

## Objective 34: Reduce the number of ED visits due to behavioral health conditions

Maryland SHIP Vision Area 5: Chronic Disease  
Tools, Resources, and Promising Practices  
updated May 2012



### Information, Facts, and Figures

<a href="#"><u>Mental Health and Mental Illness</u></a>	US Community Preventive Services Task Force “The Community Guide” recommendations on understanding and treating mental disorders including depression.	
<a href="#"><u>National Institute of Mental Health - Statistics</u></a>	An extensive collection of NIMH’s best statistics on the prevalence, treatment, and costs of mental disorders.	
<a href="#"><u>US Substance Abuse and Mental Health Services Administration (SAMHSA) – Index of Reports</u></a>	Index to US government agency reports on topics related to substance use and mental health.	
<a href="#"><u>Institute for Research, Education and Training in Addictions (IRETA)</u></a>	IRETA’s mission to improve the recognition, prevention treatment, research and policy related to addiction and recovery by dissemination of evidence-based information.	
<a href="#"><u>National Registry of Evidence-based Programs and Practices</u></a>	The Substance Abuse and Mental Health Services Administration’s registry allows users to search though hundreds of interventions that support mental health and substance abuse prevention and treatment. Searches can be narrowed by area of interest, age of population, or geographical area, and more.	
<a href="#"><u>Center for Healthy Aging</u></a>	The National Council on Aging resource for community programs addressing behavioral health issues in the aging population.	

### Maryland Services and Hotlines

<a href="#"><u>Drug and Alcohol Treatment Hotline</u></a> Call 877-830-7020	To find places in Maryland to get drug and alcohol treatment services call 877-830-7020. This hotline is available 24/7.	
<a href="#"><u>“Children’s Mental Health Matters” Campaign</u></a>	Maryland campaign championed by Maryland First Lady Katie O’Malley to increase public awareness of children’s mental health problems, decrease stigmatization and improve early identification and treatment. Educates people about consequences of untreated mental health disorders and promotes help-seeking behavior.	

### Personalized Tools

<a href="#"><u>Depression Screening Test by Ivan Goldberg, M.D.</u></a>	Use this brief 18-question online automated quiz to help you determine if you may need to see a mental health professional for diagnosis and treatment of depression, or for tracking your depression on a regular basis.	
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[Online test for depression](#)

Sponsored by eTherapistsOnline.com. This test is adapted from the test used for the National Depression Day Screening which is conducted every October, nationwide.



[Alcohol Abuse Risk](#)

Use this short test to help you decide whether your drinking may be harmful or hazardous and if you should seek help for alcohol abuse or dependence.



[Liebowitz Social Anxiety Scale Test](#)

This measure assesses the way that social phobia plays a role in your life across a variety of situations.



[Anxiety Screening Quiz](#)

This is a screening measure to help you determine whether you might have an anxiety disorder that needs professional attention.



[Psychology Today tests](#)

A set of online self tests for conditions such as anxiety, emotional eating, anger management, etc. May require purchase.



**Promising Practices**

[Preventing Excess Alcohol Consumption](#)

US Community Preventive Services Task Force “The Community Guide” resource on preventing excess alcohol consumption.



[Collaborative-Care Approach](#)

Link to “The Community Guide” review of the Collaborative Care Approach. Routine screening; treatment; use of mental health specialists; case managers; patient follow-up by providers to ensure treatment adherence; a focus on the health system and strengthening fluid treatment between multiple providers.



[Recovery Oriented System of Care](#)

Link to a 68-page SAMHSA report documenting the body of research supporting “Recovery-Oriented Systems of Care” for individuals and families impacted by substance abuse problems.



[The Positive Parenting Program](#)

Main focus is directed to parents through a variety of community settings – media campaigns, primary care services, brief interventions for giving information and educating, group counseling for teaching parental skills, how do solve problems and increase parental efficacy.



[Screening, Behavioral Intervention, and Referral to Treatment \(SBIRT\)](#)

Provides resources to learn about SBIRT, a comprehensive public health approach to screening and treatment of persons with substance abuse disorders.



**Tools for Special Populations**

[Clinic-Based Depression Care Management for Older Adults](#)

Information to support treatment of depression in older adults in the primary care setting



[Home-Based Depression Care Management for Older Adults](#)

Information to support in-home care management for older adults to improve short-term depression outcomes.



[Depression Screening for Children and Adolescents](#)

Clinical recommendations to support Healthy People MHMD 11: “Increase depression screening by primary care providers”

