



# One Good Night: Experiences of Patients and Families Across the Lifespan

# Today's Moderator



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# About PCDC

Primary Care Development Corporation (PCDC) is a national nonprofit organization and a community development financial institution catalyzing excellence in primary care through strategic community investment, capacity building, and policy initiatives to achieve health equity.

# Disclaimer

The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).



[www.samhsa.gov](http://www.samhsa.gov)

# Integrating Care Through a Biopsychosocial Approach to Health

- Improve awareness, screening and interventions to support addressing sleep challenges and corresponding impacts:
  - Identify interrelated effects of sleep deficiency
  - Build skills for partnering with patients around sleep
  - Develop an interdisciplinary toolbox on sleep



(Image courtesy C. Aguilar)

# Solving for Sleep Webinar Series

- December 3<sup>rd</sup> – Sleep: The Foundation of Improved Health Outcomes
- January 7<sup>th</sup> – Unseen Impacts: Health Disparities and Sleep
- February 4<sup>th</sup> – Behavioral Health Lens on Sleep: Assessment and Intervention
- March 4<sup>th</sup> – One Good Night: Experiences of Patients and Families Across the Lifespan
- April 1<sup>st</sup> – Physical Health and Primary Care Lens on Sleep: Assessment and Intervention
- May 6<sup>th</sup> – What about Us? A Discussion with and for Healthcare Providers

*For further information and to register, please visit [pcdc.org/sleep](https://pcdc.org/sleep)*

# Audience Demographics Poll

- Do you work in a:
  - Primary care setting
  - Behavioral health setting
  - Integrated care setting
- Are you working primarily as a:
  - MD/DO
  - Nurse Practitioner
  - Physician Assistant
  - Registered Nurse
  - Medical Assistant
  - Therapist
  - Social Worker
  - Care Manager
  - Other

# Kids Sleep too: A Younger Perspective on Sleep



# Today's Lived Experience Panel



Elizabeth Burman McEntire  
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# Office Hour



office hours

you've got questions... we might have answers

# Upcoming CoE Events:

**CoE Office Hour: Rural Health Challenges during COVID-19**

[Register here for webinar](#) on March 11, 2-3pm ET

**CoE Office Hour: Strategies for Improving Care Provided to the LGBTQ+ Community**

[Register here for office hour](#) on March 16, 3-4pm ET

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# Contact Us



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The screenshot shows the Primary Care Development Corporation website. The header includes the PCDC logo, navigation links (CONTACT US, NEWSLETTER, COVID-19, NEWS, REQUEST INFO, DONATE), and a secondary menu (OUR PROGRAMS, OUR IMPACT, EVENTS, RESOURCES, ABOUT PCDC). The breadcrumb trail reads: Home > Our Programs > Training and Technical Assistance > Solving for Sleep SAMHSA Webinar Series. A 'Quicklinks' sidebar lists: Request Info, Resources, Press Release, and Make a Donation. The main content area features the title 'Solving for Sleep SAMHSA Webinar Series' and the subtitle 'Integrating Care Through a Biopsychosocial Approach to Health'. The text describes a year-long virtual initiative focused on addressing sleep and related social and health needs through enhancing integrated primary and behavioral health care. It includes a call to action: 'WATCH: EXPERT CONVERSATION WITH NCBH SENIOR DIRECTOR ALICIA KIRLEY'. A note at the bottom states: 'Webinar sessions are 60 minutes each with a follow-on open 'office hour' for Q&A with experts, and will range in topics including:'.

Learn more about our year-long virtual initiative and register for the webinar Series at [pcdc.org/sleep](https://pcdc.org/sleep).