

2023 PROVIDER RESOURCE GUIDE

Introductory Statement

Provider staff working with individuals who have Behavioral Health challenges often need ready access to materials that can assist them in the care of others and help inform their work. Both academic resources and guidelines as well as quick reference materials are helpful when determining next steps, making treatment decisions or developing care plans. The Behavioral Health and Recovery Division (BHRD) encourages the use of this document to assist provider staff in their day-to-day activities.

This document serves as a collection of guidelines, articles, and practical tools/resources that can be used to inform services for individuals with Behavioral Health needs.

Domains reflect scopes of work provided by BHRD agencies, specific populations, and DSM-V diagnostic categories. Each domain contains two subcategories: “Guidelines/Articles” and “Practical Tools and Resources”. The domains are not intended to reflect every scope of work, every resource, or every unique individual that agency staff may encounter - but serve as helpful tools to assist staff. An Appendix, “Roadmap to Mental Health: Navigating the System in Puget Sound”, published by NAMI Seattle, is also included. This document includes multiple local resources that may be useful for addressing issues that span multiple domains.

Domains				
Anxiety Disorders	Culturally Responsive Practices	Grief and Loss	Personality Disorders	Trauma- And Stressor-Related Disorders (Including PTSD)
Assisted Outpatient Treatment (AOT)	Depression	Integrated Care	Recovery-Oriented Care	Wrap-Around Services
Bipolar Disorder	Disabilities	Interpersonal/Gender-Based Violence	Schizophrenia Spectrum and other Psychotic Disorders	Appendix: “Roadmap to Mental Health: Navigating the System in Puget Sound” (NAMI Seattle).
Care Coordination	Disruptive, Impulse Control, and Conduct Disorders	Neurocognitive Disorders	Sexual Dysfunctions	
Care Transitions	Dissociative Disorders	Neurodevelopmental Disorders (including ADHD and Autism)	Sleep-Wake Disorders	
Child Welfare/Parenting	Elimination Disorders	Obsessive-Compulsive Disorder (OCD)	Somatic Symptom and Related Disorders	
Co-Occurring Disorders	Evaluation and Screening	Outreach	Substance Use Disorders	
Criminal/Legal System/Forensic Services	Feeding and Eating Disorders	Paraphilic Disorders	Suicide	
Crisis Response	Gender and Sexuality	Peer Support	Telehealth	

DOMAIN	RESOURCES
ANXIETY DISORDERS	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Academy of Child and Adolescent Psychiatry: Clinical Practice Guideline for the Assessment and Treatment of Children and Adolescents with Anxiety Disorders (2020)</u> • <u>Annals of Clinical Psychiatry: Panic Disorder: A Review of Treatment Options (2021)</u> • <u>Anxiety and Depression Association of America: Clinical Practice Review for Generalized Anxiety Disorder (2015)</u> • <u>Anxiety and Depression Association of America: Clinical Practice Review for Social Anxiety Disorder (2015)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>American Academy of Child and Adolescent Psychiatry: Anxiety Disorders Resource Center</u> • <u>Selective Mutism Association: Treating Selective Mutism</u> • <u>Harborview Abuse and Trauma Center: CBT+ Notebook</u>
ASSISTED OUTPATIENT TREATMENT (AOT)	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Psychiatric Association: Implementing Assisted Outpatient Treatment (2019)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>Treatment Advocacy Center: What is AOT? One Pager</u> • <u>Treatment Advocacy Center</u>
BIPOLAR DISORDER	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Psychiatric Association: Evidence-Based Psychotherapies for Bipolar Disorder (2019)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>Depression and Bipolar Support Alliance: Bipolar Disorder</u>

DOMAIN	RESOURCES
CARE COORDINATION	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>King County BHRD – Practice Guidelines for Care Coordination (2020)</u>
CARE TRANSITIONS	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>National Council for Behavioral Health: Implementing Care for Alcohol and Other Drug use in Medical Settings (2018)</u> • <u>National Council for Mental Wellbeing: Transitions of Care Planning Guide (2021)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>Massachusetts Child Psychiatry Access Project: Adolescent SBIRT Toolkit for Providers (2015)</u> • <u>SAMHSA: Screening, Brief Intervention, and Referral to Treatment (SBIRT) - TAP 33 (2013)</u> • <u>University of Chicago: Learner’s Guide to Adolescent SBIRT (2016)</u> • <u>University of Missouri – Kansas City: SBIRT Resource Site</u> • <u>University of Missouri – Kansas City: SBIRT Training and Videos</u>
CHILD WELFARE/PARENTING	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Academy of Child and Adolescent Psychiatry: Practice Parameter for the Assessment and Management of Youth Involved With the Child Welfare System (2015)</u> • <u>Washington State Institute for Public Policy: Updated Inventory of Evidence-Based, Research-Based, and Promising Practices: For Prevention and Intervention Services for Children and Juveniles in the Child Welfare, Juvenile Justice, and Mental Health Systems (2020)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>Guided Pathways Support – For Youth and Families</u> • <u>Perinatal Support Washington: Resources for Parents – Warm Line, Support Groups, Online Therapy & Support Groups</u>

DOMAIN	RESOURCES
CO-OCCURRING DISORDERS	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>BHRD: Co-Occurring Disorders (2020)</u> • <u>SAMHSA: Treatment Considerations for Youth and Young Adults with Serious Emotional Disturbances and Serious Mental Illnesses and Co-Occurring Substance Use (2021)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>Harborview Abuse and Trauma Center: CBT+ Notebook</u> • <u>SAMHSA: Substance Use Disorder Treatment for People with Co-Occurring Disorders – TIP 42(2020)</u>
CRIMINAL/LEGAL SYSTEM/FORENSIC SERVICES	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Psychological Association: Specialty Guidelines for Forensic Psychology (2013)</u>
CRISIS RESPONSE	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>SAMHSA: National Guidelines for Behavioral Health Crisis Care (2020)</u> • <u>SAMHSA: Practice Guidelines Core Elements in Responding to Mental Health Crisis (2009)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>Harborview Abuse and Trauma Center: CBT+ Notebook</u>

DOMAIN	RESOURCES
CULTURALLY RESPONSIVE PRACTICES	<p data-bbox="657 310 926 337"><u>GUIDELINES/ARTICLES</u></p> <ul data-bbox="709 370 1877 760" style="list-style-type: none"> <li data-bbox="709 370 1877 435">• <u>American Psychological Association: Equity, Diversity, and Inclusion – Inclusive Language Guidelines (2021)</u> <li data-bbox="709 443 1877 508">• <u>American Psychological Association: Guidelines for Psychological Practice for People with Low-Income and Economic Marginalization (2019)</u> <li data-bbox="709 516 1877 548">• <u>American Psychological Association: Guidelines on Race and Ethnicity in Psychology (2019)</u> <li data-bbox="709 557 1877 621">• <u>American Psychological Association: Multicultural Guidelines: An Ecological Approach to Context, Identity, and Intersectionality (2017)</u> <li data-bbox="709 630 1877 662">• <u>NPR: How some therapists are helping patients heal by tackling structural racism (2022)</u> <li data-bbox="709 670 1877 760">• <u>SAMHSA: NNEDLearn Implementation Analysis: Evidence-Based and Culturally Relevant Behavioral Health Interventions in Practice: Strategies and Lessons Learned from NNEDLearn. (2021)</u> <p data-bbox="657 808 1083 836"><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul data-bbox="709 844 1877 1274" style="list-style-type: none"> <li data-bbox="709 844 1877 909">• <u>American Association of Community Psychiatry: Self-Assessment for Modification of Anti-Racism tool (SMART) (2021)</u> <li data-bbox="709 917 1877 950">• <u>CoLab: CARE (Culturally Affirming and Responsive Mental Health) for Kids and Families</u> <li data-bbox="709 958 1877 990">• <u>CoLab: Integrating Race and Culture in Evidence-Based Treatments Webinar</u> <li data-bbox="709 998 1877 1088">• <u>Northwest Addiction Technology Transfer Center: Cultural Humility Primer: Peer Support Specialist & Recovery Coach Guide to Serving and Supporting Diverse Individuals and Their Recovery Journeys (2020)</u> <li data-bbox="709 1096 1877 1161">• <u>Office of Minority Health: Health Equity Technical Assistance Resources (including CLAS Standards)</u> <li data-bbox="709 1169 1877 1201">• <u>Pulling Out of Fire: Evidence-based ACT for Black Trauma</u> <li data-bbox="709 1209 1877 1274">• <u>Washington Office of Financial Management: Mental Health and Community Resources Guide (2022)</u>

DOMAIN	RESOURCES
DEPRESSION	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Academy of Child and Adolescent Psychiatry: Clinical Practice Guideline for the Assessment and Treatment of Children and Adolescents with Major and Persistent Depressive Disorders (2022)</u> • <u>American Psychological Association: Clinical Practice Guideline for the Treatment of Depression across three Age Cohorts (2019)</u> • <u>Anxiety and Depression Association of America: Clinical Practice Review for Major Depressive Disorder (2020)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>Harborview Abuse and Trauma Center: CBT+ Notebook</u>
DISABILITIES	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Psychological Association – Guidelines for Assessment and Intervention of Persons with Disabilities (2022)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>Centers for Disease Control National Center on Health, Physical Activity, and Disability: for Health Care Providers</u>
DISRUPTIVE, IMPULSE CONTROL, AND CONDUCT DISORDERS	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Psychiatric Association: What are Disruptive, Impulse Control and Conduct Disorders? (2021)</u>

DOMAIN	RESOURCES
DISRUPTIVE, IMPULSE CONTROL, AND CONDUCT DISORDERS (cont'd)	<u>PRACTICAL TOOLS AND RESOURCES</u> <ul style="list-style-type: none"> • <u>National Institute of Mental Health: Disruptive Mood Dysregulation Disorder (2019)</u>
DISSOCIATIVE DISORDERS	<u>GUIDELINES/ARTICLES</u> <ul style="list-style-type: none"> • <u>American Journal of Psychotherapy: Adapting Dialectical Behavioral Therapy to treat Dissociative Identity Disorder (2018)</u> • <u>American Psychological Association Division 56 and The International Society for the Study of Trauma and Dissociation: Professional Practice Guidelines for the Treatment of Complex Posttraumatic Stress Disorders in Adults (2022 DRAFT ONLY)</u> <u>PRACTICAL TOOLS AND RESOURCES</u> <ul style="list-style-type: none"> • <u>National Library of Medicine: Dissociative Identity Disorder (2022)</u>
ELIMINATION DISORDERS	<u>GUIDELINES/ARTICLES</u> <ul style="list-style-type: none"> • <u>American Academy of Family Physicians: Enuresis in Children – A Case-Based Approach (2014)</u> • <u>National Kidney Foundation: Bedwetting in Children and Teens: Nocturnal Enuresis</u> • <u>Merck Manual: Treatment of Urinary Incontinence in Children (2021)</u> • <u>Merck Manual: Stool Incontinence in Children (2021)</u>

DOMAIN	RESOURCES
EVALUATION AND SCREENING	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Psychiatric Association: Practice Guidelines for the Psychiatric Evaluation of Adults (2016)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>American Academy of Child and Adolescent Psychiatry: Toolbox for Clinical Practice and Outcomes</u> • <u>Centers for Disease Control: Learn the Signs, Act Early. Milestone Tracker.</u> • <u>Seattle Children’s Hospital: Primary Care Principles for Child Mental Health (2022)</u> • <u>University of Washington AIMS Center: Discussing Past Trauma with Patients during an Initial Assessment – Tip Sheet</u> • <u>University of Washington AIMS Center: Resource Library “Measures”</u>
FEEDING AND EATING DISORDERS	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Academy of Pediatrics: Identification and Management of Eating Disorders in Children and Adolescents (2021)</u> • <u>American Psychiatric Association: Practice Guideline for the Treatment of Patients with Eating Disorders 3rd edition (2010)</u> • <u>American Psychiatric Association: Guideline Watch - Practice Guideline for the treatment of patients with eating disorders, 3rd edition (2012)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>American Psychiatric Association: What are Eating Disorders?</u> • <u>American Psychological Association: Eating Disorders</u> • <u>Eating Disorder Hope: The Eating Disorder Assessment (EDA – 5)</u> • <u>National Eating Disorders Association: Eating Disorders Screening Tool</u> • <u>National Institute of Mental Health: Eating Disorders</u>

DOMAIN	RESOURCES
FEEDING AND EATING DISORDERS (cont'd)	<ul style="list-style-type: none"> • New York State Psychiatric Institute/Columbia Psychiatry: Eating Disorder Assessment for DSM-5 • Overeaters Anonymous
GENDER AND SEXUALITY	<p>GUIDELINES/ARTICLES</p> <ul style="list-style-type: none"> • American Psychological Association: Guidelines for Psychological Practice with Sexual Minority Persons (2021) • Public Health: Seattle and King County Pride Survey (2021) • World Professional Association for Transgender Health: Standards of Care for the Health of Transgender and Gender Diverse People – Version 8 (2022) <p>PRACTICAL TOOLS AND RESOURCES</p> <ul style="list-style-type: none"> • American Academy of Pediatrics: Ensuring Comprehensive Care and Support for Transgender and Gender-Diverse Children and Adolescents (2018) • Cedar River Clinics: Trans Toolkit • The Fenway Institute: How to Gather Data on Sexual Orientation and Gender Identity in Clinical Settings • Seattle Children's Hospital: Gender Clinic Education and Resources for Healthcare Professionals
GRIEF AND LOSS	<p>GUIDELINES/ARTICLES</p> <ul style="list-style-type: none"> • American Psychological Association: Evidence-based practices for childhood grief and trauma (2022) • Anxiety and Depression Association of America: Complicated grief therapy for clinicians: An evidence-based protocol for mental health practice (2019)

DOMAIN	RESOURCES
GRIEF AND LOSS (cont'd)	<p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>Mental Health Technology Transfer Network: Grief, Loss, and Bereavement – Fact Sheets and Training Videos (2020)</u> • <u>UptoDate: Bereavement and Grief in Adults – Management (2022)</u>
INTEGRATED CARE	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Psychological Association: Guidelines for Psychological Practice in Health Care Delivery Systems (2013)</u> • <u>American Psychological Association: Guidelines on Evidence-Based Psychological Practice in Health Care (2021)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>National Council for Mental Wellbeing: Certified Community Behavioral Health Center (CCBHC) Success Center</u> • <u>University of Washington AIMS Center: Collaborative Care Implementation Guide</u>
INTERPERSONAL/GENDER-BASED VIOLENCE	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Academy of Family Physicians: Screening for Intimate Partner Violence, Elder Abuse, and Abuse of Vulnerable Adults: Recommendation Statement (2019)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>American Psychiatric Association: Treating Women who have Experienced Intimate Partner Violence (2019)</u> • <u>National Resource Center on Domestic Violence – Training Videos</u>

DOMAIN	RESOURCES
NEUROCOGNITIVE DISORDERS	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Psychological Association: Guidelines for the Evaluation of Dementia and Age-Related Cognitive Change (2021)</u> • <u>Focus – The Journal of Lifelong Learning in Psychiatry: Overview of Neurocognitive Disorders (2017)</u> • <u>Behavioral Neurology: Psychological Intervention in Traumatic Brain Injury (2019)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>Association for Behavioral and Cognitive Therapies: Brain Injury – One Name, Diverse Injuries</u> • <u>National Institute on Aging: Alzheimer’s and Related Dementia Resources for Professionals</u>
NEURODEVELOPMENTAL DISORDERS (INCLUDING ADHD AND AUTISM)	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>Agency for Healthcare Research and Quality: Attention Deficit Hyperactivity Disorder: Diagnosis and Treatment in Children and Adolescents (2018)</u> • <u>American Academy of Child and Adolescent Psychiatry: Practice Parameter for the Assessment and Treatment of Psychiatric Disorders in Children and Adolescents with Intellectual Disability (Intellectual Developmental Disorder) (2020)</u> • <u>American Academy of Pediatrics: Identification, Evaluation, and Management of Children with Autism Spectrum Disorder (2020)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>American Academy of Child and Adolescent Psychiatry: Autism Resource Center</u> • <u>Centers for Disease Control: Selected Conditions in Developmental Disabilities</u> • <u>University of Washington Autism Center: Training Resources (Including Neurodiversity Trainings)</u>

DOMAIN	RESOURCES
OBSESSIVE-COMPULSIVE DISORDER (OCD)	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • Anxiety and Depression Association of America: Clinical Practice Review of OCD (2015) • Psychiatric Times: Treatment-Resistant OCD: Strategies and Novel Treatment Options (2022) <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • International OCD Foundation: Assessments and Worksheets • International OCD Foundation: From the Experts
OUTREACH	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • HomelessnessNSW: Homeless Services – Assertive Outreach Practice Guidelines • World Health Organization: WHO Community Outreach Mental Health Services <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • National Healthcare for the Homeless Council: Client Engagement Tip Sheet • National Healthcare for the Homeless Council: Homeless Outreach – A Pre-treatment Guide • Relias Academy: Marty Smith Training for Clinical Outreach
PARAPHILIC DISORDERS	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • Psychiatric Times: Paraphilias: From Diagnosis to Treatment (2019) <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • National Library of Medicine: Paraphilia (2022)

DOMAIN	RESOURCES
PEER SUPPORT	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>Chestnut.Org: Substance Use Disorder Peer Supervision Competencies (2017)</u> • <u>National Association for Peer Supporters: National Practice Guidelines for Peer Specialists and Supervisors (2019)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>Philadelphia Department of Behavioral Health and Intellectual Disability Services: Peer Support Toolkit (2017)</u>
PERSONALITY DISORDERS	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>The Lancet: Treatment of Personality Disorder (2015)</u> • <u>Transcultural Psychiatry: The role of migration processes and cultural factors in the classification of personality disorders (2021)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>Moral Reconciliation Therapy: About MRT</u>
RECOVERY-ORIENTED CARE	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>Connecticut Department of Mental Health and Addiction Services: Practice Guidelines for Recovery-Oriented Behavioral Health Care (2006)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>New York Association of Psychiatric Rehabilitation Services: Recovery Oriented Language Guide (2010)</u>

DOMAIN	RESOURCES
SCHIZOPHRENIA SPECTRUM AND OTHER PSYCHOTIC DISORDERS	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Psychiatric Association: Practice Guideline for the Treatment of Patients with Schizophrenia (2021)</u> • <u>National Institute for Mental Health: Evidence-Based Treatment for First Episode Psychosis: Components of Coordinated Specialty Care (2014)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>Mental Health Technology Transfer Center Network (MHTTC): Early Psychosis webinars</u> • <u>University of Washington Department of Psychiatry and Behavioral Sciences: Assertive Community Treatment</u> • <u>University of Washington CBT for Psychosis Training Academy</u> • <u>US Department of Veterans' Affairs Mental Illness Research, Education, and Clinical Center (MIRECC): National Training in Cognitive Therapy for Psychosis (2022)</u>
SEXUAL DYSFUNCTIONS	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American College of Obstetricians and Gynecologists: Female Sexual Dysfunction (2019)</u> • <u>Journal of Clinical Medicine: Management Strategies for Antidepressant-related Sexual Dysfunction : A Clinical Approach (2019)</u> • <u>Journal of Traumatic Stress: Women's Sexual Desire, Trauma Exposure, and Posttraumatic Stress Disorder (abstract) (2020)</u> • <u>UpToDate: Treatment of Male Sexual Dysfunction (2022)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>HealthyPlace: Assessment and Psychological Treatment of Sexual Dysfunctions (2021)</u> • <u>Kinsey Institute: Indiana University</u> • <u>International Society for Sexual Medicine – On-Demand Webinars</u> <i>*(topics include pornography use, aging, sexuality in chronic illnesses, sex after trauma, medication impacts on sexual functioning, etc</i>

DOMAIN	RESOURCES
SLEEP-WAKE DISORDERS	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Academy of Sleep Medicine: Practice Guidelines</u> • <u>Neuropsychological Review: Changes in Sleep as a Function of Adolescent Development (2011)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>American Academy of Sleep Medicine: Provider Fact Sheets</u> • <u>American Academy of Sleep Medicine: Resources for Health Care Professionals</u> • <u>Medical University of South Carolina Department of Psychiatry and Behavioral Sciences: Cognitive Behavioral Therapy for Insomnia: CBTiWeb</u>
SOMATIC SYMPTOM AND RELATED DISORDERS	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>Journal of Neurology: Management of Functional Neurological Disorder (2020)</u> • <u>American Psychological Association Monitor on Psychology: When symptoms are a mystery (2013)</u> • <u>National Library of Medicine: Illness Anxiety Disorder (2022)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>US Department of Veterans' Affairs: Pain Management: Cognitive Behavioral Therapy for Chronic Pain (worksheets & training videos)</u>
SUBSTANCE USE DISORDERS	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Society for Addiction Medicine: National Practice Guideline 2020 Focused Update (2020)</u>


DOMAIN	RESOURCES
SUBSTANCE USE DISORDERS (cont'd)	<p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>American Society for Addiction Medicine: Integrating Tobacco Use Disorder Interventions in Addiction Treatment (2022)</u> • <u>American Society for Addiction Medicine: Pocket Guideline and Patient Guide for Alcohol Withdrawal Management (2011)</u> • <u>Harborview Abuse and Trauma Center: CBT+ Notebook</u> • <u>SAMHSA: Brief Interventions and Brief Therapies for Substance Abuse – TIP 34 (Quick Guide, 2015)</u> • <u>SAMHSA: Enhancing Motivation for Change in Substance Abuse Treatment– TIP 35 (Quick Guide, 2012)</u> • <u>SAMHSA : Substance Use Disorder and Family Therapy – TIP 39 (2020)</u> • <u>SAMHSA : Treatment for Stimulant Use Disorders – TIP 33 (2021)</u>

DOMAIN	RESOURCES
SUICIDE	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>American Psychiatric Association: Practice Guideline for the Assessment and Treatment of Patients with Suicidal Behaviors (2010)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>988 Lifeline/National Suicide Prevention Lifeline (NSPL): Suicide Risk Assessment Standards (2007)</u> • <u>American Academy of Child and Adolescent Psychiatry: Suicide Resource Center (2022)</u> • <u>Harborview Abuse and Trauma Center: CBT+ Notebook</u> • <u>National Institute for Mental Health: ASQ Suicide Toolkit (2022)</u> • <u>National Institute for Mental Health: Adult Inpatient Brief Suicide Safety Assessment Worksheet</u> • <u>National Institute for Mental Health: Adult Outpatient Brief Suicide Safety Assessment Guide</u> • <u>SAMHSA: Addressing Suicidal Thoughts and Behaviors in Substance Use Treatment – TIP 50 (2017)</u>
TELEHEALTH	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • <u>SAMHSA: Telehealth for the Treatment of Serious Mental Illness and Substance Use Disorders (2021)</u> <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • <u>American Academy of Child and Adolescent Psychiatry: Telepsychiatry Toolkit</u> • <u>American Psychiatric Association: Telepsychiatry Toolkit</u> • <u>CoLab: Evidence-Based Practices and Telehealth for Youth Webinar</u> • <u>SAMHSA: Telehealth for Opioid Use Disorder Toolkit: Guidance to Support High Quality Care (2021)</u>

DOMAIN	RESOURCES
TELEHEALTH (cont'd)	<ul style="list-style-type: none"> • Washington State Department of Health: Telehealth in Washington State • Washington Department of Social and Human Services: BHA Telehealth Resources
TRAUMA- AND STRESSOR-RELATED DISORDERS (INCLUDING PTSD)	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • American Psychological Association Division 56 and The International Society for the Study of Trauma and Dissociation: Professional Practice Guidelines for the Treatment of Complex Posttraumatic Stress Disorders in Adults (2022 DRAFT ONLY) <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • American Academy of Child and Adolescent Psychiatry: Trauma and Child Abuse Resource Center • Centers for Disease Control: Adverse Childhood Experiences – Preventing Early Trauma • Harborview Abuse and Trauma Center: CBT+ Notebook • National Center for PTSD: PTSD Repository • National Center for PTSD: For Providers • National Child Traumatic Stress Network • SAMHSA: Trauma-Informed Care in Behavioral Health Services – TIP 57 (2014) • Medical University of South Carolina: Trauma-Focused CBT Training • National Center for PTSD: Trauma-Focused Therapy for PTSD • National Center for PTSD: Trauma, PTSD, and Treatment
WRAP AROUND SERVICES	<p><u>GUIDELINES/ARTICLES</u></p> <ul style="list-style-type: none"> • King County BHRD: Practice Guidelines for Wraparound (2020) <p><u>PRACTICAL TOOLS AND RESOURCES</u></p> <ul style="list-style-type: none"> • Portland State University School of Social Work: National Wraparound Initiative

2023 PROVIDER RESOURCE GUIDE

Appendix:

 Roadmap to Mental Health: Navigating the System in Puget Sound (NAMI Seattle):

<https://namiseattle.org/roadmap-to-mental-health-navigating-the-system-in-puget-sound/>