



Your Guide to SMI Adviser - Building Community and Advancing Interdisciplinary Care

November 17, 2023

CSS-SMI INITIATIVE

The Clinical Support System for Serious Mental Illness (CSS-SMI) is a Substance Abuse and Mental Health Services Administration (SAMHSA) funded initiative implemented by the American Psychiatric Association (APA).



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FACULTY



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DISCLOSURES

- Received research funding (to institution) from Otsuka, Roche, Karuna, and Alkermes.
- Speaker and consultant to Saladax Biomedical
- Speaker for Clinical Care Options.

LEARNING OBJECTIVES

Upon completion of this activity, participants will be able to:

1. Demonstrate knowledge of the available resources on SMI Adviser's educational catalog and knowledge base.
2. Outline the process of accessing SMI Adviser's consultation service, demonstrating the ability to effectively seek guidance to help make evidence-based treatment decisions.
3. List and describe three tools in SMI Adviser's Clozapine or Long-Acting Injectable Center of Excellence.



www.SMIadviser.org

Overview

SMI ADVISER VISION STATEMENT

To transform care for people who have serious mental illness so they can live their best lives.



SMI ADVISER IS...



A national initiative that serves clinicians and providers across all mental health practice settings



Focuses on the three most common conditions associated with serious mental illness: bipolar disorder, major depressive disorder, and schizophrenia

SMI ADVISER OFFERS...



Educational
Opportunities



Vetted Resources



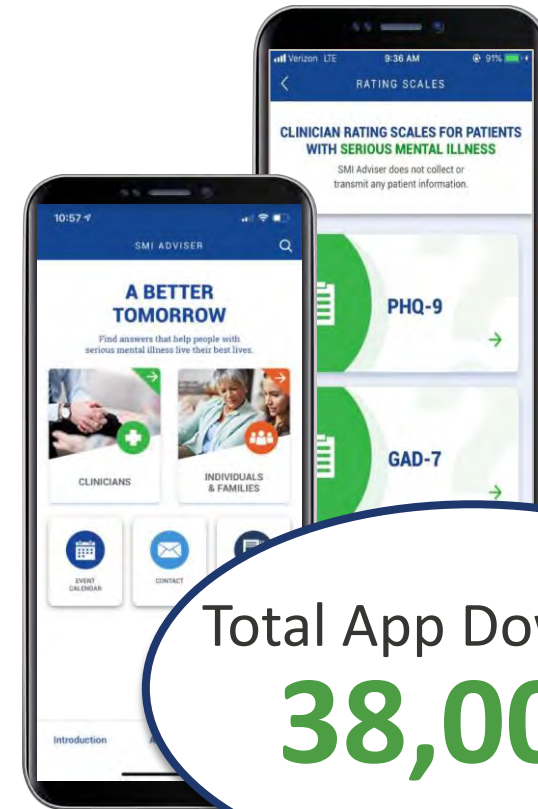
Consultations

MULTIPLATFORM CONTENT DELIVERY



Total Website Users
1,862,823

Visit at SMIadviser.org



Total App Downloads
38,000+

Download at SMIadviser.org/app

Data as of September 29, 2023

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INDIVIDUALS & FAMILIES ▾

OUR TOOLS ▾

ABOUT US

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CONSULT REQUEST

KNOWLEDGE BASE

EDUCATION CATALOG

CENTERS OF EXCELLENCE

A BETTER TOMORROW

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



Clinicians
& Providers



Individuals
& Families



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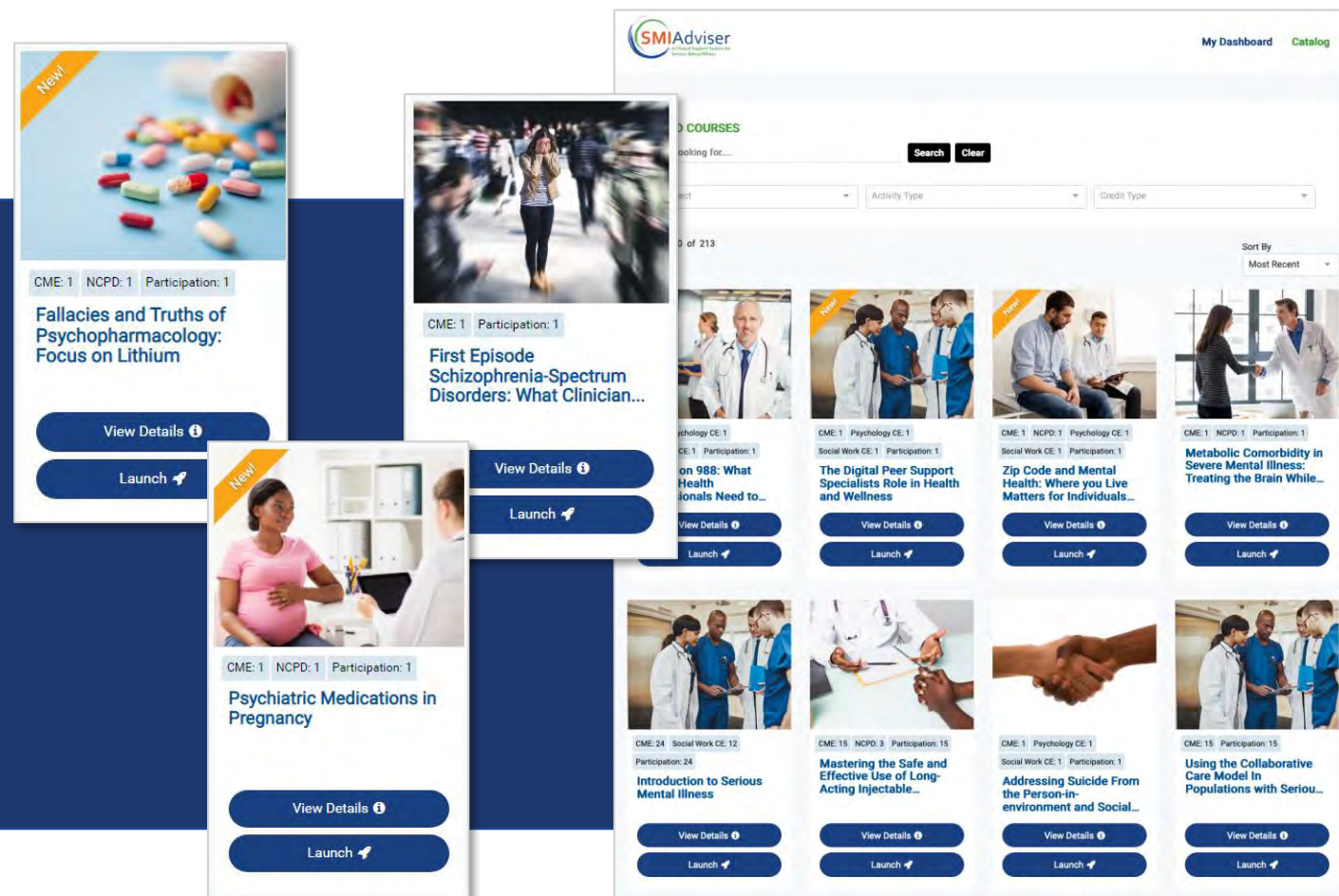


SMI ADVISER EDUCATION CATALOG

Total courses available at no cost to the field: 270+

Live and on-demand one-hour webinars

Interactive, 12-week Virtual Learning Collaboratives



SMI ADVISER EDUCATION CATALOG

Opportunity to ask questions on key topics during live webinars

Focus on important, unique, real-world topics around SMI

- The Utilization of Medication for Opioid Use Disorder in an Outpatient Setting
- Overcoming Barriers and Unlocking Clozapine: A Panel Shares Clinic, System, and State-wide Strategies
- Treating Transitional Age Youth with Clozapine




CME: 1 NCPD: 1 Participation: 1

The Utilization of Medication for Opioid Use Disorder in an Outpatient...

[View Details](#) ⓘ

[Launch](#) ↗



CME: 1 NCPD: 1 Participation: 1

Treating Transitional Age Youth with Clozapine

[View Details](#) ⓘ

VIRTUAL LEARNING COLLABORATIVES

- Hands-on, in-depth, interactive online courses led by subject matter experts
- Real-world, evidence-based approach to address specific topics and challenges around SMI

The screenshot displays the VLC course interface. The sidebar on the left lists the course structure, including 'Getting Started/Schedule', 'Pework: Welcome and Overview', 'Module 1: Principles of Integrated Treatment in a Program Serving People w/SMI', 'Module 2: Welcoming Individuals with Co-occurring SMI and SU and Harnessing Hope and Strength', and 'Module 3: Integrated Longitudinal Strength-based Screening and Assessment'. The main content area is titled 'Overview' and includes sections for 'Learning Objectives' and 'Assignments'.

Overview

This week participants will learn why all SMI programs should become “co-occurring” programs, and what evidence-based principles and interventions can be implemented in order to achieve this goal

Each participant should determine the scope of the work to which they will be applying what is learned in this VLC: Are you applying this learning only to your own work? Are you a program leader applying what is learned to your whole team or program? Are you an agency leader applying what is learned to a range of programs in your agency?

Assignments will be tailored to the appropriate scope for each participant.

Learning Objectives

- Define a “co-occurring capable” SMI program and staff
- Identify the six principles of successful integrated treatment in an SMI program, and the interventions associated with each
- Identify basic approaches to implementation of integrated services within an SMI program or agency.

Assignments

A group video call was hosted via Zoom on May 11, 1:00-2:00pm ET. Missed the meeting? You can review the recording here.

Prior to live session:

- Read: Developing Welcoming Systems for Individuals with Co-Occurring Disorders
- Review: Slide handout from live virtual learning session
- (Optional) Read: IDDT Clinical Guide; this is not required but will help as an introduction to the course


Make sure that you have downloaded the Implementation Guides - we will be using and referencing these throughout the learning collaborative. You can download the guides by navigating to the Resources tab at the top right of the screen, then choosing the Implementation Guides folder. This week, we will be referencing Implementation Guide #1: Serious Mental Illness (SMI) and Co-Occurring Disorders (COD).

POPULAR VIRTUAL LEARNING COLLABORATIVES

12-week, interactive courses led by SMI Adviser clinical experts

Hands-on, peer-to-peer, skill-building with real-world, practical applications

- Introduction to Serious Mental Illness
- Mastering the Safe and Effective Use of Long-Acting Injectable Antipsychotics
- Mastering Clozapine: Increasing Confidence and Improving Outcomes




New!

CME: 15 Participation: 15

**Mastering Clozapine:
Increasing Confidence and
Improving Outcomes**

[View Details ⓘ](#)

[Launch 🚀](#)



New!

CME: 24 Social Work CE: 12
Participation: 24

**Introduction to Serious
Mental Illness**

[View Details ⓘ](#)

[Launch 🚀](#)

VLC: CLOZAPINE

Mostly asynchronous with office hours roughly every other week

At the end of the VLC participants produce a deliverable for measuring clozapine side effects

Schedule/Agenda

Pre-Work: Welcome and Overview

Module 1: Clozapine Overview: Efficacy and Mechanism of Action

Module 2: Pharmacokinetics and Interpreting Clozapine levels

Module 3: Hematological Considerations and Side Effects

Module 4: Metabolic Considerations and Side Effects

Module 5: Cardiac Considerations and Side Effects

Module 6: GI Considerations and Side Effects

Module 7: Other Side Effects (Sialorrhea, Pneumonia, VTE, Enuresis)

Module 8: Neurological Side Effects

Module 9: Managing Partial Response and Treatment Resistance

Module 10: Team-based approaches to clozapine (e.g., clozapine clinics)

Module 11: Measuring side effects

Module 12: Presentation of SE monitoring protocol

Program/Syllabus Ends



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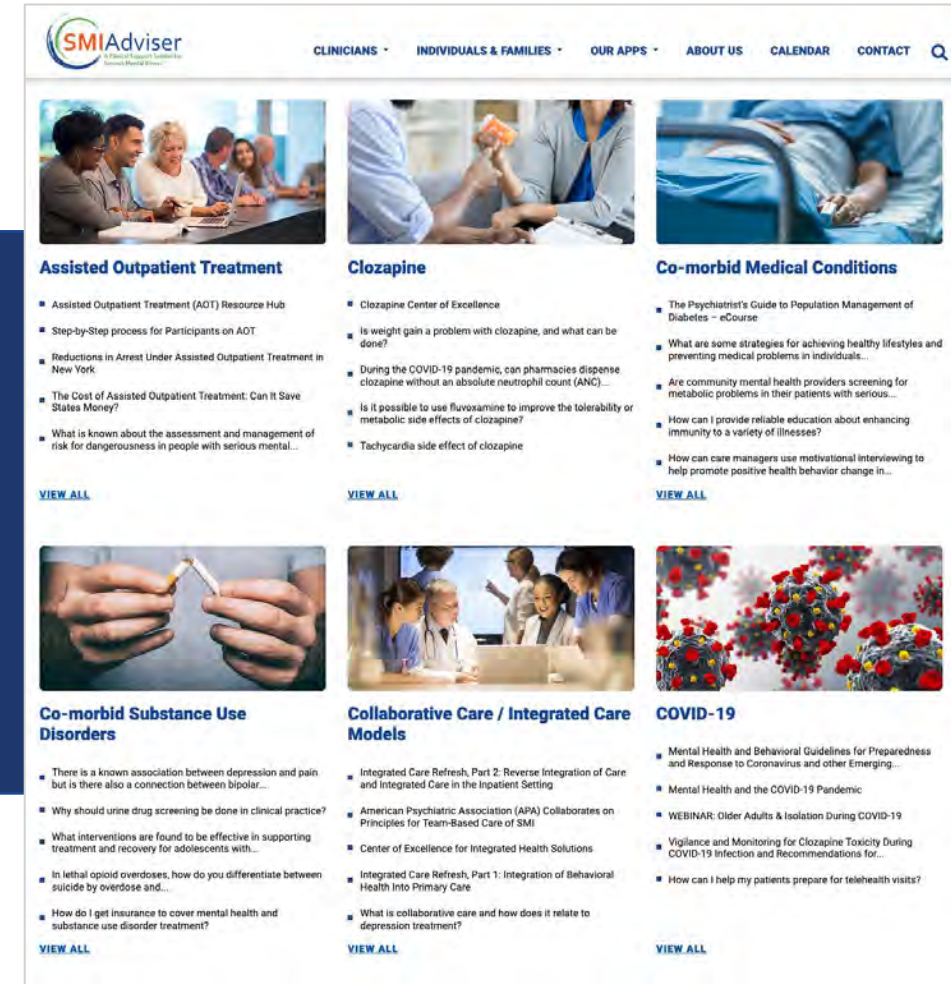


SMI ADVISER KNOWLEDGE BASE

Resources for clinicians: 1,100+

Our online Knowledge Base is completely FREE


All content is vetted by our Clinical Expert Team



The screenshot displays the SMI Adviser Knowledge Base website. The header includes the SMI Adviser logo and navigation links: CLINICIANS, INDIVIDUALS & FAMILIES, OUR APPS, ABOUT US, CALENDAR, and CONTACT. The main content area is divided into six sections, each with a representative image and a list of resources:

- Assisted Outpatient Treatment** (Image: A group of people in a meeting):
 - Assisted Outpatient Treatment (AOT) Resource Hub
 - Step-by-Step process for Participants on AOT
 - Reductions in Arrest Under Assisted Outpatient Treatment in New York
 - The Cost of Assisted Outpatient Treatment: Can It Save States Money?
 - What is known about the assessment and management of risk for dangerousness in people with serious mental...
- Clozapine** (Image: A healthcare professional administering medication):
 - Clozapine Center of Excellence
 - Is weight gain a problem with clozapine, and what can be done?
 - During the COVID-19 pandemic, can pharmacies dispense clozapine without an absolute neutrophil count (ANC)...
 - Is it possible to use fluvoxamine to improve the tolerability or metabolic side effects of clozapine?
 - Tachycardia side effect of clozapine
- Co-morbid Medical Conditions** (Image: A patient lying in a hospital bed):
 - The Psychiatrist's Guide to Population Management of Diabetes - eCourse
 - What are some strategies for achieving healthy lifestyles and preventing medical problems in individuals...
 - Are community mental health providers screening for metabolic problems in their patients with serious...
 - How can I provide reliable education about enhancing immunity to a variety of illnesses?
 - How can care managers use motivational interviewing to help promote positive health behavior change in...
- Co-morbid Substance Use Disorders** (Image: Hands holding a lit cigarette):
 - There is a known association between depression and pain but is there also a connection between bipolar...
 - Why should urine drug screening be done in clinical practice?
 - What interventions are found to be effective in supporting treatment and recovery for adolescents with...
 - In lethal opioid overdoses, how do you differentiate between suicide by overdose and...
 - How do I get insurance to cover mental health and substance use disorder treatment?
- Collaborative Care / Integrated Care Models** (Image: Healthcare professionals in a meeting):
 - Integrated Care Refresh, Part 2: Reverse Integration of Care and Integrated Care in the Inpatient Setting
 - American Psychiatric Association (APA) Collaborates on Principles for Team-Based Care of SMI
 - Center of Excellence for Integrated Health Solutions
 - Integrated Care Refresh, Part 1: Integration of Behavioral Health Into Primary Care
 - What is collaborative care and how does it relate to depression treatment?
- COVID-19** (Image: A 3D model of a coronavirus particle):
 - Mental Health and Behavioral Guidelines for Preparedness and Response to Coronavirus and other Emerging...
 - Mental Health and the COVID-19 Pandemic
 - WEBINAR: Older Adults & Isolation During COVID-19
 - Vigilance and Monitoring for Clozapine Toxicity During COVID-19 Infection and Recommendations for...
 - How can I help my patients prepare for telehealth visits?

KNOWLEDGE BASE EXAMPLE – INTERPRETING CLOZAPINE LEVELS

 / Knowledge Base (Clinicians) / How Do I Interpret Clozapine Or Norclozapine Blood, Serum Or Plasma Levels; What Do These...

How do I interpret clozapine or norclozapine blood, serum or plasma levels; What do these mean? ☆

Rationale for Clozapine Levels

Blood levels of medications (serum or plasma) are used because, compared with oral dosage, they correlate more closely with medication concentration in the brain. With regard to clozapine, blood levels are available for clozapine, and for norclozapine, the major active clozapine metabolite.

Levels should not be the primary determinant of dosage, but can play an important role in guiding treatment, in conjunction with clinician assessment of symptoms and side effects.

There are situations when a clozapine level can be useful: to assess medication adherence, when clozapine is less effective than expected, when there are more side effects than expected, or when medication interactions are suspected. Additionally, clozapine levels can be helpful for special populations, like older adults, children or adolescents, people with intellectual disabilities, people with hepatic impairment, or women who are pregnant. Levels can be useful when there are changes that might be affecting P450 metabolism, such as stopping or starting smoking around hospital admissions.

Timing of Clozapine Levels

Levels should be a steady state, trough level. Clozapine reaches a steady-state concentration at 5-7 days. Levels should be drawn 12 hours (\pm 2 h) after the last dose.

Relationship between Clozapine Levels and Efficacy

Clozapine blood levels are correlated with both clozapine effectiveness and side effects. However, there is large variation between patients in blood levels. There is also substantial variation within patients (plus or minus 30% in some studies). Given the inter-patient variability, there is no minimum effective clozapine level and no maximum safe level. The mean threshold response for people with treatment resistant [schizophrenia](#) is 350 ng/ml. If a patient still has positive symptoms and has a clozapine level <350 ng/mL, prescribers should consider increasing the clozapine dose to correspond with a level >350 ng/ml. Patients rarely respond to levels >1000 ng/ml.

PARTICIPATION IN OUR EDUCATION

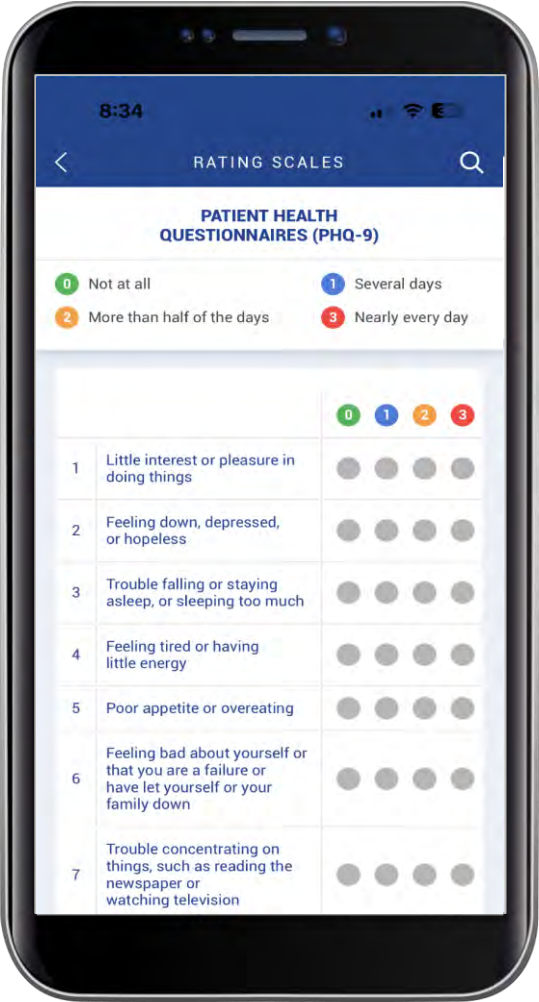
Total Number of
Learners
75,900+

"It was one of the best webinar/virtual learning sessions I've participated in over the last decade. I left with useful, practical, information and resources to implement immediately."

"Very helpful education. I have zero experience with motivational interviewing and am finding this course to be a valuable experience."

"A good refresher on...how best to connect with individuals you work with to develop the needed relationship that will facilitate growth for the individual and not cause them to disconnect with your service and their goals."

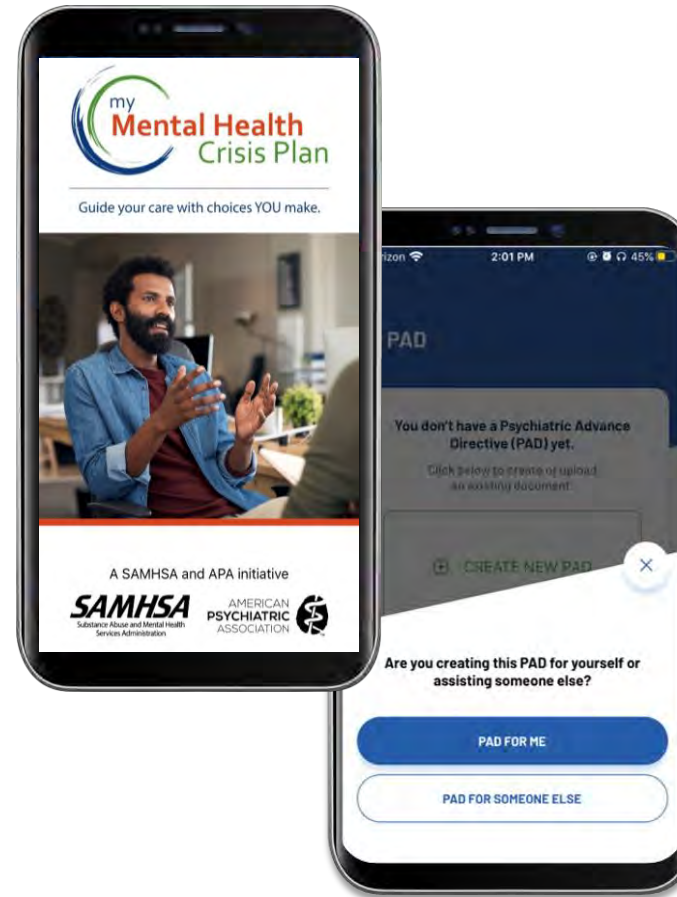
SMI ADVISER APP



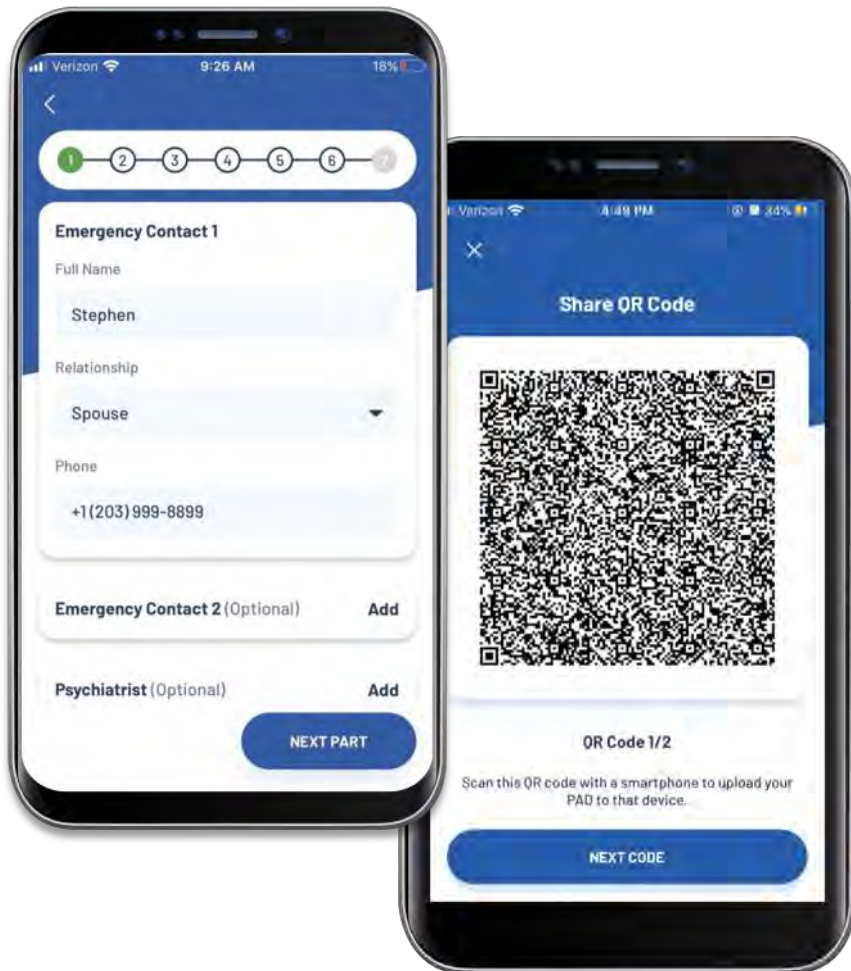
Download at SMIAdviser.org/app

MY MENTAL HEALTH CRISIS PLAN

- ✓ Individuals and family members can use the app
- ✓ Facilitators can help individuals create a PAD



MY MENTAL HEALTH CRISIS PLAN



The app allows individuals to:

- Clearly state their treatment preferences
- Designate someone to legally make decisions on their behalf
- Update their PAD at any time and access it right in the app
- Easily share their PAD with family members and friends
- Provide clinicians with access to all information in their PADs

SMIadviser.org/padapp

