



Solving for Sleep Addressing Insomnia in Health Centers: Getting Real About What Impacts our Patients' Sleep

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

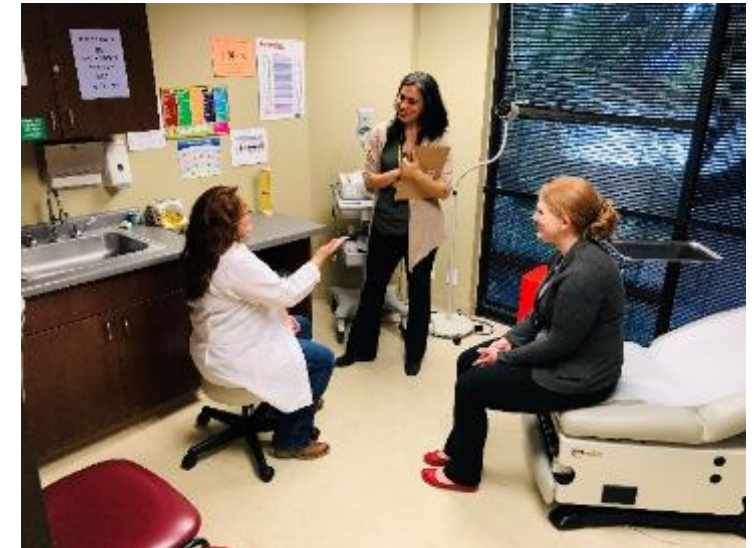
The views, opinions, and content expressed in this presentation do not necessarily reflect the views, opinions, or policies of the Center for Mental Health Services (CMHS), the Substance Abuse and Mental Health Services Administration (SAMHSA), or the U.S. Department of Health and Human Services (HHS).



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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: An Integrative Approach to Addressing Diabetes

- Foundations of sleep and health outcomes
- Perspectives of persons experiencing limited sleep with
- Health disparities and sleep
- Behavioral assessment and intervention in sleep
- Medical assessment and intervention in sleep
- Addressing sleep ourselves as healthcare providers

What impacts our patients' sleep?



Today's Panelists



Camille Evans, LMSW
Social Services Manager and Behavioral Health Consultant
Valor Health



Julita Mir, MD
Chief Medical Officer
Community Care Cooperative (C3)



Lee Ruszczyk LCSW, CCS, ACS
Senior Director of Behavioral Health
Henry J. Austin Health Center



Q&A

Upcoming CoE events:

Making the Case for High-functioning Team-Based Care

[Register here for webinar](#) on Oct 28, 1-2pm ET

Advancing Integration in Community Behavioral Health: Using a New General Health Integration Framework

[Register here for webinar](#) on Nov 18, 3-4pm ET

[Register here for the Office Hour](#) on Nov 23, 3-4pm ET

Interested in an individual consultation with the CoE experts on integrated care?

[Contact us through this form here!](#)

Looking for free trainings and credits?

[Check out integrated health trainings from Relias here.](#)

Questions?

Email: integration@thenationalcouncil.org

Contact Us



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The screenshot shows the website header with the PCDC logo and navigation links: Contact Us, Newsletter, COVID-19, NEWS, REQUEST INFO, and DONATE. Below the header is a secondary navigation bar with OUR PROGRAMS, OUR IMPACT, EVENTS, RESOURCES, and 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 sleep and related social and health needs. A call-to-action button says 'WATCH: EXPERT CONVERSATION WITH NCBH SENIOR DIRECTOR ALICIA KIRLEY'. At the bottom, it notes that webinar sessions are 60 minutes each with a follow-on open 'office hour' for Q&A.

Learn more about our year long virtual initiative and register for the webinar Series at pcdc.org/sleep.