**Project ECHO® (Extension for Community Healthcare Outcomes)**

**Behavioral Health and Addiction (BHA) ECHO Resources**

**Depression Management Topics:**

<table>
<thead>
<tr>
<th>Session</th>
<th>Session Topic (PowerPoints Linked)</th>
<th>Session Recordings</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Introductory Session</td>
<td>Video Link here</td>
</tr>
<tr>
<td>1</td>
<td>Depression Essentials</td>
<td>Video Link here</td>
</tr>
<tr>
<td>2</td>
<td>Antidepressant Medication Management</td>
<td>Video Link here</td>
</tr>
<tr>
<td>3</td>
<td>Brief Psychosocial Interventions</td>
<td>Video Link here</td>
</tr>
<tr>
<td>4</td>
<td>Referring for Behavioral Health Consultation</td>
<td>Video Link here</td>
</tr>
<tr>
<td>5</td>
<td>Treating Resistant Depression</td>
<td>Video Link here</td>
</tr>
<tr>
<td>6</td>
<td>Treating Psychotic Depression</td>
<td>Video Link here</td>
</tr>
<tr>
<td>7</td>
<td>Treating Bipolar Depression</td>
<td>Video Link here</td>
</tr>
<tr>
<td>8</td>
<td>Depression Relapse Prevention</td>
<td>Video Link here</td>
</tr>
</tbody>
</table>

**Program Contact Information**

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Resources Mentioned during Session

- Antidepressant Treatment List
- Behavioral Health Community Providers
- CBT Auto Thoughts Short and Simple
- How to choose a therapist
- Mindfulness Practice
- Mood Disorder Questionnaire (MDQ)
- National Suicide Prevention Lifeline Wallet Card
- Patient Health Questionnaire-9 (PHQ-9)
- Primary Care PTSD Screen for DSM-5 (PC-PTSD-5)
- Relaxation Breathing Simple
- STOP-BANG Sleep Apnea Screening
- STOP-BANG Sleep Apnea Screening (Spanish)
- Stress Management
- Stress Response Hunter
- Stress: What It Is and How to Spot It
- Suicide Assessment Five-step Evaluation and Triage (SAFE-T)

Resources: Articles

- ASG Beers Criteria 2019
- Gabapentin Combined With Naltrexone for the Treatment of Alcohol Dependence
- Gabapentin Treatment for Alcohol Dependence – Clinical Trial
- Ondansetron Type B Alcohol Dependence Trial
- Quetiapine for the Treatment of Type A and Type B Alcoholism
- Quetiapine Monotherapy in PTSD: Randomized Trial