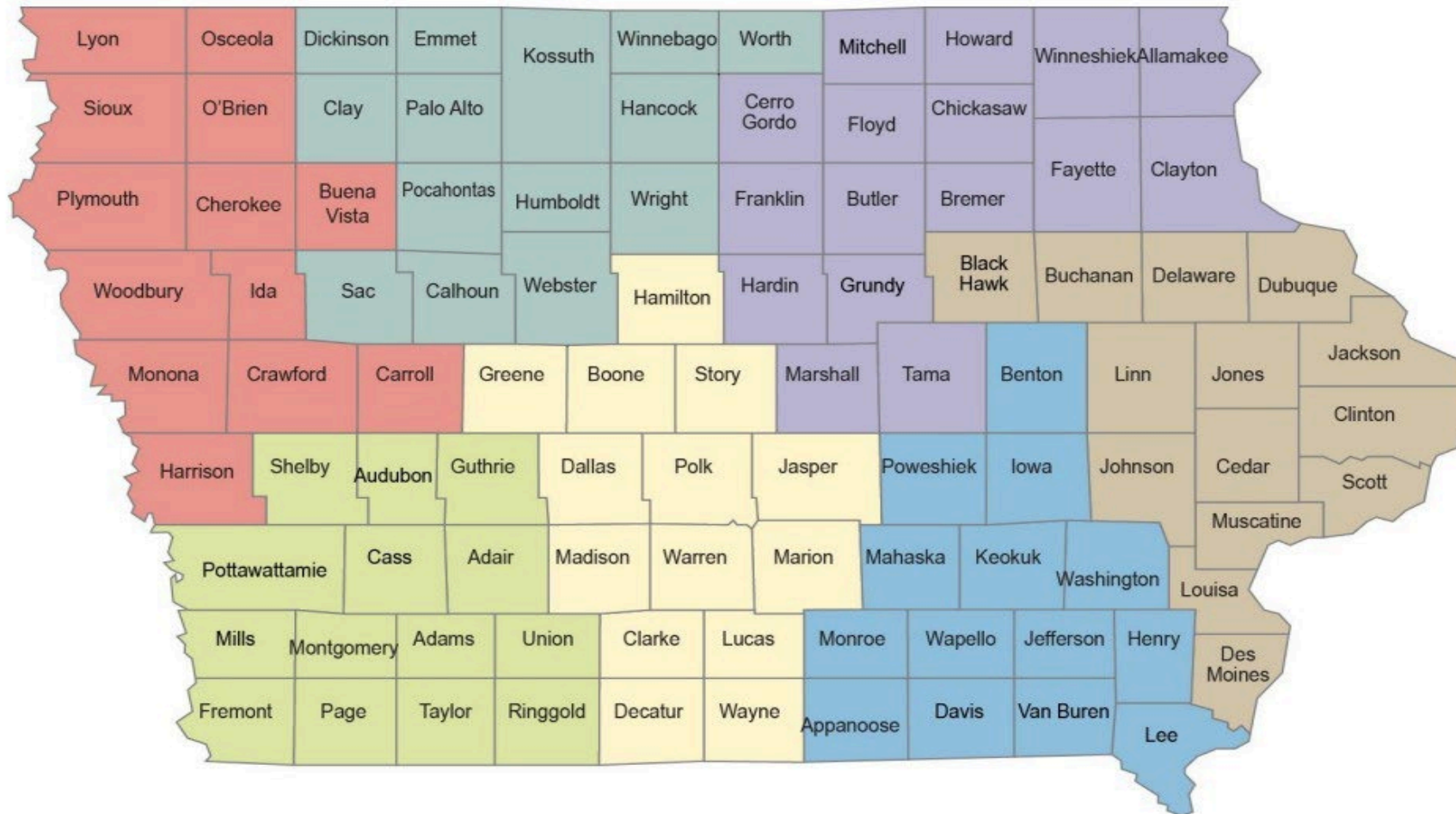
Interventions: How early should we address and how can non psychiatrist be a catalyst for early detection?

Collaboration with Mental/Brain Health Professionals

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IOWA
Department of Health
and Human Services

Behavioral Health Districts



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Realignment: This realignment is an integrated and effective behavioral health model that encourages resource distribution, minimizing service disruption, enhancing access to quality care, and addressing the specific needs of specific populations.

How to refer to mental health professionals: Become aware of the various services in your community; in your county; in your region

Multi Disciplinary Approach: Method to connect with each other; proper communication and information being shared; MOU with other mental health providers via EHR

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Resources

<https://211iowa.org/>

Iowa HHS Region

<https://yourlifeiowa.org/>

<https://www.samhsa.gov/>

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