



www.SMIadviser.org

An APA and SAMHSA Initiative



Welcome to your quarterly update from SMI Adviser. We continue our commitment to advance evidence-based care for individuals who have serious mental illness (SMI).

Our initiative is near the end of Year 4 of our five-year grant. Yet the pace and scale of our work continues to expand. The impact of our education, our number of consultations to the field, and the breadth of resources that SMI Adviser offers is larger than ever. We are proud to highlight some of the data and recent work from our initiative.

- ✔ Key metrics from our initiative to date, which show how SMI Adviser meets people where they are with content and education across our website and mobile apps.
- ✔ A look at the in-depth consultations and technical assistance our Clinical Expert Team provides across a number of clinics, states, and national organizations.
- ✔ Updates about our new Digital Health Navigator curriculum and the transformative potential it holds to support digital literacy and advance clinical care, health equity, and recovery.
- ✔ The launch of SMI 101, a dedicated website section with resources and education for mental health clinicians who transition into roles that intersect with SMI.

We invite you to be an active part of our mission to improve care for individuals who have SMI. Use our [Partner Action Toolkit](#) to download materials and invite colleagues to engage with SMI Adviser. In order to truly improve care, we need to reach clinicians in all communities and practice settings. We are grateful for your work to help us raise awareness.

Thank you for being an important part of this initiative.

For questions about SMI Adviser, please contact us at SMIAdviser@psych.org. Our team is here to help you.

A BETTER TOMORROW

Find answers that help people with serious mental illness live their best lives.



**Clinicians
& Providers**



**Individuals
& Families**



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Our Education Has a Growing Impact

A hallmark of the SMI Adviser initiative is its focus on education. SMI Adviser continues to address gaps in the field through its live webinars, on-demand courses, and virtual learning collaboratives. This approach fuels ongoing participation across all professions in mental health.

Total Registrations
158,000+

Total Learners
53,000+

Education Credits Issued
68,000+

Top Five Professions

- ➔ Social Workers
- ➔ Psychologists
- ➔ Psychiatrists
- ➔ Peer Specialists
- ➔ Nurses

Data as of May 2022

[SEE OUR EDUCATION CATALOG](#)

Need Resources? Try the SMI Adviser Knowledge Base.

It provides vetted, evidence-based resources around SMI – all reviewed for accuracy and relevance by our national experts.

1,090+ Total Resources for Clinicians

Our online Knowledge Base is completely FREE

All content is vetted by our Clinical Expert Team

[BROWSE RESOURCES FOR CLINICIANS](#)

500+ Total Resources for Individuals and Families

Key content developed in partnership with NAMI and Mental Health America

[BROWSE RESOURCES FOR INDIVIDUALS AND FAMILIES](#)

Data as of April 2022

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Content That Engages Clinicians Across Web and Mobile

Since its launch in 2018, a major part of SMI Adviser’s strategy is to make evidence-based guidance easy to find. In today’s digital world, that means content must be accessible across all devices – desktop, tablet, and smartphone.

This commitment to multiplatform content delivery is a major part of SMI Adviser’s success. Engagement across SMIadviser.org and its companion mobile app shows strong growth. This fuels participation in our evidence-based education and resources.



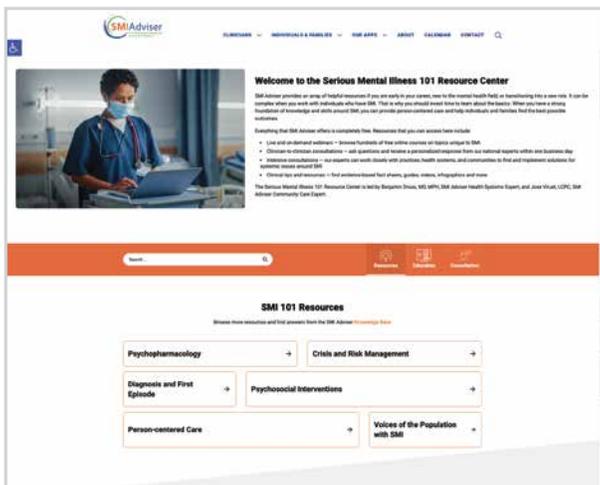
Total Website Users
1,400,000+

VISIT OUR WEBSITE NOW



Scan now to download

22,000+
Total Downloads for SMI Adviser App



Over the last year, SMI Adviser launched new website pages about SMI and schizophrenia. This is part of a broader strategy to enhance search engine optimization (SEO) and increase website traffic. In the coming months we plan to launch similar pages on bipolar disorder and major depression.

LEARN ABOUT SMI

LEARN ABOUT SCHIZOPHRENIA



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An In-Depth Take on Consultations

SMI Adviser provides technical assistance (TA) to the field in the form of clinician-to-clinician consultations. Many of these consultations are questions submitted by mental health clinicians via SMIAdviser.org. Through our secure system, members of our Clinical Expert Team respond to these questions within one business day, and in some cases follow up via phone to provide further guidance.

2,800+
Total Number of
Consultations

[SUBMIT A QUESTION NOW](#)

SMI Adviser also provides TA to the field through a growing number of implementation sites. These in-depth consultations involve helping a site, clinic, or organization close identified gaps in care.

During our work with implementation sites, our national experts assess the needs, help develop the solution, and provide ongoing support. Once under way, the work may span weeks or months.

The list below highlights some of our flagship implementation sites.

- 📍 Thresholds, Chicago, IL**
Consult on the process to achieve status as a Federally Qualified Health Center (FQHC)
- 📍 Maine Behavioral Healthcare, South Portland, ME**
Consult on measurement-based care methods with Assertive Community Treatment (ACT) teams
- 📍 Families and Youth Inc. and Behavioral Health Collaborative, Las Cruces, NM**
Consult to improve clinician skills and knowledge via trainings, annual updates, and data
- 📍 Ohio Association of County Behavioral Health Authorities (OACBHA)**
Consult to improve clinician skills and knowledge via trainings on identified gaps
- 📍 North Carolina Department of Health and Human Services**
Provide training on best practices around treating individuals who have SMI and COVID-19 in inpatient hospital and residential settings
- 📍 National Judicial Task Force to Examine State Courts' Response to Mental Illness**
Provided guidance on topics such as violence risk, peer support specialists, DSM-5-TR, stigma, family involvement, crisis continuum of care, and evidence-based care
- 📍 U.S. Food and Drug Administration (FDA)**
Provide guidance on Clozapine Risk Evaluation and Mitigation Strategies (REMS)
- 📍 FBI National Threat Operations Center (NTOC)**
Provide consultation and training regarding organizational change for systems-level and workforce-level issues.

[WANT OUR HELP? CONTACT US.](#)



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Mobile App Gets New Rating Scale and More Functionality



DOWNLOAD THE APP

The SMI Adviser mobile app recently added a new rating scale to its list of scales that you can use in real time during clinical visits.

The Alcohol Use Disorders Identification Test-Concise (AUDIT-C) is a brief screen to identify individuals who are hazardous drinkers or have active alcohol use disorders. The app provides a clear, easy-to-interpret risk assessment based on the screen.

There is also new functionality that you can use for all six gold-standard measures now available in the app. You can access native sharing functions to easily share results with individuals or include results in the medical record. This new functionality promotes measurement-based, person-centered care.

New Curriculum on Digital Health

Over the last year, SMI Adviser began work on a new curriculum to support an emerging role on the mental health care team: the digital health navigator.

The Digital Health Navigator Training is an interactive, self-paced, six-hour curriculum. It supports digital literacy and helps advance clinical care, health equity, and recovery. Individuals trained as digital health navigators can:

- ✔ Support colleagues in matching digital tools to recovery goals
- ✔ Assist individuals with questions and challenges in using digital tools
- ✔ Improve recovery with measurement-based care

The training is scheduled to launch in the coming months. After an initial test with a limited number of sites, SMI Adviser plans to make this free training available to the mental health field. Ultimately we hope to pursue certification for the curriculum and collect data to support the case for reimbursement by Medicaid.



LEARN ABOUT DIGITAL NAVIGATORS



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SMI 101: Resources to Support the Mental Health Workforce



SMI 101

- When It Comes to SMI, Words Matter – Handout
- What is known about long acting injectable (LAI) antipsychotic medications in the treatment of...
- Suicide Prevention, Part 1: Identifying and Predicting Risk, Vulnerable Populations, Public Perceptions,...
- What is Family Psychoeducation?
- Persistent psychotic symptoms in schizophrenia

[VIEW ALL](#)

Topic: SMI 101

How do I assess for suicide in individuals with serious mental illness?	What is Family Psychoeducation?	What is social skills training?
Persistent psychotic symptoms in schizophrenia	What do I do in a crisis when there is a threat of suicide or violence?	What is psychosis?
Is there an easy to use screening tool for anxiety levels that is clinically meaningful?	What side effects might be expected after starting an antidepressant medication for the first time?	Does smoking cigarettes interfere with how well medication for schizophrenia works?
What are some alternatives to physical restraint in inpatient and emergency settings?	Is peer support effective in working with people experiencing mental health crises?	Can a primary care provider or family practitioner prescribe psychotropic medications?
Is a person ever able to stop taking medications to treat their serious mental illness?	Practice Guidelines for the Psychiatric Evaluation of Adults, Third Edition	Depression in Adults: Screening
What is the best practice for treatment of co-occurring disorders?	Why is it common for people with serious mental illness to need more than one medication?	Recommended Standard Care for People with Suicide Risk: Making Health Care Suicide Safe
Clinical Guidelines: Screening for Suicide Risk in Adolescents, Adults, and Older Adults in Primary Care: U.S. Preventive Services Task Force Recommendation Statement	How often should a full medical workup be done on a person with serious mental illness who is being treated with medications?	Early Intervention in Psychosis: A Primer
Recovery	Self-administered screening tools	What is illness management and recovery?
What are available practice guidelines for depression / major depressive disorder?	How should I screen for and address suicide risk in populations with serious mental illnesses?	What metabolic monitoring is appropriate when patients are taking antipsychotic medications? Are there any labs or vital signs to monitor?

SMI Adviser recently launched a new section of its website that aligns resources to support clinicians who move into roles that intersect with SMI. This includes those who are early in their careers, new to the mental health field, or transitioning into a new position.

The SMI 101 Resource Center offers evidence-based resources, education, and more that readies and supports clinicians during these transitions. When you have a strong foundation of knowledge and skills around SMI, you can provide person-centered care and help individuals and families reach the best possible outcomes.

[VISIT THE SMI 101 RESOURCE CENTER](#)



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Resources on Crisis Care

The ongoing mental health impact of the pandemic and the upcoming rollout of 988 in July 2022 puts a renewed focus on crisis care. SMI Adviser offers a variety of resources for the field around this very important topic.



Lethal Means Counseling for Suicide Prevention

Gain a deeper understanding of the use of lethal means counseling (LMC) with high-risk patients, including practical guidance and suggestions for navigating these conversations.

[Learn more >](#)

Engage or Enrage: De-escalation Strategies for Mental Health Crisis (Part One)

An in-depth look at the traits, stages, and dynamics of crisis; the important role of self-awareness in de-escalation; and how to choose the appropriate intervention strategy. [Learn more >](#)



Engage or Enrage: De-escalation Strategies for Mental Health Crisis (Part Two)

Explore higher-level escalations, including how to avoid power struggles, on-the-spot situation assessments, safety concerns, and debriefing techniques. [Learn more >](#)

Suicide and Serious Mental Illness: An Overview of Considerations, Assessment, and Safety Planning

A guide that provides an overview of considerations and suicide prevention measures at the intersection of suicide and SMI. [Learn more >](#)

My Mental Health Crisis Plan

An award-winning app from SMI Adviser that empowers individuals who have SMI to help guide their treatment preferences during a mental health crisis.

[Learn more >](#)

SEE MORE ON CRISIS CARE

Scan now to
download
the app





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Have Questions About SMI? Give Our Consultation System a Try.

Get a clinician-to-clinician consultation on any topic related to SMI, from crisis care to medication management to self-care apps. One of our national experts can respond to your questions within one business day. Ask about:

- ✔ Crisis planning
- ✔ Recovery resources
- ✔ Family engagement
- ✔ Self-care strategies
- ✔ Measurement-based care
- ✔ Systems and policy issues
- ✔ Psychiatric advance directives
- ✔ Treatment strategies
- ✔ Peer support
- ✔ And much more!

SUBMIT A QUESTION NOW

Submit questions to our national experts in serious mental illness (SMI). Watch our video to see how it works. Then request a **FREE** consultation from our national experts in SMI. This service is available to **ALL** mental health professionals! Find answers that are confidential, completely free, and evidence-based.

- Ask any question related to SMI
- Receive guidance from an expert within one business day

Use Our Partner Action Toolkit to Raise Awareness

Access flyers and any other materials you need about SMI Adviser in our Partner Action Toolkit. Share with your colleagues, staff, family members, and individuals in your care.



Join our Mission for Better today. Post something on social media and use our hashtag

#MissionForBetter

VIEW THE TOOLKIT



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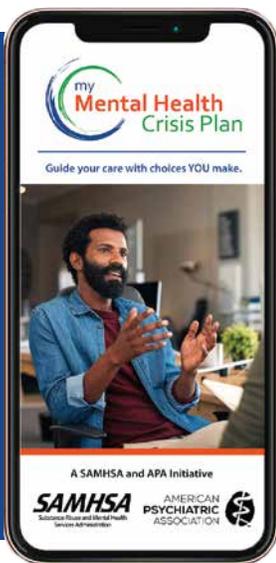
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My Mental Health Crisis Plan Wins Prestigious Award

In December 2021, SMI Adviser's My Mental Health Crisis Plan app was named Best Health Care Mobile Application in the 2021 MobileWebAwards.

The MobileWebAwards, which are administered by the Web Marketing Association, are the first and only industry-based advertising award competition dedicated exclusively to responsive mobile web and application development.



"This app is such an important tool for patients and doctors alike. Allowing patients to take an active role in their care through a psychiatric advance directive that is easily accessible on their phones can be a big help if they encounter a mental health crisis. SMI Adviser and SAMHSA deserve kudos for using mobile technology to develop a workable solution for those who need it."

Saul Levin, MD, MPA
CEO and Medical Director
American Psychiatric Association

[LEARN ABOUT THE APP](#)

SAMHSA Partner Spotlight: The Center of Excellence on LGBTQ+ Behavioral Health Equity

This section highlights other programs and resources from the Substance Abuse and Mental Health Services Administration (SAMHSA).

The Center of Excellence on LGBTQ+ Behavioral Health Equity provides vital information to help mental health providers support the population of people who identify as lesbian, gay, bisexual, transgender, queer, questioning, intersex, two-spirit, and other diverse sexual orientations, gender identities, and expressions. It offers training, coaching, and technical assistance to implement change strategies within mental health and substance use disorder treatment systems so they can address disparities that affect LGBTQ+ people across all stages of life.

[LEARN MORE ABOUT THIS CENTER](#)

