

Dear Provider,

Aetna Better Health of Michigan strives to improve the quality of care for all of our members. We recognize that our providers' knowledge and expertise is essential for improving the effectiveness and efficiency of our programs and services. As you know, behavioral health issues have a major impact on our members overall health. Aetna Better Health of Michigan wants to ensure that our providers are aware of what is available to assist in screening for behavioral health issues.

Additional resources have been made available on the Aetna Better Health of Michigan web site for our providers. Under "For Providers" and under the "Resources" tab are two additional resources related to the behavioral health screening tools.

The first is the PHQ-9 tool for depression. This tool is a multipurpose instrument for screening, diagnosing, monitoring, and measuring the severity of depression. Two links for The PHQ-9 have been made available:

Link to overview and instructions for the PHQ-9

http://www.cqaimh.org/pdf/tool_phq9.pdf

Link to the PHQ-9 tool

http://www.phqscreeners.com/sites/g/files/g10016261/f/201412/PHQ-9_English.pdf

The second is the Screening, Brief Intervention, and Referral to Treatment (SBIRT) which is an evidence-based practice used to identify, reduce, and prevent problematic use, abuse, and dependence on alcohol and illicit drugs. Two links for the SBIRT have been made available:

Link to an overview of SBIRT:

<http://www.integration.samhsa.gov/clinical-practice/SBIRT>

Link to free SBIRT Training through Medscape:

<https://login.medscape.com/login/sso/getlogin?urlCache=aHR0cDovL3d3dy5tZWVzY2FwZS5vcmcvdmld2FydGljbGUvODMwMzMx&ac=401>

If you should have any questions related to either of these tools or would like training, please contact our Director of Behavioral Health Service, Keith Hoffman. You may reach him via email: hoffmank1@aetna.com or call him at 313-324-7590 (office) or 586-337-7354 (cell).