



Unseen Impacts: Health Disparities and 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 Webinar Series

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

For further information and to register, please visit 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

Today's Panelists



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Office Hour



office hours

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

Upcoming CoE Events:

CoE Office Hours: Implementing Self-Care Throughout Cold Winter Weather and the COVID-19 Pandemic

[Register here for office hour](#) on Jan. 7, 2-3pm ET

Improving Client Outcomes with Care Coordination

[Register here for webinar](#) on Jan. 20, 2-3pm ET

Population Health Management Strategies

[Register here for webinar](#) on Jan. 28, 2-3pm ET

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

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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 are secondary navigation links: OUR PROGRAMS, OUR IMPACT, EVENTS, RESOURCES, ABOUT PCDC, and a search icon. The breadcrumb trail reads: Home > Our Programs > Training and Technical Assistance > Solving for Sleep SAMHSA Webinar Series. Social media sharing icons for Twitter, Facebook, LinkedIn, and Print are also visible.

Quicklinks

- Request Info
- Resources
- Press Release
- Make a Donation

Solving for Sleep SAMHSA Webinar Series

Integrating Care Through a Biopsychosocial Approach to Health

PCDC, in collaboration with the SAMHSA Center of Excellence for Integrated Health Solutions, is engaging in a year-long virtual initiative focused on addressing sleep and related social and health needs through enhancing integrated primary and behavioral health care. This initiative will include live virtual learning opportunities, free tools and resources, and linkage to experts in the field. An anchor for the year will be a monthly webinar series focused on building foundations and advanced applications of sleep knowledge.

WATCH: EXPERT CONVERSATION WITH NCBH SENIOR DIRECTOR ALICIA KIRLEY

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.