

Participant Materials

Preventive Care Campaign

Week Four: Check Up From the Neck Up

Mental Health Providers



Watch The Video

Click here to watch *Mental Health Providers* by GBS Behavioral Health Director, Dr. Kristi Kleinschmit.

Take The Quiz

1. A great therapy for depression is:
 - a. Cognitive Behavioral Therapy (CBT)
 - b. Play Therapy
 - c. Addiction Therapy
 - d. Psychodynamic Psychotherapy
2. T / F: The best type of therapist is one you connect with, regardless of credentials.
 - a. True
 - b. False
3. T / F: Therapy for anxiety/depression should include assignments.
 - a. True
 - b. False
4. Please share something you learned from this recording:



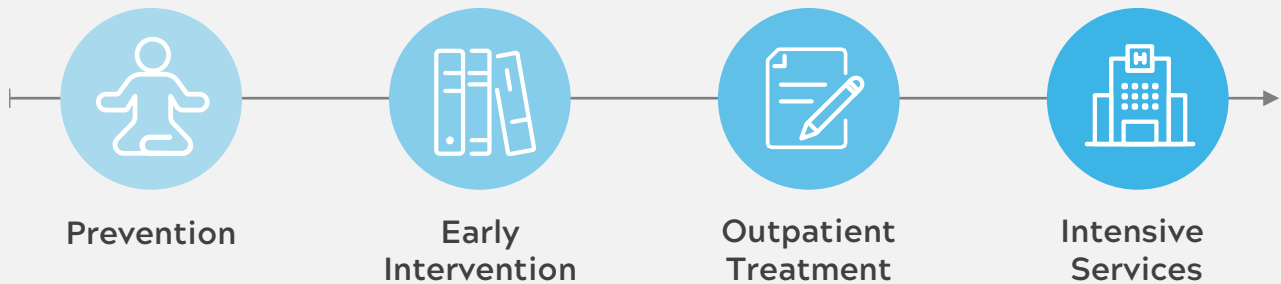
GBS Health & Wellness Resources

Behavioral Health

Accessing Care

Behavioral health conditions could include symptoms such as depression, anxiety, substance misuse, obsessive thoughts or behaviors, irritability, low energy, concentration difficulties, decreased interest and motivation, and thoughts of helplessness or hopelessness.

Behavioral Health Supports by Increasing Severity & Patient Complexity



Ongoing lifestyle changes (sleep, exercise, diet), self-care, social interventions & education apply at all levels

Safety Concerns

If you are worried someone may be thinking about suicide, it is always ok to ask them how they are doing. Talking about suicide does not make people want to kill themselves and can help them stay safe. The national suicide lifeline is **1-800-273-TALK** (8255) - It's a great idea to program that number in your phone.

➤ Prevention

Self-Care

Focus on sleep, exercise, healthy eating, and maintaining a social support network.

Yearly Physical & Health Screenings

See your Primary Care Provider (PCP) yearly for physical exam and mental health screening. Use [MyHealthfinder](#) to see which screening tests and vaccinations you need to stay healthy.

Mindfulness Practices

Engage in mindfulness practices. Not sure where to start? Try meditation apps like **Smiling Mind** and **Headspace**.

Reduce Stigma

Reduce the stigma associated with mental illness by following these steps:

1. Educate Yourself
2. Examine Your Own Attitudes and Behaviors
3. Reframe Your Words
4. Educate Others
5. Support People

Don't be afraid to normalize conversations about mental health by opening up to others and by asking others if they are okay, too! Look into joining one or more of the following campaigns: [Make It Ok](#), [Room Here](#), [R U Ok?](#), or [You Are Not Alone](#).

➤ Early Intervention

Internet or app CBT

Cognitive Behavioral Therapy (CBT) is a well-researched and effective therapy for anxiety and depression, among other conditions. There are many internet or app-based CBT programs, most of which require a monthly or yearly subscription. Check with your EAP provider, if this is something you have access to through your company sponsored benefits, to see what they offer. Research would suggest that the best way to use these apps is with guidance by a care manager or therapist. Try out these well-researched options: [moodgym](#) or [Beating the Blues](#).

Self-Help Books

Recommended Self-Help Books for Anxiety & Depression: [Mind Over Mood](#), [Get Out Of Your Mind and Into Your Life](#)

Recommended Books for Teens: [The Worry Workbook for Teens](#), [Beyond the Blues](#), [Don't Let Your Emotions Run Your Life for Teens](#), [The Anxiety Workbook for Teens](#)

➤ Early Intervention

Continued...

Employee Assistance Program (EAP) Services

Find out if you have access to an Employee Assistance Program (EAP) through your company. When available, these programs generally cover all household members of an employee. Reach out to the EAP for support with early symptoms. EAPs are designed to help with minor stressors as well as more significant emotional symptoms.

Primary Care Treatment

If there is a possible need for medications, it may be best to start with your primary care provider, who can provide a referral to a psychiatric provider. Primary Care Providers can often diagnose and start treatment, and some have therapists and psychiatrists in their offices.

➤ Outpatient Treatment

Psychiatry or Counseling

If your primary care doctor suggests a psychiatric provider or talk therapy, there are three ways to find a provider:

1. Call your Employee Assistance Program (If you have one)
2. Check with your insurance carrier for a list of providers in your area
3. Use [Psychology Today's Find a Therapist](#) tool to find therapists, psychiatrists, treatment centers, or support groups near you. You can search by zip code and insurance carrier.

Please Note: *Immediate appointment availability may be limited. Call as soon as possible to ensure you receive the earliest available appointment.*

Substance Abuse

If there is concern about substance abuse or addiction, and you have an EAP, you can call them for an evaluation or recommendations. If not, your primary care doctor would be able to help determine if your substance use is too much. For treatment, research would suggest that an outpatient group-based program is the best treatment setting to promote sobriety.

Tele-Visits

There are tele-psychiatry and tele-therapy options to use, either through your medical carrier or third-party vendors.

For more information on the difference between behavioral health providers and types of therapy, please review [Behavioral Health Resources: Selecting a Provider](#).

➤ Intensive Services

Inpatient Hospital, IOP, Residential, In-Home

These would include needing to be hospitalized on an inpatient unit, going to a day treatment program or Intensive Outpatient Program (IOP), or a residential care facility. In-home therapy can sometimes be an option as well, especially for children with autism or behavioral problems. Your therapist, primary care provider, or psychiatric provider may recommend these services if you are not getting better or there are concerns about safety.

➤ Additional Resources

Online Resources & More Information Regarding Mental Illness

- [National Alliance on Mental Illness \(NAMI\)](#) provides support and education through its website. In addition, NAMI has many support and educational groups throughout most states.
- [American Psychiatric Association](#)
- [Mayo Clinic](#)
- [HealthyChildren.org](#) or [KidsHealth](#) for help with children and teens
- [Center for Workplace Mental Health](#)
- [National Suicide Prevention Lifeline](#)

► Hyperlinks

[MyHealthfinder](https://health.gov/myhealthfinder)

<https://health.gov/myhealthfinder>

[Make It Ok](https://makeitok.org/)

<https://makeitok.org/>

[Room Here](https://roomhere.org/about)

<https://roomhere.org/about>

[R U Ok?](https://www.ruok.org.au/)

<https://www.ruok.org.au/>

[You Are Not Alone](https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Month)

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Month>

[moodgym](https://moodgym.com.au/)

<https://moodgym.com.au/>

[Beating the Blues](https://www.beatingtheblues.co.uk/)

<https://www.beatingtheblues.co.uk/>

[Mind Over Mood](https://www.amazon.com/Mind-Over-Mood-Second-Changing-ebook/dp/B01590MJNQ/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1616703815&sr=8-2)

https://www.amazon.com/Mind-Over-Mood-Second-Changing-ebook/dp/B01590MJNQ/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1616703815&sr=8-2

[Get Out Of Your Mind and Into Your Life](https://www.amazon.com/Get-Your-Mind-Into-Life-ebook/dp/B0054M063A/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1616704367&sr=8-1)

https://www.amazon.com/Get-Your-Mind-Into-Life-ebook/dp/B0054M063A/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1616704367&sr=8-1

[The Worry Workbook for Teens](https://www.amazon.com/Worry-Workbook-Teens-Effective-Strategies-ebook/dp/B01LW02Z1C/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1616704436&sr=8-5)

https://www.amazon.com/Worry-Workbook-Teens-Effective-Strategies-ebook/dp/B01LW02Z1C/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1616704436&sr=8-5

[Beyond the Blues](https://www.amazon.com/Beyond-Blues-Workbook-Overcome-Depression-ebook/dp/B0077RMW2S/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1616704505&sr=8-1)

https://www.amazon.com/Beyond-Blues-Workbook-Overcome-Depression-ebook/dp/B0077RMW2S/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1616704505&sr=8-1

[Don't Let Your Emotions Run Your Life for Teens](https://www.amazon.com/Dont-Your-Emotions-Life-Teens-ebook/dp/B004QOAJKM/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1616704599&sr=8-1)

https://www.amazon.com/Dont-Your-Emotions-Life-Teens-ebook/dp/B004QOAJKM/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1616704599&sr=8-1

[The Anxiety Workbook for Teens](https://www.amazon.com/Anxiety-Workbook-Teens-Activities-Solutions-ebook/dp/B004Z8W1F0/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1616704660&sr=8-3)

https://www.amazon.com/Anxiety-Workbook-Teens-Activities-Solutions-ebook/dp/B004Z8W1F0/ref=tmm_kin_swatch_0?_encoding=UTF8&qid=1616704660&sr=8-3

[Psychology Today](https://www.psychologytoday.com/us)

<https://www.psychologytoday.com/us>

[Find a Therapist](https://www.psychologytoday.com/us)

<https://www.psychologytoday.com/us>

[Behavioral Health Resources: Selecting a Provider](http://gbsbenefits.com/wp-content/uploads/2021/03/Behavioral-Health-Resources_Selecting-a-Provider.pdf)

http://gbsbenefits.com/wp-content/uploads/2021/03/Behavioral-Health-Resources_Selecting-a-Provider.pdf

[National Alliance on Mental Illness \(NAMI\)](https://nami.org/Home)

<https://nami.org/Home>

[American Psychiatric Association](https://www.psychiatry.org/)

<https://www.psychiatry.org/>

[Mayo Clinic](http://www.mayoclinic.org/patient-care-and-health-information)

<http://www.mayoclinic.org/patient-care-and-health-information>

[HealthyChildren.org](https://healthychildren.org/English/Pages/default.aspx)

<https://healthychildren.org/English/Pages/default.aspx>

[KidsHealth](https://kidshealth.org/)

<https://kidshealth.org/>

[Center for Workplace Mental Health](http://workplacementalhealth.org/)

<http://workplacementalhealth.org/>

[National Suicide Prevention Lifeline](https://suicidepreventionlifeline.org/)

<https://suicidepreventionlifeline.org/>

GBS Health & Wellness Resources

Behavioral Health

Selecting a Provider

Knowing where to start when seeking help from a behavioral or mental health provider can be confusing. Therapists and psychiatrists are the most known professions in this field. The main difference between the two is that a therapist uses talk therapy (aka psychotherapy) to help treat mental health symptoms and behaviors whereas a psychiatrist can diagnose and prescribe medication to treat mental health disorders.

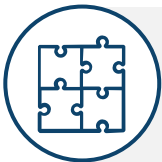
► Targeted Talk Therapy

Talk therapy can be an effective treatment for anxiety and depression, or to help manage stress. There are many types of therapists, including psychologists, social workers, certified mental health counselors, and marital and family therapists. Specialized therapists who target specific issues may include:



Addiction

It is important to make sure you are getting a Certified Alcohol and Drug Abuse Counselor or that the therapist specifies that they treat addiction or substance use disorders.



Autism

Board Certified Behavior Analysts (BCBAs) are specially trained providers that provide intensive therapy to help treat some behaviors of autism.



Marital / Family Therapy

Some therapists will not do couples or family therapy, so be sure to ask if this is something you want to focus on. Also, some insurances will not cover this type of therapy so you may want to check first.

➤ Different Types of Mental Health Providers

Review the list below to learn more about the specifics of different mental health providers, including details on degrees and specialties:

Certified Alcohol & Drug Abuse Counselor

Counselor with specific clinical training in alcohol and drug abuse. Trained to diagnose and provide individual and group counseling.

Clinical Social Worker

Counselor with a master's degree in social work from an accredited graduate program. Trained to diagnose, provide individual and group counseling, and provide case management and advocacy; usually found in the hospital setting.

Licensed Professional Counselor

Counselor with a master's degree in psychology, counseling, or a related field. Trained to diagnose and provide individual and group counseling.

Marital & Family Therapist

Counselor with a master's degree, with special education and training in marital and family therapy. Trained to diagnose and provide individual and group counseling.

Mental Health Counselor

Counselor with a master's degree and several years of supervised clinical work experience. Trained to diagnose and provide individual and group counseling.

Other Therapists

Therapist with an advanced degree trained in specialized forms of therapy. Examples include art therapist or music therapist.

Peer Specialist

Counselor with lived experience with mental health or substance use conditions. Assists clients with recovery by recognizing and developing strengths and setting goals. Many peer support programs require several hours of training.

Psychiatrist

Medical doctor specializing in the care of persons with mental health conditions. This provider can diagnose, prescribe medications, and will occasionally provide therapy.

Psychiatric Nurse Practitioner / Advanced Practice Nurse

Clinician who is a nurse by training and has continued to complete a doctorate degree in psychiatric nursing. This provider can prescribe medications and can also provide therapy.

Psychologist

A specially trained therapist with a doctorate degree (a PhD or a PsyD) who can provide psychotherapy of all types and can complete psychological testing to help with diagnosis.

➤ Finding & Selecting a Provider

There are three ways to find a provider:

1. Call your Employee Assistance Program (If you have one)
2. Check with your insurance carrier for a list of providers in your area
3. Use [Psychology Today's Find a Therapist](#) tool to find therapists, psychiatrists, treatment centers, or support groups near you. You can search by zip code and insurance carrier.

The most important part of choosing a therapist is finding someone you are comfortable talking to and who you can see regularly. The first session is typically about getting to know your history, so please give it 2-3 sessions before making decisions about continuing therapy. If you would like your therapy sessions to be different, don't hesitate to tell your therapist. They are there to help you!

Please Note: Immediate appointment availability may be limited. Call as soon as possible to ensure you receive the earliest available appointment.

➤ Hyperlinks

[Psychology Today - Find a Therapist](#)

<https://www.psychologytoday.com/us>

THE HOLMES-RAHE SCALE

LIFE STRESS TEST

Instructions: Mark down the point value of each life event that has happened to you in the past twelve months. At the end, total your points.

<u>Event</u>	<u>Impact Score</u>	<u>My Score</u>
Death of a spouse	100	
Divorce	73	
Marital separation from relationship partner	65	
Jail term	63	
Death of a close family member	63	
Personal injury or illness	53	
Marriage	50	
Fired from work	47	
Marital reconciliation	45	
Retirement	45	
Change in family member's health	44	
Pregnancy	40	
Sex difficulties	39	
Addition to family	39	
Business readjustment	39	
Change in financial status	38	
Death of a close friend	37	
Change to a different line of work	36	
Major change in number of marital arguments	35	
Taking on a mortgage (home, business, etc.)	31	
Foreclosure of mortgage or loan	30	

<u>Event</u>	<u>Impact Score</u>	<u>My Score</u>
Change in work responsibilities	29	
Trouble with in-laws	29	
Child leaving home	29	
Outstanding personal achievement	28	
Spouse begins or stops work	26	
Starting or finishing school	26	
Change in living conditions	25	
Revisions of personal habits	24	
Trouble with boss	23	
Change in work hours or conditions	20	
Change in residence	20	
Change in schools	20	
Change in recreational habits	19	
Change in church activities	19	
Change in social activities	18	
Taking on a loan (car, home appliances, etc.)	17	
Change in sleeping habits	16	
Change in number of family gatherings	15	
Change in eating habits	15	
Vacation	13	
Major holidays	12	
Minor violations of the law	11	

Your total score:

Life Stress Scores

0 - 149 Low susceptibility to stress-induced health problems

150 - 299 Implies about a 50% chance of major stress-induced health problem in the next two years

300+ Raises the odds to about 80% chance of a major stress-induced health problem in the next two years

This scale includes some of the life pressures that you have most recently faced. How you choose to cope with stress can have a large impact on your health. Take time to address your stress!

Mental Health Assessment Tool

If you are concerned about any illness, regardless of what the screening shows, you should seek further evaluation from your physician. If you are concerned that you may have a medical emergency or are having thoughts of harming yourself or someone else, call 911 or go immediately to the nearest hospital emergency room for an evaluation.

To score your answers: Each “*Not at all*” answer has value of zero. Each “*Several days*” answer has a value of one. Each “*More than half the days*” answer has a value of two. Each “*Nearly every day*” answer has a value of three. **Total all your answer scores to determine your screening result.**

Over the last two weeks, how often have you been bothered by any of the following problems?
Circle your answers then add column totals below.

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead, or of hurting yourself	0	1	2	3
Column Totals:		_____	_____	_____
Total:				_____

10. If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home or get along with other people?

Not at all difficult	Somewhat difficult	Very difficult	Extremely difficult
----------------------	--------------------	----------------	---------------------

Mental Health Assessment Tool

Understanding Your Results

If you have any concerns, please take this filled out form to your health care provider to discuss your results.

➤ **If your screening result is between 0 and 4**

Your screening results indicate that you have few or no symptoms of depression.

➤ **If your screening result is 5-9**

Your screening results indicate that you have few or minimal symptoms of depression.

➤ **If your screening result is between 10 and 14**

Your screening results are consistent with some symptoms of depression. You may want to speak with a health care provider about whether you would benefit from specific treatment for depression. Although many individuals cope well with symptoms like yours, effective treatments for depression are available to help reduce your symptoms and improve your quality of life. A mental health professional or your physician can advise you about whether you can benefit from treatment and describe different treatment alternatives.

➤ **If your screening result is 15 or more**

Your screening results are consistent with several symptoms of depression. You are advised to speak with a health care provider about whether you would benefit from specific treatment for depression. Although many individuals cope well with symptoms like yours, effective treatments for depression are available to help reduce your symptoms and improve your quality of life. A mental health professional or your physician can advise you about whether you can benefit from treatment and describe different treatment alternatives.

➤ **Read this if you answered “Several days,” “More than half the days” or “Nearly every day” to Question 10**

Your screening results indicate that you may be at risk for harming yourself or someone else. **Please call 911 or go immediately to the nearest hospital emergency room. You may also call the Suicide Hotline at 1-800-273-TALK (1-800-273-8255).**

This screening is not designed to provide a comprehensive assessment or diagnosis of depression. Only a qualified physician or mental health provider can provide a complete assessment and diagnosis of depression. Only a qualified physician or mental health professional can differentiate symptoms of depression from other medical conditions. Only a qualified physician or mental health provider can prescribe appropriate treatment for depression or other medical conditions.