



It Matters to Passport

Psych Hub Overview & Course Preview

5.25.2022



AGENDA

WHY PSYCH HUB

MaryJane Morris, Customer Success Director,
Psych Hub

CULTURALLY RESPONSIVE BEHAVIORAL HEALTH: COURSE PREVIEW

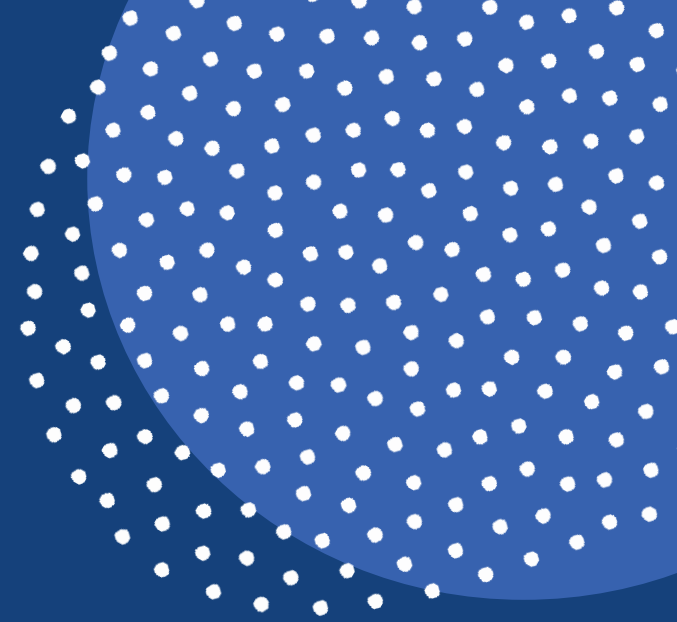
Paul Deger, MA LPC PT, Clinical Director
Psych Hub

PLATFORM ACCESS

MaryJane Morris, Customer Success Director,
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QUESTIONS & ANSWERS

WHY PSYCH HUB



4 ISSUES DRIVING TODAY'S MENTAL HEALTH CRISIS

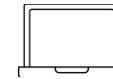
46% of American adults will meet the criteria for a diagnosable mental health condition sometime in their life.

Suicide is the **2nd** leading cause of death among people aged 10-34.



UNDERSTANDING

Poor MH literacy is related to negative health and social outcomes including increased chronic **diseases**, increased healthcare **costs**, and early **mortality**.



ACCESS

134 million people live in a designated mental health professional shortage area.



MATCHING

1 in 5 clients drop out of therapy after just one session with the key motivator being dissatisfaction in their relationship with the therapist.



QUALITY

Only 1-3% of mental health systems are using evidence-based interventions.

Only 18% of psychiatrists and **11%** of psychologists use measurement-based care in routine practice.

PSYCH HUB WAS DESIGNED TO HELP OVERCOME THESE CHALLENGES THROUGH MULTIMEDIA EDUCATION FOR EVERY LEARNING STYLE

KNOWLEDGE LEARNED → TO BEHAVIOR CHANGE



COURSES

- Intervention Courses
- Specialty Courses
- Series Certification Courses



VIDEOS

- Course Key Concept
 - Self-Help
- Mental Health Literacy
- Healthcare Clinician
 - Spanish



TEXT

- Guides
- Tip Sheets
 - Blogs
 - Articles



PODCASTS

- Future of Mental Health
- You Ask We Answer
- Healthcare Burnout
- Teen Mental Health



COMMUNITY

- Treatment Companion Tools
- Shareable Content
- Community Forum



WHY PSYCH HUB

10M+

YOUTUBE VIEWS

Official mental
health partner

800+

MARKET PARTNERS

Across tech, healthcare,
non-Profit, & government

1000+

MENTAL HEALTH RESOURCES

Collection of courses, modules, videos,
downloadable resources, podcasts, and more



U.S. Department
of Veterans Affairs



OPTUM®



Cigna®



MICHIGAN STATE
UNIVERSITY



AMERICA'S
NAVY



MOLINA
HEALTHCARE



United
Healthcare



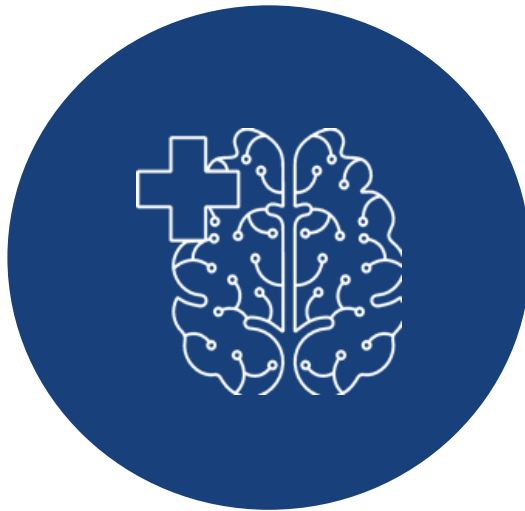
COLUMBIA
PSYCHIATRY



MEET PSYCH HUB

PsychHub™

MENTAL HEALTH PRACTITIONER HUB



For those who **treat** mental health

Educating practitioners
to deliver specialized therapy through
evidence-based interventions and tools

PSYCH HUB
NEW
PLATFORM

MENTAL HEALTH ALLY HUB



For mental health **champions** who **support** others

Educating the ecosystem to effectively
help themselves and others on their
mental health journey

All Psych Hub content is **evidence-based, trauma-informed, culturally responsive, and clinically sound**

WHAT IS A MENTAL HEALTH PRACTITIONER HUB?

A growing, robust library of evidence-based education for both the practitioner and the client & patient.

EDUCATIONAL CONTENT FOR BEHAVIORAL PRACTITIONERS



Stackable
Courses
& Certifications



Micro-Courses



Continuing
Education
Credits



Short Key
Concept Videos



Podcasts



Measurement-
Based Care



Community
Forum

SHAREABLE RESOURCES FOR CLIENTS & PATIENTS



Treatment
companion
videos



"Self-help"
Videos



Mental Health
Literacy Videos



Downloadable
Resources



Assessments



Podcasts



Interactive
journals

WHO IS MH PRACTITIONER HUB FOR?

Anyone who is treating mental health.



MASTER'S LEVEL THERAPISTS

LPCs, LMHCs, LCSWs,
LMFTs, LADC, etc. and
therapists in training



DOCTORATE LEVEL PSYCHOTHERAPISTS

PhDs, PsyDs



NURSES

MAs, LPNs, RNs



PRESCRIBERS

NPs, PAs, MDs, DOs,
nursing and medical
students in
training/residency



OTHER CARE PRACTITIONERS

Coaches, peer
support specialists,
and BH
technicians

FOUNDATION & SPECIALTY PRACTITIONER COURSES

SOME OF OUR FOUNDATIONAL CERTIFICATES



SOME OF OUR SPECIALTY CERTIFICATES

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavioral Therapy (DBT)
- Acceptance Commitment Therapy (ACT)
- Trauma Informed Care (TIC)

- Depression
- Anxiety
- Insomnia
- Suicide Prevention
- Collaborative Assessment and Management of Suicidality (CAMS)
- Teens
- Trauma
- Collaborative Care
- Trauma
- Counseling on Access to Lethal Means (CALM)
- Safety Planning

SOME OF OUR SUBJECT MATTER EXPERTS





CONTENT INCLUDED TO SHARE WITH CLIENTS & PATIENTS

Everything needed to compliment treatment in between sessions

- Therapeutic specific companion videos
- Mental health literacy video library
- Journal and interactive exercises
- Tip sheets with specific resources
- Assessments to measure treatment progress



VISUALIZE THE BEST PARTS OF YOUR DAY



WRITING SELF STATEMENTS TO COUNTERACT UNHELPFUL THOUGHTS

CONTINUING EDUCATION CREDITS



ASSOCIATION OF SOCIAL WORK BOARDS

Psych Hub, #1750, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Psych Hub maintains responsibility for this course. ACE provider approval period: 08/20/2020 – 08/20/2021.



AMERICAN PSYCHOLOGICAL ASSOCIATION

Psych Hub is approved by the American Psychological Association to sponsor continuing education for psychologists. Psych Hub maintains responsibility for this program and its content.



CA ASSOCIATION OF MARRIAGE & FAMILY THERAPISTS

Psych Hub is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. Psych Hub maintains responsibility for this program/course and its content. CAMFT Approval #1000074.



NATIONAL BOARD FOR CERTIFIED COUNSELORS

Psych Hub has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 7051. Programs that do not qualify for NBCC credit are clearly identified. Psych Hub is solely responsible for all aspects of the programs.



ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION (ACCME)

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of AffinityCE and Psych Hub. AffinityCE is accredited by the ACCME to provide continuing medical education for physicians.



AMERICAN NURSES CREDENTIALING CENTER'S COMMISSION ON ACCREDITATION (ANCC)

Nurse CE is provided for this program through collaboration between Psych Hub and AffinityCE. AffinityCE is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (ANCC).



COMMISSION FOR CASE MANAGER CERTIFICATION

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers.



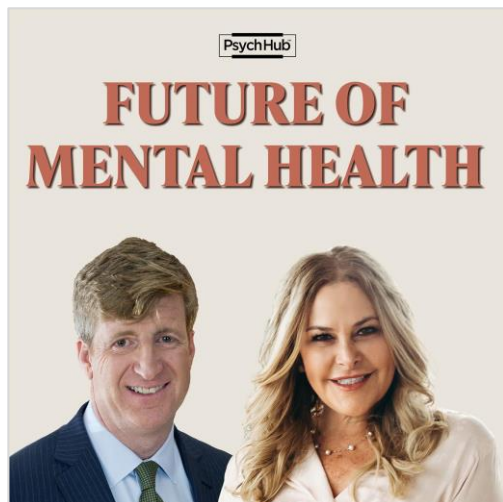
NATIONAL BOARD FOR HEALTH & WELLNESS COACHING

Psych Hub has been approved by the NBHWC to provide continuing education for National Board-Certified Health & Wellness Coaches (CEP #100190).



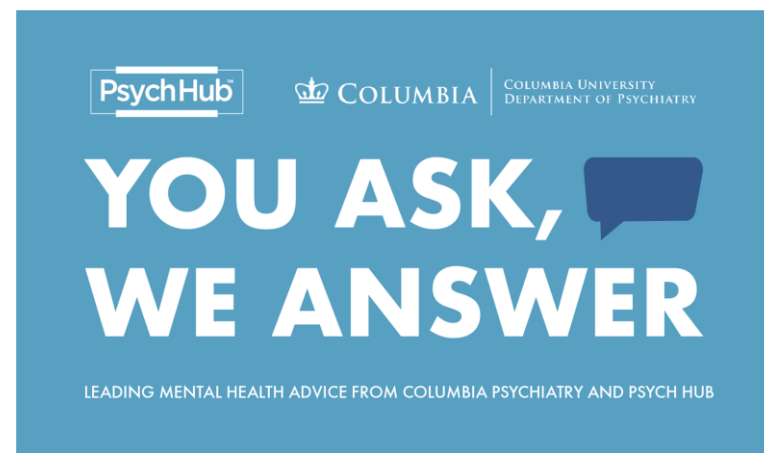
PODCAST EPISODES AND YOUTUBE SERIES

PsychHub™



Co-hosts **Patrick J. Kennedy and Marjorie Morrison** join public figures and executive leaders that share their own mental health journeys

With **25 live episodes**, listen in on a variety of mental health topics including workplace wellness, adolescent mental health, the stigma surrounding mental health, and more



Hear from psychiatric experts in clinical practice, education, and research, brought to you by **Columbia University Department of Psychiatry**

Topics include anxiety, ADHD, depression, mindfulness, and more

PREVIEW: CULTURALLY RESPONSIVE BEHAVIORAL HEALTH



CONTEXT



“Culture is a topic that is nuanced and broad. Every clinical encounter between a clinician and a client is a cultural encounter by virtue of the fact that both parties have cultural identities. It is important for clinicians to recognize that this may impact the nature of the therapeutic relationship and the course of treatment.”

Amber Calloway, PhD
The Penn Collaborative for CBT and Implementation Science
Perelman School of Medicine
University of Pennsylvania

Course Goal:

- To provide behavioral health practitioners with key concepts of culturally responsive care
- We examine culture from a broader systems-level context:
 - How applying culturally responsive care is a lifelong learning process
 - How culture impacts the therapeutic process
 - How practitioners can practice in a culturally responsive manner
 - How culturally responsive care can improve client outcomes

Key Concepts:

1. **Culture:** “the shared patterns of behaviors and interactions, cognitive constructs, and affective understanding that are learned through a process of socialization¹”
1. **Diversity:** a concept that applies to groups, not individuals. A single person cannot be “diverse”, but groups, organizations, communities, and societies can.²

¹Sue, D. W., Sue, D., Neville, H. A., & Smith, L. (2019). Counseling the culturally diverse: Theory and practice. John Wiley & Sons.

²Diversity. (n.d.). In Merriam-Webster.com Dictionary. Merriam-Webster. Retrieved August 19, 2021, from <https://www.merriam-webster.com/dictionary/diversity>

Culturally Responsive Considerations

MARGINALIZATION

INTERSECTIONALITY

EQUITY & INCLUSION

**SOCIAL DETERMINANTS
OF HEALTH**

DISCRIMINATION

BEHAVIORAL HEALTH SYSTEM

RELATED BUT DIFFERENT APPROACHES¹

Cultural Competency

- Understanding various aspects of cultures that are not one's own.
- Having an adequate ability to work with different cultures and cultural issues, with an emphasis on knowledge, skills, and personal attitudes.¹
- Generic cultural competency is the general ability to work with different cultures
- Specific cultural competency is the ability to work with a certain population.

Cultural Humility

- Lifelong commitment to growing, learning, and taking responsibility for one's behaviors, knowledge, attitudes, and beliefs in order to truly care and advocate for one's clients.
- Not about requirements for having expertise in other cultures or identities
- More so a practice and way of being
- The culturally humble clinician seeks to inwardly understand themselves and to externally communicate respect, empathy, and validation for the client's unique experiences and worldview.²

¹Fung, K., & Lo, T. (2017). An integrative clinical approach to cultural competent psychotherapy. *Journal of Contemporary Psychotherapy*, 47(2), 65–73. <https://doi.org/10.1007/s10879-016-9341-8>.

²Masters, C., Robinson, D., Faulkner, S., Patterson, E., McIlraith, T., & Ansari, A. (2019). Addressing biases in patient care with the 5Rs of cultural humility, a clinician coaching tool. *Journal of General Internal Medicine*, 34(4), 627–630. <https://doi.org/10.1007/s11606-018-4814-y>

Cultural Responsiveness is the integration of cultural competence and cultural humility.

- The central tenets of cultural competency and humility are not completely discarded
- Applied in a more nuanced and integrated way.¹
- This “both/and” approach incorporates seeking knowledge of the cultural identities that a client holds

AND

- Recognizing the necessity of ongoing reflection of one’s own positionality and staying open and flexible to honor the reality of each individual.¹

Benefits:

Person-centered²

Strengths-based³

Reduces potential for harm²

Reduced power imbalances⁴

Improves client engagement & treatment outcomes⁵

¹Tervalon, M., & Murray-García, J. (1998). Cultural humility versus cultural competence: A critical distinction in defining physician training outcomes in multicultural education. *Journal of Health Care for the Poor and Underserved*, 9(2), 117–125. <https://doi.org/10.1353/hpu.2010.0233>

²La Roche, M. J., & Maxie, A. (2003). Ten considerations in addressing cultural differences in psychotherapy. *Professional Psychology, Research and Practice*, 34(2), 180–186. <https://doi.org/10.1037/0735-7028.34.2.180>

³Epston, D., & White, M. (n.d.). Termination as a rite of passage: Questioning strategies for a therapy of inclusion. In R. A. Neimeyer & M. J. Mahoney (Ed.), *Constructivism in psychotherapy* (pp. 339–354). American Psychological Association. <https://doi.org/10.1037/10170-014>

⁴Day-Vines, N. L., Wood, S. M., Grothaus, T., Craigen, L., Holman, A., Dotson-Blake, K., & Douglass, M. J. (2007). Broaching the subjects of race, ethnicity, and culture during the counseling process. *Journal of Counseling and Development: JCD*, 85(4), 401–409. <https://doi.org/10.1002/j.1556-6678.2007.tb00608.x>

⁵Norcross, J. C., & Lambert, M. J. (2018). Psychotherapy relationships that work III. *Psychotherapy*, 55(4), 303–315. <https://doi.org/10.1037/pst0000193>

PRACTICING CULTURAL RESPONSIVENESS

BEHIND THE SCENES

**CLINICAL EDUCATION
& DEVELOPMENT**

ONGOING SELF-REFLECTION

LIFELONG LEARNING

SUPERVISION & CONSULTATION

TRAUMA-INFORMED

SELF-COMPASSION

ADVOCACY

PRACTICING CULTURAL RESPONSIVENESS

WITH CLIENTS (1 of 2)

**MANAGING
COUNTERTRANSFERENCE**

**ENSURING SAFETY WITH
COMMUNICATION &
ATTUNEMENT**

COLLABORATION & FEEDBACK

**MANAGING CLIENT BIAS &
DISCRIMINATION**

REPAIRING RELATIONSHIPS

BROACHING

PRACTICING CULTURAL RESPONSIVENESS

WITH CLIENTS (2 of 2)

ASSESSMENT

MEASUREMENT-BASED CARE

**ADDRESSING SOCIAL
DETERMINANTS OF HEALTH**

**IDENTIFYING CULTURE AS A
SOURCE OF HEALING**

CONTEXT



“It is imperative for us to acknowledge the biases embedded in our treatment approaches, the systems in which we work, and ourselves. Large-scale changes are needed to address the inequities in our healthcare system, including but not limited to changes to legislative policies. One way providers can work towards providing quality care for all clients is by practicing in a culturally responsive manner.”

Arthur Evans, Jr., PhD
CEO and Executive Vice President,
American Psychological Association

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PLATFORM ACCESS

HOW TO CREATE YOUR ACCOUNT

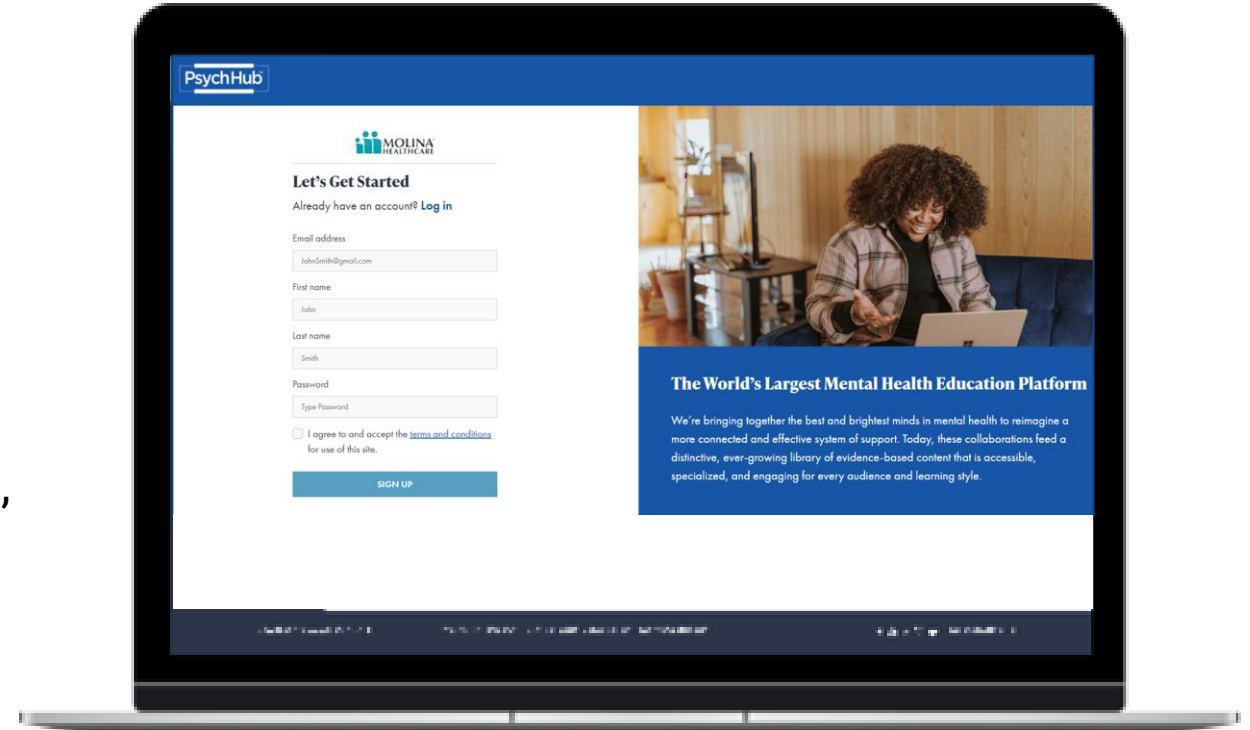
- 1 From PsychHub.com select Platform Access
- 2 Enter the Access Code: **PHMOLINA2022**
- 3 Create your profile by entering your email address, name, and password

KEY LINKS

Existing Learners: <https://app.psychhub.com/login>

New enrollees: <https://app.psychhub.com/signup/molina-mhp>

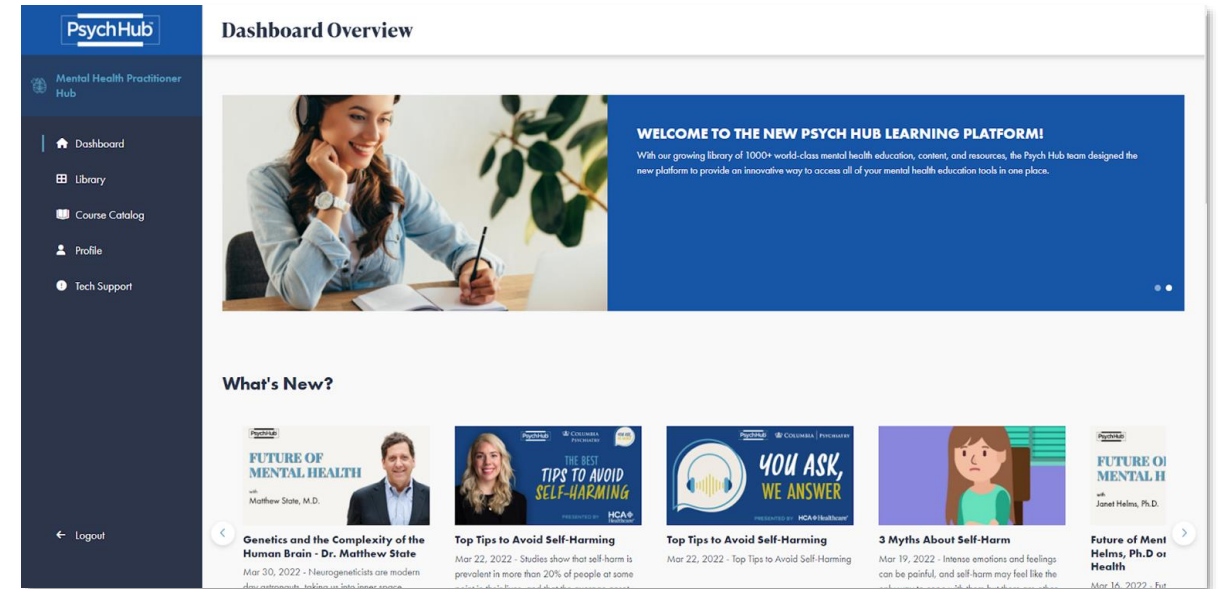
Technical Assistance: Support@PsychHub.com



PLATFORM ACCESS

Psych Hub 2022 Content Showcase

- Culturally Responsive Behavioral Health
- Collaborative Care
- DBT-Informed Therapy:
 - Foundations
 - Adolescents
- Acceptance Commitment Therapy - Coming Soon
- Trauma Informed Care - Coming Soon
- Healthcare Clinician Burnout - Coming Soon



QUESTIONS & ANSWERS

