

## Silvercloud for GME

1. Providence GME - Visit the Psychiatry Residency Spokane website  
<https://gme.providence.org/washington/psychiatry-residency-and-fellowship-programs/psychiatry-residency-spokane/>
2. Navigate to wellbeing tab on LHS bar and click on the silvercloud tab – for residents, faculty and staff. This will take you to an overview of the program and include a button that enables residents and faculty to click on a direct link for enrollment:  
<https://providencespokane.gme.silvercloudhealth.com/signup/>
3. STHC GME – visit the STHC website: <https://spokaneteachinghealth.org/>. Navigate to Graduate Medical Education tab at the top and drop down to click on the silvercloud tab – for residents, faculty and staff. This will take you to an overview of the program and include a button that enables residents and faculty to click on a direct link for enrollment:



SilverCloud

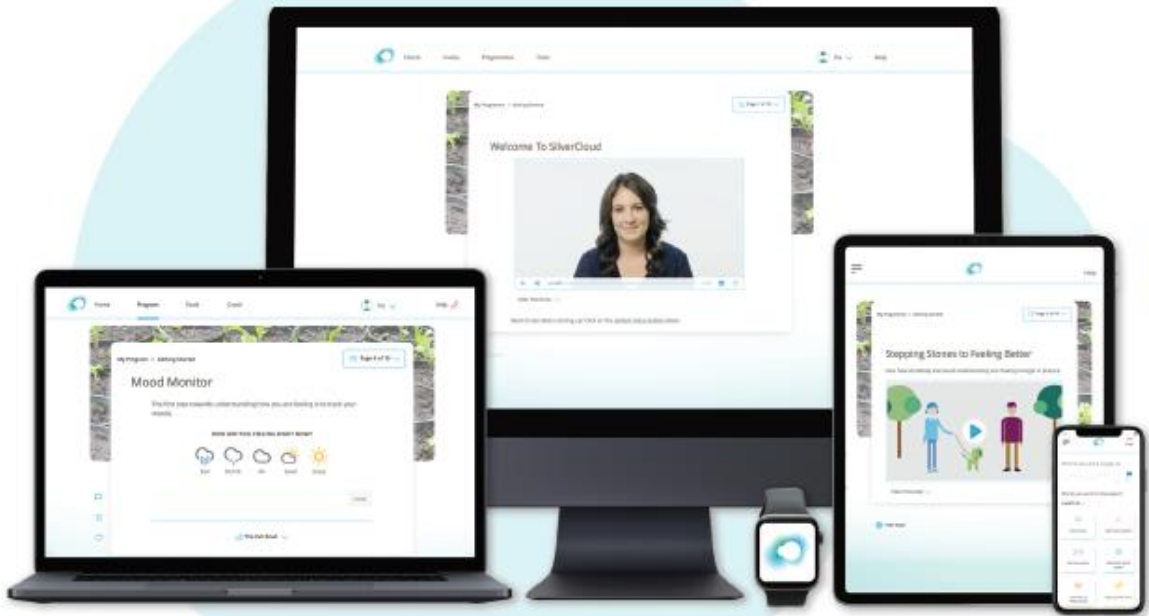
**FEELING ANXIOUS,  
DEPRESSED OR  
OVERWHELMED?**

GET HELP TO THINK AND FEEL BETTER—  
ANYTIME, ANYWHERE



**WHY USE IT?**

Over 94% of users find SilverCloud programs relevant, interesting and helpful in supporting them to make progress towards their goals.



### CHOOSE FROM 8 PROGRAMS



#### ANXIETY

Learn to challenge anxious thoughts and feel better



#### DEPRESSION

Manage and overcome feelings of low mood and sadness



#### DEPRESSION & ANXIETY

Learn to manage low mood and anxious thoughts



#### RESILIENCE

Enhance your wellbeing and build work-life balance



#### INSOMNIA & SLEEP ISSUES

Build healthy sleep habits



#### STRESS

Overcome and manage your stress



#### CHRONIC PAIN

Manage the symptoms of low mood, depression and anxiety associated with chronic pain



#### DIABETES

Manage the symptoms of depression and anxiety associated with diabetes

“SilverCloud is a clinically-proven online platform with programs to help you reduce symptoms of anxiety, stress, depression and more.”

Faculty, Residents and Staff click here for enrollment:  
<https://providencespokane.gme.silvercloudhealth.com/signup/>

4. Sign up for this digital CBT option. Accept the user agreement and privacy policy. Create a user name and password. There is an option to enter your phone number so that your coach can contact you in an emergency situation.

Choose the correct GME department from the drop down menu. Signing up does involve completing a PHQ and a GAD screener. The screener scores are confidential and kept within the silvercloud system – they are not shared with anyone in the GME environment, including your program leadership/administration.

You will not go all the way through to the landing page until the screeners are complete.

5. As soon as you do that your account is activated and you are assigned a silvercloud coach: these coaches are mental health providers who are not associated with the GME environment, but are local to Spokane. Auto-assignment to Laura as default – psych caregivers must stay with her as coach, other caregivers can be assigned to either her or Katie.

#### Providence GME coaches

Katherine Morris LMFT (for all other GME programs)

Laura Berg LICSW, SUDP (Default for psychiatry)

Tamara Sheehan (back up for risk alerts)

6. Use the modules in a way that works for you
  - You can access the programs on your desktop, cell phone, or tablet
  - The recommendation is to use it at least once a week, over 6-8 weeks

#### Special situations

1. ***If you score a 1 or above (several days, more than half the days or nearly every day) on the PHQ question 9: Thoughts that you would be better off dead, or of hurting yourself***

Silvercloud triggers a notification to the coach. The SilverCloud coaches will typically outreach to the user via reviews/messages within the platform, or via phone.

2. ***If you score 3 on PHQ question 9: Thoughts that you would be better off dead, or of hurting yourself nearly every day***

Silvercloud triggers a message to you, the user, as well as alerting the coach as per step 1.

“Your response to question 9 on the PHQ regarding thoughts about being better off dead or hurting yourself indicate a nearly every day frequency. We are concerned that doing digital CBT alone is insufficient care for you at this time. We really encourage you to consider a higher level of care – face to face care with a medical provider (PCP, psychiatrist or psychiatric arnp) who can do a full evaluation and provide in person care as well as connect you to community resources. Please consider also reaching out to your Program Director or another faculty member who you trust so that we can assist you in receiving the best possible care given how

you are feeling at the moment. We want you to be feeling better and to assist you in getting the care that has the best chance of success.”

#### Resources available for higher levels of care

##### **Local therapy and medical treatment resources**

Available through a variety of routes: your program leadership, Tanya Keeble, Psychiatry Residency Spokane Program Director, your PCP, or Silvercloud coach

##### **Providence Psychology Clinic**

They can just call the clinic at 474-6920. They can ask for Kevin Heid PhD. If he is unavailable at that time, leave your phone number and he will call them back and together, you can determine the best and most helpful way to proceed.

##### **Behavioral Health Concierge**

<https://about.providence.org/telehealth/telehealth-core-services/telebehavioral-health>

This program is currently available to Providence St. Joseph Health (Providence, Swedish, Kadlec, PacMed) caregivers and their dependents in Washington state only. Others can find help here.

Providence St. Joseph Health offers a unique telebehavioral health consultation service. This is a free, compassionate and confidential program. Patients are able to access licensed behavioral health professionals from anywhere, with appointments available from 7 a.m. - 8 p.m. daily. This virtual service provides same-day or next-day access to counseling and care navigation. Currently, only PSJH caregivers and their dependents in Washington State have access to this service.

An enhancement to the Caregiver Assistance Program\*, caregivers and their dependents can utilize this benefit for 10 visits per issue, per year, at no cost, and then use their health plan benefits for additional visits.

##### **Contact Us**

**833-724-9355**