

Behavioral Health Track

Methodist Family Medicine Residency
Track Coordinator: Adrian Knauss, PhD, LMFT

Goal:

To enhance resident physicians' competence in identification, treatment, and management of behavioral health conditions in outpatient primary care through a comprehensive understanding of psychological, social, and cultural factors that impact health.

Learning Objectives:

Patient Care

- Demonstrate the ability to perform comprehensive mental health assessments as part of a routine patient evaluation
- Develop and implement evidence-based treatment plans for common behavioral health conditions in collaboration with an interdisciplinary team
- Apply appropriate interventions to address behavioral health concerns, integrating both physical and mental health care

Medical Knowledge

- Understand the pathophysiology and epidemiology of behavioral health conditions and how they affect physical health and overall well-being
- Learn and apply evidence-based treatment guidelines for the pharmacologic and non-pharmacologic management of behavioral health conditions in primary care
- Understand the role of social determinants of health and cultural factors in the presentations and management of behavioral health disorders

Practice-Based Learning and Improvement

- Utilize patient feedback, self-assessment, and evidence-based guidelines to continuously improve the quality of care delivered for patients with behavioral health concerns in primary care settings
- Engage in self-directed learning to stay current with advances in behavioral health interventions and integrate new knowledge into practice
- Demonstrate the ability to critically evaluate the literature to inform clinical decisions in primary care

Interpersonal and Communication Skills

- Use empathetic communication to ensure a non-judgmental, supportive environment in order to establish rapport with patients with behavioral health concerns
- Effectively communicate in a culturally sensitive manner with patients and their families regarding behavioral health diagnoses and treatment options
- Collaborate with interdisciplinary teams, including mental health professionals, social workers, community partners, and other healthcare providers to coordinate care for patients with behavioral health needs

Professionalism

- Demonstrate professionalism by maintaining patient confidentiality, respecting patient autonomy, and expressing empathy, particularly when stigma may be a barrier to care
- Model ethical behavior in the prescribing of psychotropic medications, ensuring informed consent, understanding the risk and benefits, and monitoring for side effects
- Recognize and manage personal biases and emotions when working with patients with behavioral health issues to maintain a compassionate and professional approach
- Expand professional network to be able to access mentorship and peer consultation when challenging or sensitive clinical issues arise

Systems-Based Practice

- Advocate for patients with behavioral health needs by utilizing available resources within the healthcare system, such as counseling services, psychiatric care, and community support
- Understand and utilize the healthcare system's policies and procedures related to mental health care, including referral processes, insurance, and billing to provide seamless care for patients with behavioral health needs
- Understand how social determinants of health within the community influence the well-being of the patient population and utilize this knowledge to advocate for systemic change and well-being

Outcome:

Upon completion of the track, resident physicians will be awarded a Certificate of Recognition.

Requirements:

- Choice of 4 elective rotations
 - Behavioral Health- Urgent
 - Behavioral Health- In-patient
 - Community Medicine
 - Correctional Medicine*
 - Addiction Medicine*
 - Geriatric Psychiatry*
 - Neurodevelopmental*
 - Med-Psychiatry*

*Electives in development
- Completion of a scholarly project on a topic of interest related to behavioral health that results in a poster, publication, presentation, or abstract
- Participation in monthly Lunch-and-Learns on behavioral health topics
- Participation in mentorship experiences
- Completion of a community engagement experience with at-risk populations and/or mental health support. Examples include:
 - Knoxville Area Rescue Ministries (KARM)
<https://karm.org/volunteer>
 - Mental Health Association of East Tennessee
Email about volunteer opportunities: info@mhaet.com
 - Covenant Katerpillar Kids Camp
<https://www.covenanthealth.com/homecare-hospice/katerpillar-kids-camp>
 - Tennessee Suicide Prevention Network
<https://tspn.org/volunteer>

Suggested Progression:

PGY-1

- Complete assigned readings, podcasts, webinars, and other educational materials
- Begin scholarly project
- Locate a mentor
- Recommended to join the Collaborative Family Healthcare Association

PGY-2

- Attend monthly Lunch-and-Learns on advanced behavioral health topics
- Continue scholarly project
- Begin elective rotations
- Quarterly meetings with mentor

- Recommended attendance at CFHA annual conference

PGY-3

- Attend monthly Lunch-and-Learns on advanced behavioral health topics
- Complete and disseminate scholarly project
- Complete elective rotations
- Provide a 30-minute didactic instruction to peers on a behavioral health topic (coordinate with track coordinator on a topic and scheduling the didactic presentation)
- Quarterly meetings with mentor
- Complete community engagement experience
- Recommended attendance at CFHA annual conference

Residents should discuss their interest in the Behavioral Health track with their advisor and submit the application no later than December of PGY-2. Residents will meet biannually with the track coordinator to review progress toward completion of the track. Resident physicians are strongly encouraged to communicate early with the track coordinator about any concerns related to their ability to participate in required activities. Participation in the track is subject to good standing in the Family Medicine Residency Program and approval of the Program Director and Faculty Advisor.