

# RAD-IT

Responding to Adolescent Depression through Integration and Telemedicine

An integrated tele-behavioral health effort with a focus on rural primary care clinicians

The RAD-IT project goals are to integrate behavioral health assessments into the primary care setting, and to help clinicians utilize telemedicine to increase behavioral health care access and improve outcomes for rural Michigan adolescents.

Altarum is a nonprofit that uses our expertise in public health and health care delivery to provide innovative solutions enabled by technology, and intently focused on prevention and appropriate care. Along with our partners, the Upper Midwest Telehealth Resource Center, Michigan Center for Rural Health, and CISCO, we will train 45 primary care clinicians to 1) provide universal screening for depression among adolescents using PHQ-A, 2) enact appropriate follow-up protocols and monitoring, and 3) establish telehealth services linking vulnerable youth to providers who specialize in adolescent mental health.

## Why Participate?

Implementation of the RAD-IT initiative will increase recognition of depression in Michigan adolescents and provide timely and effective treatment for those both most at risk for mental health issues and most likely to face significant barriers to accessing treatment services.

## Benefits of Participating:

- ★ **Telehealth equipment and a 3-year subscription to Cisco Webex (valued at approximately \$5,000). Practices can use the equipment for all patients during the program and it is theirs to keep upon completion**
- FREE continuing Medical Education (CME) and Maintenance of Certification (MOC) credits
- A **dedicated practice coach** available to help you integrate depression screening, treatment, and telehealth services into your practice
- Regular performance data around screening, identification, treatment, and follow-up of adolescent depression, and
- Access to the Remote Care for Kids Pediatric Telehealth network, made up of over 100 behavioral health professionals available to support you and your patients.

## Eligible Practices Must:

- be located in a HRSA designated rural and/or Health Professional Shortage (HPSA) area
- have a reliable Internet connection (at least 5 megabits/second)
- not yet be conducting universal depression screening using PHQ-A with their pediatric patients, and
- have and be actively using an EHR to maintain patient records.

## What is Required?

- Completion of a short survey and workflow assessment
- Completion of a 6-month quality improvement program which includes:
  - Attending three, one-hour training sessions scheduled at your convenience
  - Reviewing four short, case-based podcasts
  - Submitting regular performance data at four data points between November 2020 and July 2021.

All RAD-IT resources are accessible from a single portal ensuring your team a convenient and seamless experience:

- Training materials and workflow guides
  - A resource library populated with valuable research, best practices, and other tools
  - Data collection tools and resources.
- o August/October 2020 – Recruitment  
o October/November 2020 – Kickoff  
o Kickoff-July 2021 – Program Duration

For more information, please contact:

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## FREE CME & MOC Credit Opportunity

Altarum is offering a unique opportunity for clinicians to earn 20-25 Maintenance of Certification (MOC) Part IV credits and 30-50 Continuing Medical Education (CME) credits. These credits will be offered to the following participants:

### ABMS Certified Physicians:

Part IV MOC Activity Completion, e.g., Boards of:

- Family Medicine
- Internal Medicine
- Pediatrics

### Allopathic (MD) Physician

CME: 30 *AMA PRA Category 1 Credits*<sup>TM</sup>  
(Performance Improvement)

### Osteopathic (DO) Physician

CME: 30 AOA Category 2-B Credits

### Nurse Practitioner

CME: 30 *AMA PRA Category 1 Credits*<sup>TM</sup>  
(Performance Improvement)

### Physician Assistant

MOC: 50 AAPA Performance Improvement CME  
Credits (30 for project + 20 NCCPA Bonus)

**Target Audience:** This course is designed for pediatricians, primary care clinicians, nurse practitioners, physician assistants, and allied health professionals providing care for children who may present with depression related symptoms.

### Training and cycles of performance assessment and improvement will help participants:

- Implement universal depression screening among adolescent patients
- Use the PHQ-A screening results to create an evidence-based treatment and follow-up plan for depressed adolescents
- Effectively communicate about depression with parents and teens
- Understand how to use telehealth in your practice to obtain specialized behavioral health treatment for teens

**Duration: 7-month cycle**

**For more information or to enroll:**

1-855-4-Altarum (1-855-425-8278)

[CE@Altarum.org](mailto:CE@Altarum.org)

ALTARUM is accredited by the Michigan State Medical Society to provide continuing medical education for physicians.

Altarum designates this other (two live internet trainings, one recorded, and four podcasts) activity for a maximum of 30 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



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