



Winter 2014

Clinical Team:		
Bruce L. Rollman, MD, MPH Internist, Principal Investigator	Jordan F. Karp, MD Psychiatrist	Bea Herbeck Belnap, DrBiolHum Psychologist
Project Coordinator: Tania C. Ghani, MS		
Care Managers: Amy Anderson, MS Christopher Wilttrout, BS		

Trial Enrollment Ends: August 2014!

INTERVENTION PATIENTS RECEIVE:

- 6-Months telephone-delivered collaborative care from Amy or Chris, our care managers;
- 1-Year access to the *Beating the Blues* computerized cognitive-behavioral therapy program;
- Unlimited access to our moderated Internet Support Group (depending on randomization).

Beating the Blues

beating the blues US

Contact Us

"I feel like a different person. I'm out and about and feel that the therapy has really helped me!"
Leena

Watch the Video to find out how Beating the Blues US can help you?

New to Beating the Blues US?
Activate your account

Already Registered?
Login

Internet Support Group

Online Treatment
for Mood & Anxiety Disorders

Tuesday, February 18, 2014

Welcome Tania Log out

HOME DISCUSSIONS RESOURCES BEATING THE BLUES MYPCB CONTACT US HELP

My Inbox [2]
My Activity
My Support Group
OT Community
My Profile

Welcome

Meet Jessica, Our Guest Moderator!

Recent Discussions

- Review, Remember, and Practice What You Have Learned
- School date
- Any other nasal spray adds here???
- Classic scene from the book "Breakfast at Champions" on thought errors.
- Prayers / Thoughts Needed (warning - upsetting)
- Depression as a terminal illness

Recent Comments

Thank you to the 23 OT members who participated in our scavenger hunt and sent in suggestions for how we can continue to improve our ISG.

We hear you!

To begin implementing your suggestions, I am pleased to announce that Jessica308 has accepted our invitation to be our 1st OT guest moderator. For the remainder of February, she will respond to many of your comments and we will work together to help her create new discussion boards on our "Guest Corner."

Look for Jessica308's comments and discussions this month, and please tell me if you are also interested in being a guest moderator.

P.S. If you wish to welcome Jessica308, log-in to the OT Community and add her to your Support Group.

WE KEEP YOU INFORMED OF YOUR PATIENTS' PROGRESS

Care managers relay treatment recommendations to PCPs under the supervision of our Clinical Team and chart monthly updates in *EpicCare*.

REFERRALS ARE SIMPLE!

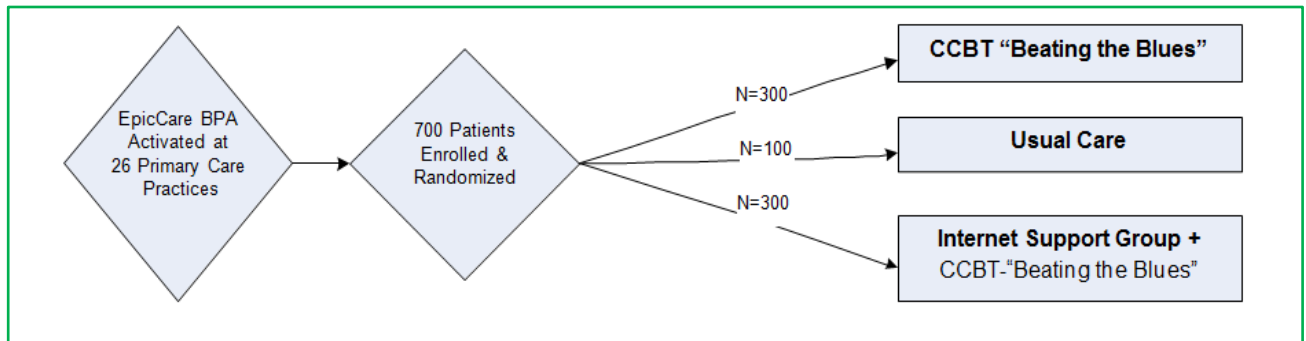
If you believe one of your anxious and depressed patients aged 18-75 with reliable access to the Internet may benefit from our Trial, please obtain their verbal consent to undergo our screening procedure and refer them to us via either an: 1) *EpicCare* **Best Practice Alert** (below); or 2) In Basket message to **P MAX**.

RESEARCH STUDY (1 Advisory)

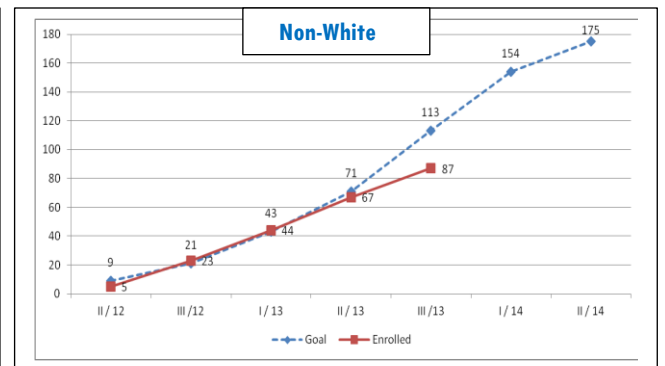
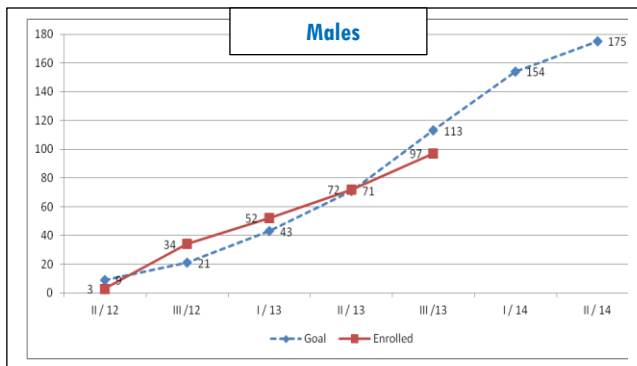
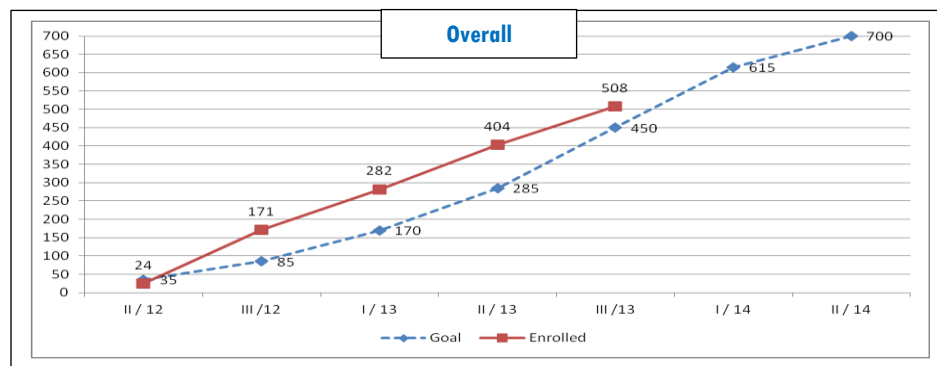
Your patient may be eligible to participate in an ONLINE TREATMENT study for his/her MOOD AND/OR ANXIETY SYMPTOMS. Is it OK with your patient if a member of the study team contacts him/her by phone? If yes, click Accept. (2069).

☒ Open order: CONSULT / REFERRAL TO MOOD AND ANXIETY TRIAL

OT STUDY DESIGN



RECRUITMENT TRENDS: August 2012 - December 2013



FEEDBACK FROM PATIENTS ON *BEATING THE BLUES*

"I found the sessions relaxing and easy... I still refer to my print outs, think about breathing techniques, and examples of how things are triggered... If you want to take a moment to get back in order, get back to you, what is a few hours a week—in your pajamas, with a cup of coffee, in your comfort zone? Thank you, I am pleased I could be part of this program." – AB (OT Trial participant)

"I like beating the blues. It's helped me realize how I'm thinking and ways to change my thoughts. It's given me more control over my thoughts and actions by documenting my feelings at different times." – BG (OT Trial participant)