

PROVIDER QUICK POINTS

PROVIDER INFORMATION



October 21, 2015

Free Webinar November 12, 2015: Shared Decision-Making & Depression Treatment in Primary Care

Blue Cross and Blue Shield of Minnesota invites providers to participate in a free webinar focused on understanding how to incorporate shared decision-making into primary care when working with patients who experience depression.

Depression is the most common form of mental illness in the United States, with the majority of individuals diagnosed and treated in primary care. Although effective treatment strategies exist, patient engagement can be challenging. Research indicates that shared decision-making can improve a patient's experience of care and adherence to treatment recommendations. In this free webinar, experts from Stratis Health, HealthPartners and Park Nicollet will review the elements of shared decision-making, with a focus on how to apply it to the treatment of depression in the primary care setting.

- **When:** Thursday, November 12, 2015, from 12:00 – 1:00 pm
- **Presenters:**
 - Vicki Olson, RN, MS, Program Manager, Stratis Health
 - Art Wineman, MD, Department Chair, Family Medicine & Regional Assistant Medical Director, HealthPartners
 - Tasha Gastony, PA-C, Department of Family Medicine & Regional Medical Director, Park Nicollet
- **To Register:** Email CJ at Carroll.J.Helm@HealthPartners.com
- **Continuing Education:** CME credit and CEU certificate of attendance available

This webinar is presented by a collaboration of Minnesota health plans working together to improve depression management in Minnesota. Blue Cross and Blue Shield of Minnesota, HealthPartners, Medica, Metropolitan Health Plan/Hennepin Health and UCare thank you for the quality care you provide to your patients and our members.

Find additional information about this webinar on the [Stratis Health website](#). While there, you can also download a copy of a **Provider Toolkit** with resources for providers working with culturally diverse patients experiencing depression.