



# Identification and Evidence-Based Interventions for Treating Anxiety

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**Laura Ross, MS, LMFT, Co-Facilitator**

**Tuesday, April 11, 2023**

**Vision: Healthy Communities, Healthy People**





# Session 7: Medications for the Treatment of Treatment and Anxiety: A Behavioral Health Practitioner Primer

Vision: Healthy Communities, Healthy People



# Facilitators



Facilitator: Joseph Hyde, MA, LMHC, CAS  
BHTA Project Director and  
Senior Technical Expert Lead  
JBS International, Inc. (JBS)

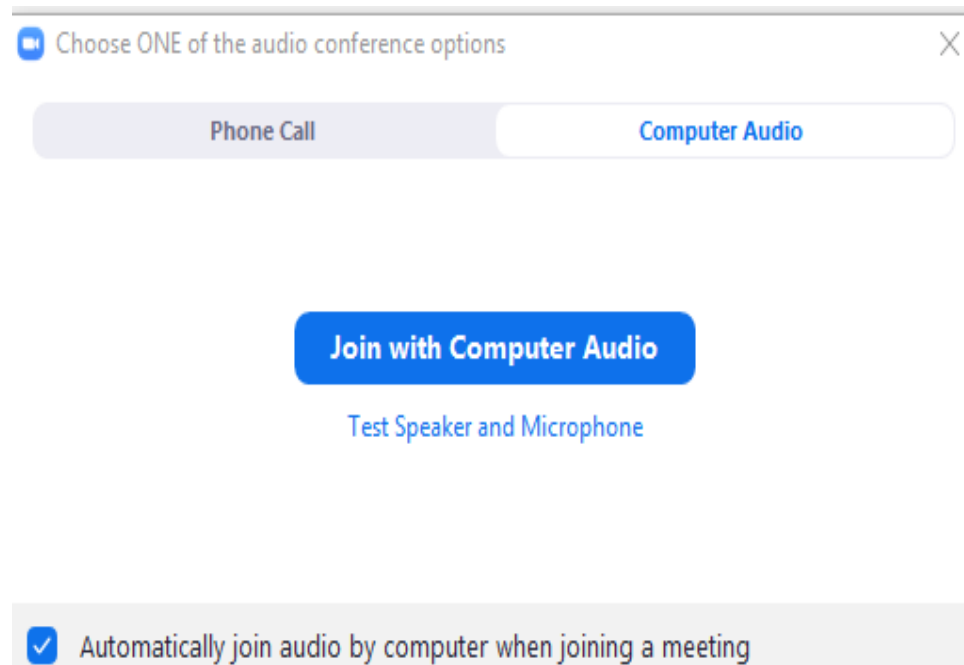


Co-Facilitator: Laura Ross, MS, LMFT  
Technical Expert Lead  
JBS International, Inc. (JBS)

# Connecting to Audio

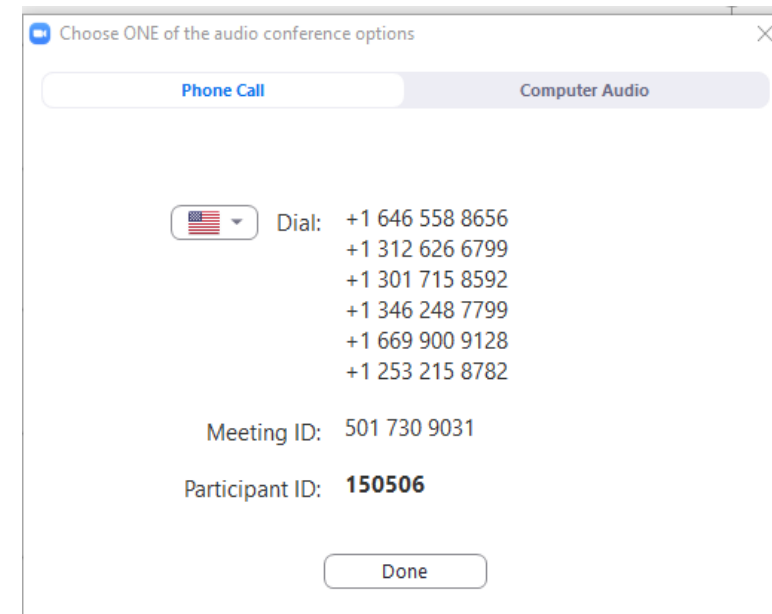
## By computer:

- Click **Join with Computer Audio**.



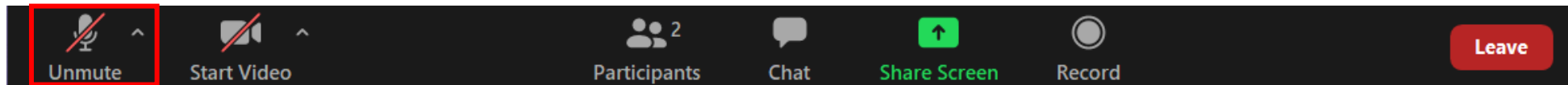
## By phone:

- Click the **Phone Call** tab, dial a listed phone number, and enter **Meeting ID** and **Participant ID**.

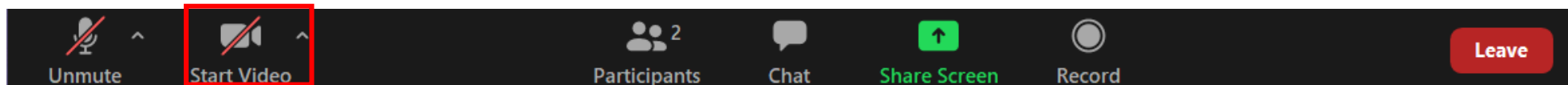


# Zoom Participation

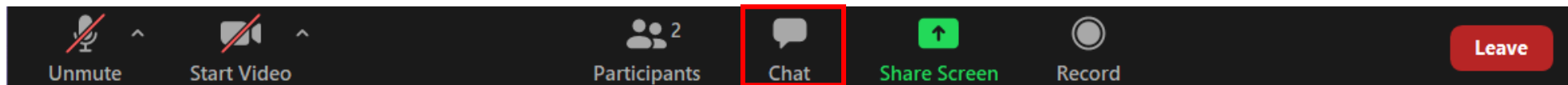
- You will begin muted. To **unmute/mute**, click the **microphone** icon located at the bottom left of your Zoom window.



- We encourage everyone to keep their video enabled. Click **Start Video** to join by webcam.



- To ask a question using the **Chat** feature, click the **Chat** icon located at the bottom center of your Zoom window.



# Continuing Education

- We will be offering **1.5 CE credit per session** attended for a maximum of 9 CEs for participation in all 6 CoP sessions.
- You **must** complete the Health Center Satisfaction Assessment after **each** session for which you plan on receiving CEs.
- **CE credits will be distributed for all sessions at the conclusion of the CoP.**



This course has been approved by JBS International, Inc. as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #86832, JBS international, Inc. is responsible for all aspects of their programming.



JBS International, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6442. Programs that do not qualify for NBCC credit are clearly identified. JBS International, Inc. is solely responsible for all aspects of the programs.

# Weekly Office Hours

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- **Tuesdays** (after the session) 3:30–4:30 pm ET
- **Fridays** (the week of the session): 1:00–2:00 pm ET
  - Meet colleagues from other health centers
  - Discuss progress and/or challenges related to
    - Your team's action plan
    - The session topic(s)

# TA Offerings for Health Centers

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- One-on-One Coaching
- Webinars
- Virtual Site Visits to Improve Outcomes
- Communities of Practice (CoPs)





# CoP Agenda

**Session 1 (January 17):** Orientation

**Session 2 (January 31):** Enhancing Cultural Relevance in Clinical Practice

**Session 3 (February 14):** Patient-Centered Care Planning

**Session 4 (February 28):** Contemporary Approaches to Behavioral Therapy – Part 1:  
Integrated Motivational Interviewing (MI) and Cognitive Behavioral Therapy (CBT)

**Session 5 (March 14):** Contemporary Approaches to Behavioral Therapy – Part 2:  
Functional Analysis and Mindfulness

**Session 6 (March 28):** Contemporary Approaches to Behavioral Therapy – Part 3:  
Behavioral Activation

**Session 7 (April 11):** An Orientation to Pharmacotherapies for Depression and Anxiety

**Session 8 (April 25):** Case-Based Learning, Wrap-up and Next Steps



Source: iStock

# Objectives

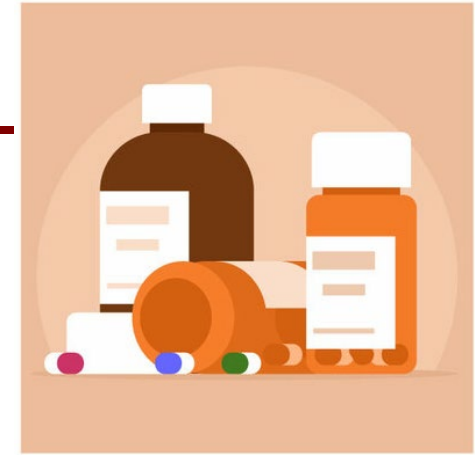
- Recognize types of medications used to treat mental disorders and specific Substance Use Disorders
- Understand general considerations for taking medications (risks and benefits)
- Recognize side effects of medications
- Know where to find warnings about medications from the U.S. Food and Drug Administration (FDA)
- Identify considerations working with a patient prescribed a medication or for whom medication may be a benefit
- Understand the importance of routine monitoring and support



Source: iStock

# Psychiatric Medications

Psychiatric medications are commonly used to treat mental disorders.



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- Medications treat and help manage symptoms of mental disorders.
- They cannot cure the disorder, but they make people feel better so they can function.
- Medications in conjunction with therapy usually yields best results

# Medications for the Treatment of Anxiety



# Anxiety Medication

## Benzodiazepines ('Benzos')

- Rapid-onset of effect
- Use for short-term treatment (pre-surgery, until other medications take effect, etc.)
- Not recommended for patients with a known substance use condition
- Not for pregnant or breastfeeding women
- May cause withdrawal symptoms after 3-4 months of daily use (withdrawal symptoms from benzo's can be life threatening)

### ***Dangerous Drug Interactions:***

- *Benzos taken along with alcohol/barbiturates/opioids cause increased sedation which can cause respiratory arrest*



# Anxiety Medication cont.

- Benzodiazepines: Valium • Klonopin • Xanax • Ativan
- Other Medications: Buspirone (BuSpar) does not have strong sedative-hypnotic effect
- Antidepressants:
  - SSRIs**
    - Lexapro
    - Prozac
    - Paxil
    - Zoloft
  - SNRIs**
    - Cymbalta
    - Pristiq
    - Effexor

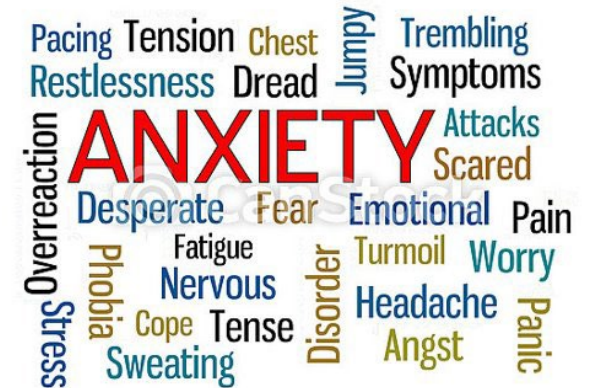


Image source: <https://www.canstockphoto.com/images-photos/anxiety.html>

# Other Anxiety Medications

Sometimes added if first course of treatment is ineffective.

- Beta Blockers: Atenolol (Tenormin) • Propranolol (Inderal)
- Antihistamines: Non-addictive alternative to Benzodiazepines
  - Hydroxyzine hydrochloride (Atarax),
  - Hydroxyzine pamoate (Vistaril)



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# Medications for the Treatment of Depression

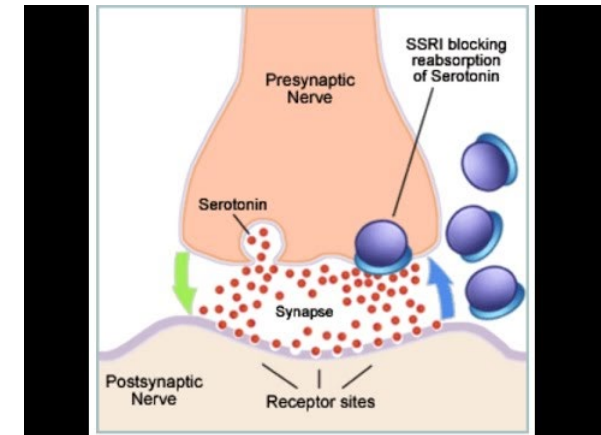
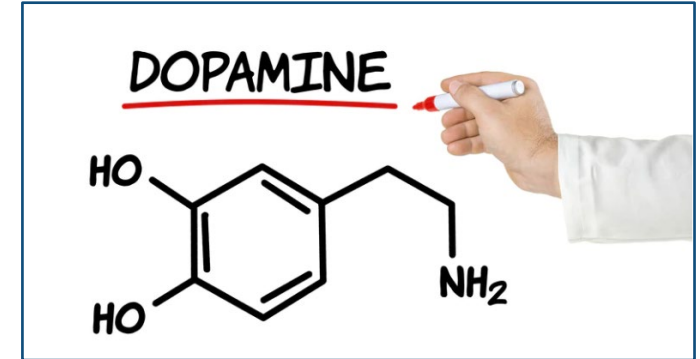




# Why Do Antidepressants Work?

It is theorized that:

1. A deficiency exists in one or more neurotransmitters - 5-HT, NE, or DA (dopamine) – and increasing these neurotransmitters alleviates depression.
2. Medication increases production of neurotrophic factors (to enhance survival of neurons and support new synaptic connections).

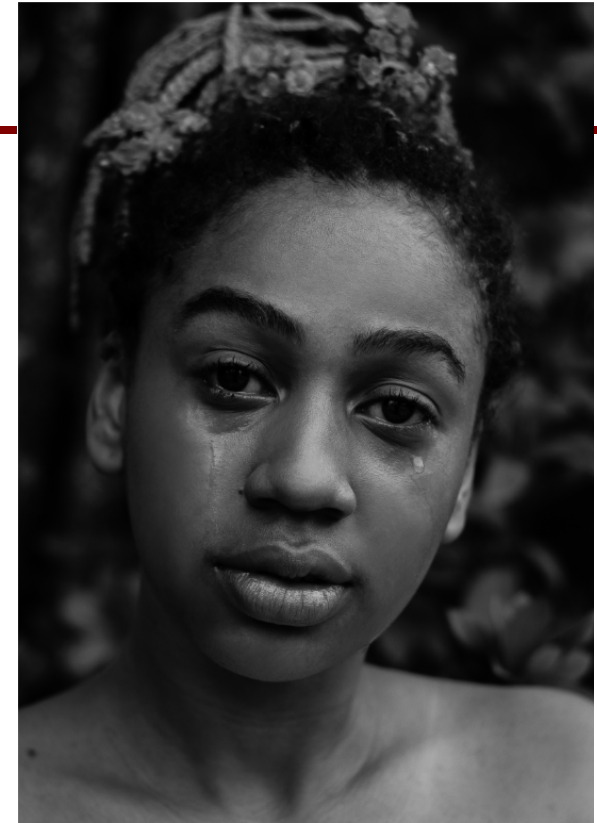


Dopamine image Source: <https://www.vitam Monk.com/blogs/health/natural-ways-to-boost-dopamine>  
Serotonin/SSRI image source: <https://youtu.be/KBhxTQD4Bsk>

# Target Symptoms

Antidepressant drugs target depressive symptoms:

- Sleep disturbance
- Appetite disturbance (increase or decrease)
- Fatigue
- Psychomotor retardation or agitation
- Variations in mood (usually worse in the morning)
- Impaired concentration or focus; forgetfulness
- Anhedonia (inability to experience joy or pleasure in previously pleasurable activities)



# Most Common Depression Medications

The most commonly-prescribed type of antidepressants are Selective Serotonin Reuptake Inhibitors (SSRIs).

- *Fluoxetine (Prozac)*
- *Escitalopram (Lexapro)*
- *Citalopram (Celexa)*
- *Sertraline (Zoloft)*
- *Paroxetine (Paxil)*



Image source: <https://www.statnews.com/2016/06/08/antidepressants-teens-kids/>

# Common Side Effects of SSRIs

- Agitation, insomnia
- Headache, nausea, vomiting
- Sexual dysfunction
- Withdrawal effects may occur with (abrupt) discontinuation
- Do not take with certain other medications
- With induction and discontinuation some patients have experienced suicidal ideation
- Antidepressant medications should not be taken during pregnancy

# Suggestion: Monitor & Communicate

*It is suggested that Behavioral Health providers monitor and communicate with individuals taking medications.*

- ✓ Monitor for adherence to instructions re: dosage & frequency
- ✓ Monitor for the desired effect
- ✓ Monitor for side-effects
- ✓ Monitor for medication discontinuation
- ✓ Communicate findings routinely to Prescribers
- ✓ Communicate concerning patient experiences ASAP

# Care Recommendations and the PHQ-9

The PHQ 9 is the most used screening tool in primary care. The PHQ-9 screening tool stratifies risk and aligns recommended interventions for each risk level.

- Score 0-9: No intervention and/or watchful waiting
  - Score 10-14: Behaviorally oriented counseling/psychotherapy
  - Score 15-19: Psychotherapy and medication consult is advised
  - Score 20 +: Pharmacotherapy and psychotherapy
- ❖ ***Note: Patients with scores of 20 or higher often experience suicidal ideation that should be screened for and monitored closely.***

# About St. John's Wort



- This plant has been used in healing practices and traditions dating back centuries.
- It is commonly used as an over-the-counter supplement
- Evidence does support some positive benefit for mild to moderate depressive symptoms
- Saint John's Wort is known to have adverse reaction with other medications

# Patients Who May be a Candidate for Medication

- In this conversation, the patient will participate in a respectful conversation about the possible benefits of medications.
- Be fully supportive in the patient's ability to make this decision on their own
- Provide information to support the patient in their efforts to make an informed decision regarding medication.
- Address the patient's questions and concerns and provide information only within your scope of practice.
- If the patient decides they are interested in either a medication evaluation or in actively pursuing medication support, the clinician will be actively engaged supporting the referral.
- Provide information to the prescriber in advance of the medication evaluation session.





# Group Discussion Psychosocial Interventions

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How might your health center incorporate knowledge gained throughout this CoP/Session regarding Behavioral Health in a Primary Care setting?

- Cultural Relevance
- Patient-Centered Care Planning
- Integrated MI & CBT
- Functional Analysis & Mindfulness
- Behavioral Activation
- Pharmacotherapy knowledge

# Group Report Outs

How might your health center incorporate knowledge gained from this CoP/Session regarding Behavioral Health in Primary Care setting?

## ❖ *Including Challenges & Strengths*

- ❖ Health Center A:
- ❖ Health Center B:
- ❖ Health Center C:
- ❖ Health Center D:



Source: Microsoft® PowerPoint® for Microsoft 365.

# Next Steps



## BPHC-BH TA

Bureau of Primary Health Care Behavioral Health Technical Assistance

*Integrated Behavioral Health and Value-Based Reimbursement: Two Sides of the Sustainability Coin Community of Practice (CoP)*

LIST THE STEPS NECESSARY TO ADVANCE YOUR WORK IN _____	PERSON RESPONSIBLE	BY WHEN	COMMENTS/ POTENTIAL BARRIERS/CONCERNS
1.			
2.			
3.			
4.			
5.			
6.			



# Q & A

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Source: <https://publicdomainvectors.org/en/free-clipart/Button-with-question-mark-vector-image/15166.html>

# Reflecting on Today: Plus, Delta

- + What worked for you today?
- $\Delta$  What would you change?



# Weekly Office Hours

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- **Tuesdays** (after the session) 3:30–4:30 p.m. ET
- **Fridays** 1:00–2:00 p.m. ET

Designed to discuss progress and/or challenges related to

- Your team's action plan
- The session topic
- Meet colleagues from other health centers



# TA Offerings for Health Centers

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- One-on-One Coaching
- Webinars
- Strategies for Community Outreach: How Health Centers Can Use Social Media for Social Marketing
- Virtual Site Visits to Improve Outcomes
- Communities of Practice (CoPs)



# BPHC-BH TA Portal

<https://bphc-ta.jbsinternational.com/>

- Request TA
- Access Learning Management System (LMS) modules
- Learn more about BH TA options
  - One-on-One Coaching
  - E-learning Webinars
  - Virtual Site Visits to Improve Outcomes
  - Integration of Oral and Behavioral Health
  - Virtual Brown Bag Sessions

**BPHC-BH TA**  
Bureau of Primary Health Care Behavioral Health Technical Assistance

Event Calendar | About Us | Contact Us

Home | Technical Assistance Resources | Request Technical Assistance | Learning Management System

### Welcome to the BPHC-BH TA Resource Portal!

The Bureau of Primary Health Care (BPHC) Behavioral Health (BH) Technical Assistance (TA) portal is designed to meet the specific needs of HRSA health centers and shall focus on both mental health and substance use disorders (referred to jointly as “behavioral health”), with an emphasis on the opioid epidemic.

### Learn About BH TA Options

- One-on-One Coaching
- E-learning Webinars
- Intensive TA for Practice Change
- Join a Community of Practice (CoP)
- Integration of Oral Health and Behavioral Health Virtual Learning Collaborative
- Virtual Brown Bag Lunches





# Coming in April & May

Learning Collaborative (90 minutes)  
(1.5 CEUs per session)

4/12/2023, 1:00 – 2:30 PM ET *“Trauma-Informed Care for Better Oral Health – Didactic Session”*

**REGISTER:** [https://us06web.zoom.us/meeting/register/tZApduGtqz8iHdTRTRf3O-922zwJqMa1H\\_2l#/registration](https://us06web.zoom.us/meeting/register/tZApduGtqz8iHdTRTRf3O-922zwJqMa1H_2l#/registration)

Virtual Brown Bag Lunches  
8 Sessions for Health Center Staff Only (up to 1 CE for this session)

4/12/23, 3:00–5:00 p.m. ET *“Behavioral Health in a School-Based Setting - Discussion Session”*

REGISTER: <https://us06web.zoom.us/meeting/register/tZ0pdeyrqTgrHtUxnVQbsZPjwK1ZWIIJqbf3>

Micro-Webinar (30 minutes)  
(.5 CEs for clinical staff)

5/10/2023, 2:30- 3:00 PM ET *“Integrating Behavioral Healthcare into Clinical Workflows”*

**REGISTER:** [https://us06web.zoom.us/webinar/register/WN\\_YbwrSsABRY6yU6k6j-KQYg#/registration](https://us06web.zoom.us/webinar/register/WN_YbwrSsABRY6yU6k6j-KQYg#/registration)



# Continuing Education & Satisfaction Assessment

- We will be offering **1.5 CE credit per session** attended for a maximum of 12 CEs for participation in all 8 CoP sessions.
- You **must** complete the Health Center Satisfaction Assessment after **each** session for which you plan on receiving CEs.
  - Follow the link in the chat
  - Use the link in the follow-up message from Alchemer (Survey Monkey)
- **CE credits will be distributed within 2 weeks after the session**



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# Thank You!

## Presenter Contact Information:

**Joe Hyde, MA, LMHC, CAS, Facilitator: [jhyde@jbsinternational.com](mailto:jhyde@jbsinternational.com)**

**Laura Ross, MS, LMFT, Co-Facilitator: [lross@jbsinternational.com](mailto:lross@jbsinternational.com)**

**Vision: Healthy Communities, Healthy People**



# References

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7. Kroenke K, Spitzer RL. The PHQ-9: a new depression diagnostic and severity measure. Psychiatry Ann. 2002;32:509-21
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