

# 2025 Pharmacy Pearls for Prescribers-Behavioral Health

09/25/2025 to 09/25/2027

Enduring Material

## **Purpose:**

Pharmacy Pearls for Prescribers provides up-to-date information on medications, developed by a multidisciplinary group of AMG primary care physicians and pharmacists from Avera Health and Avera Health Insurance Division. An interdisciplinary group has been working to develop educational materials to meet this need and encourage collaboration throughout the Avera footprint. In this series we will discuss behavioral health management related to antidepressants, anxiolytics, and antipsychotics

## **Objectives:**

- 1 Discuss initial treatment in primary care for depression based on comorbidities
- 2 Review tapering antidepressants and anxiolytics
- 3 Examine best practices for switching between agents
- 4 Outline add-on therapy for depression and anxiety
- 5 Describe how a multidisciplinary approach can contribute to continuous and reliable patient care

## **Target Audience:**

Physician, Nurse - RN, Pharmacist, Pharmacy Technician, Nurse -LPN/LVN

## **For successful completion:**

- Watch video
- Complete post-test
- Complete evaluation

## **Accreditation & Credit Designation:**

### **Accreditation**



In support of improving patient care, Avera is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### **Continuing Education Credit Designation(s)**



**IPCE (Team-based):** This activity was planned by and for the healthcare team, and learners will receive 1.00 IPCE credit(s) for learning and change.

**Medicine CME:** Avera designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.



**Nurse CE:** Avera designates this activity for a maximum of 1.00 ANCC contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in the activity.

### **Nursing Pharmacotherapeutic**

This activity has been approved for 1.00 pharmacotherapeutic credit(s).



**Pharmacy CE:** Avera designates this activity for 1.00 ACPE contact hour(s). ACPE Universal Activity Number (UAN): JA0008079-0000-25-048-H01-P / JA0008079-0000-25-048-H01-T. Pharmacists and pharmacy technicians should claim only the credit commensurate with the extent of their participation in the activity. Credit will be uploaded to the NABP CPE Monitor® within 30 days after the activity completion. Per ACPE rules, Avera does not have access nor the ability to upload credits requested after the evaluation closes. It is the responsibility of the pharmacist or pharmacy technician to provide the correct information (NABP ID and DOB (MMDD)) to receive credit.

### **Additional Information:**

Feedback person for this educational activity is:

Enduring Material available from 09/25/2025 to 09/25/2027

- This course content was reviewed on 9/23/2025

### **Disclosure Policy:**

Due to the regulations required for CE credits, all conflicts of interest that persons in a position to control or influence the education must be fully disclosed to participants. In observance of this requirement, we are providing the following disclosure information: all relevant financial relationships disclosed below have been mitigated.

<b>Name of individual</b>	<b>Individual's role in activity</b>	<b>Nature of Relationship(s) / Name of Ineligible Company(s)</b>
Chad Thury, DO	Content Expert - Committee Member	Nothing to disclose
Rebecca Moore, PharmD, Pharmacist	Committee Planning Member	Nothing to disclose
Patrick Huska, PharmD, BCPS	Committee Planning Member	Nothing to disclose
Beau (6042) VanOverschelde, PharmD	Committee Planning Member	Nothing to disclose
Allison 4472 Hein 4972, PharmD, BCPS	Committee Planning Member	Nothing to disclose
Kelly Boyd, MSN, Nurse	Lead Planner	Nothing to disclose
Rachelle Davis, PharmD, Pharmacist	Content Expert - Committee Member, Faculty	Nothing to disclose
Emily Van Klompenburg, PharmD	Committee Planning Member	Speakers Bureau-CEImpact (Relationship has ended)
Denise Page, BS	Committee Planning Member	Nothing to disclose
Mara Hermiston, DO	Content Expert - Committee Member	Nothing to disclose