

**Archived Learning Opportunities - 2017**  
**Choosing Wisely and Cost of Care**  
**Pre-Recorded Webinars**  
**Table of Contents**

**"How does Choosing Wisely Help Reduce Unnecessary Care in the Practice Setting?" webinar** .....[Page 2](#)

February 8, 2017

Speaker: Bruce Bagley, MD

- [Webinar Slide Deck](#)

**"Benzodiazepines and Opioids – A Volatile Combination" webinar** .....[Page 3](#)

March 14, 2017

Speaker: Vijay Amarendran, MD

- [Webinar Slide Deck](#)
- [Webinar Video Recording](#)

**"Improving Patient Outcomes with Cost of Care Conversations in the Clinical Practice" webinar** .....[Page 4](#)

April 18, 2017

Speaker: Rhonda Selvin, APRN, CNP

- [Webinar Video Recording](#)
- [Webinar Audio Recording](#)
- [Webinar Slide Deck](#)
- [Click here to access the Cost of Care online module](#)

**"Health Literacy/Patient Activation" webinar** .....[Page 5](#)

May 16, 2017

Speaker: Thomas Sneed, MD

- [Webinar Video Recording](#)
- [Webinar Audio Recording](#)
- [Webinar Slide Deck](#)

**"Recognizing when patients have concerns about the cost of their health care" webinar** .....[Page 6](#)

June 20, 2017

Speaker: Peter Ubel, MD

- [Webinar Video Recording](#)
- [Webinar Audio Recording](#)
- [Webinar Slide Deck](#)

**"Spend Your Health Care Dollars Wisely" webinar** .....[Page 7](#)

September 5, 2017

Speaker: Mary Schneckenburger, M. Ed

- [Webinar Video Recording](#)
- [Webinar Audio Recording](#)
- [Webinar Slide Deck](#)
- [Healthcare Value Quiz](#)
- [Click here to access the Spend Your Health Care Dollars Wisely online module](#)

**"Engaging the Patient in Overuse at the Point of Care" webinar** .....[Page 8](#)

September 19, 2017

Speaker: Christopher Moriates, MD

- [Webinar Recording](#)
- [Audio Recording](#)
- [Presentation Slide Deck](#)

# Choosing Wisely® Webinar

**"How does Choosing Wisely® help reduce unnecessary care in the practice setting?"**

[Webinar Slide Deck](#)

## Featured Speaker:



**Bruce Bagley, MD, FAAFP**

Senior Advisor to the Professional Satisfaction & Practice Sustainability at the American Medical Association. He also serves as Senior Advisor to the American Association for Physician Leadership on the newly minted LxSolutions project to bring enhanced strategic physician leadership to organizations of all sizes. Dr. Bagley is a nationally known leader in performance measurement, quality improvement and office practice redesign.

# Choosing Wisely®/Caring for ME Webinar

## Benzodiazepines and Opioids - A Volatile Combination

[Webinar Slide Deck](#)

[Webinar Video Recording](#)

### Featured Presenter



**Vijay Amarendran, MD**

Medical Director of Out-Patient Services  
Acadia Hospital

Vijay is board certified in psychiatry, a Diplomate of the American Board of Addiction Medicine and a Fellow of the American Psychiatric Association. He is currently the medical director of Out-Patient Services at The Acadia Hospital which includes the Methadone clinic. He also has an active Suboxone practice. He completed his medical degree in Chennai, India in 1997 and his Masters in Molecular Biology at the University of Wyoming in 2003. He did his residency training in psychiatry at SUNY Buffalo and started working at The Acadia Hospital in 2007.

# Choosing Wisely®/Cost of Care Webinar

## "Improving Patient Outcomes with Cost of Care Conversations in the Clinical Practice"

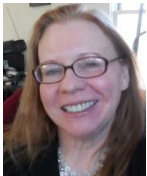
["Cost of Care Conversations" webinar Video Recording](#)

["Cost of Care Conversations" webinar Audio Recording](#)

["Cost of Care Conversations" Slide Deck](#)

[Click here to access the Cost of Care online module](#)

### Featured Presenters



**Rhonda Selvin, APRN, CNP**  
**Medical Director, Adult Programs**

Rhonda Selvin, APRN has practiced in Maine as a primary care provider for more than 18 years specializing in family practice, most recently at Augusta Family Medicine. She is Board certified by the ANCC and the AANP. She also serves as the Medical Director, Adult Programs at Maine Quality Counts providing leadership and support for quality improvement efforts across the State. Prior to joining MQC she served as the Medical Director and Clinical Lead of a Patient Centered Medical home practice in mid-coast Maine. She completed the Hanley Health Leadership Program with class V and is the Immediate Past President of the Maine Nurse Practitioner Association, serving as President for two terms. She is a member of the MaineCare Provider Advisory Committee, the Maine State Innovation Model (SIM) Delivery System Reform subcommittee, the PTE Clinicians and Behavioral Health leadership groups and the MaineCare SIM steering committee, serving as one of the two providers. Rhonda received her MSN degree from the University of Southern Maine.



**Kellie Slate Vitcavage, MS**  
**Project Manager**

Kellie serves as Project Manager of Consumer and Community Engagement at Maine Quality Counts (QC), a regional health improvement collaborative for Choosing Wisely® and for the Northern New England Practice Transformation Network. Kellie has a particular interest in building partnerships between public health/community support organizations with traditional health systems and supporting patient and family engagement strategies to engage patients/consumers more effectively in their health care. Kellie holds a Master's Degree in Health Education from Purdue University, with several years of experience in the non-profit sector as the Executive Director of the American Lung Association of Indiana, Executive Director of the Maine Osteopathic Association, Director of Public Health Policy at Maine Medical Association, as well as the Director of Continuing Medical Education at the University of New England College of Osteopathic Medicine.

# Choosing Wisely®/Northern New England Practice Transformation Network Webinar

## "Health Literacy/Patient Activation"

["Health Literacy/Patient Activation" Webinar Video Recording](#)

["Health Literacy/Patient Activation" Webinar Audio Recording](#)

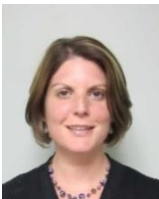
["Health Literacy/Patient Activation" Slide Deck](#)

### Featured Presenters



**Thomas R. Sneed, MD, Medical Director  
Tri-County Mental Health Services**

Dr. Sneed provides oversight and management of the agency's psychiatric staff and programs, which serve thousands of Maine people each year. Dr. Sneed earned his medical degree at University of South Carolina and completed his internship at the VA Medical Center in Roanoke, Virginia. He studied General Psychiatry at William S. Hall Institute in Columbia, South Carolina. Most recently Dr. Sneed worked with MaineGeneral Medical Center in Augusta. He has vast experience across many types of programs, including acute inpatient psychiatry, residential substance abuse treatment, general outpatient for adults, children, and adolescents, and believes in a holistic view of psychiatric care, incorporating medications along with the latest and most effective treatment methods.



**Melissa Tremblay, LCSW, Director of Clinical Services  
Tri-County Mental Health Services**

For the past 10 years, Melissa has been devoted to the development of a Trauma Informed system of care in Maine. She is an original team member the State of Maine's pilot to implement Trauma Informed Services in a rural community-based mental health center. Melissa has also been a leader in developing a peer support system for Tri-County Mental Health clients and the agency's first Consumer Advisory Team. Melissa received her undergraduate degree from the University of Maine and her master's in social work from UNE.

**Rachel Crowe  
Program Coordinator  
New England QIN-QIO's Quality Payment Program**

Rachel Crowe is a Program Coordinator for the New England QIN-QIO's Quality Payment Program in the state of Maine and also leads Maine's Patient and Family Engagement Council. She has worked across care settings to improve patient safety through safe transitions and patient activation. Prior to joining Healthcentric Advisors, she worked in a rural, Federally Qualified Health Center as a Registered Nurse and Clinical Quality Coordinator, where she gained valuable experience in practice transformation, quality reporting, and population health management. She holds a Masters' in Public Health from the University of New England, and Bachelors' degrees from UConn and the University of Southern Maine.

# Choosing Wisely®/Northern New England Practice Transformation Network Webinar

## "Recognizing when patients have concerns about the cost of their health care"

["Recognizing When patients have concerns about the cost of their healthcare" Webinar Video Recording](#)

["Recognizing When patients have concerns about the cost of their healthcare" Webinar Audio Recording](#)

["Recognizing When patients have concerns about the cost of their healthcare" Slide Deck](#)

### Featured Presenter



**Peter A. Ubel M.D.**

Peter A. Ubel M.D. is a physician and behavioral scientist whose research and writing explores how people make decisions related to health and health care. He is the Madge and Dennis T. McLawhorn University Professor of Business, Public Policy and Medicine at Duke University. He is director of the Program for Improving Healthcare Consumerism, and core faculty at the Duke-Margolis Center for Health Policy. He uses the tools of decision psychology and behavioral economics to explore topics like informed consent, shared decision making and health care cost containment. He has authored over 250 academic publications, the majority of which involve empirical explorations of decision psychology as it pertains to health care. He has written for *the New York Times*, *the Los Angeles Times*, *the Atlantic*, *the New Yorker*, and is a regular contributor at *Forbes*. His books include *Pricing Life* (MIT Press 2000), *Free Market Madness* (Harvard Business Press, 2009) and *Critical Decisions* (HarperCollins, 2012). You can find his blogs and other information at <http://www.peterubel.com/>.

# Choosing Wisely®/Cost of Care/Northern New England Practice Transformation Network Webinar

## "Spend Your Health Care Dollars Wisely"

Have you ever asked a health care provider of any kind how much something will cost? Have you wondered how you can get the best value for your health care dollars? Do you want to be a stronger advocate for yourself, and your family when it comes to your healthcare?

[Click here to access "Spend Your Health Care Dollars Wisely" Online Learning Class](#)

**Instructions:** Click on, "Take this course." You will be prompted to login or register if this is your first visit to the site. For new users, click register and fill out the form to create an account. From there, you will see the list of all NNE-PTN learning modules.

[Webinar Video Recording](#)

[Webinar Audio Recording](#)

[Presentation Slide Deck](#)

[Healthcare Value Quiz](#)



**Mary Schneckenburger, M. Ed**

Mary serves as the Outreach and Education Manager at Consumers for Affordable Health Care and has been on staff since 2008. She's been working with the public in educational program design, management, facilitation and evaluation since 1983, primarily in staff development and community and adult education. She has extensive experience working with special needs adults, adult education staff, volunteers, immigrants and refugees. She earned a Ms. Ed in Educational Leadership with a focus on adult education and a B. S. in Psychology. Her responsibilities as Outreach and Education Manager in the [Consumer Assistance Program](#) include responding to consumer questions on the [Helpline](#), creating educational material, instructional design, facilitating workshops and presenting to groups on request.



**Lynn Quincy, Director, Healthcare Value Hub**

Lynn works on a wide variety of health policy issues, focusing primarily on the areas of consumer protection, strategies that provide better value for our healthcare dollar and health insurance reform at the federal and state levels. Ms. Quincy recently launched the Healthcare Value Hub, a new center that helps advocates and others address high healthcare costs, lack of transparency and uneven quality. Her past work includes consumer testing of the new health insurance disclosure forms and tax credit explainers, and advocating for better health insurance literacy strategies. Prior to joining Consumers Union, Ms. Quincy was a senior researcher with Mathematica Policy Research, Inc., where she performed policy analysis, provided technical assistance, and modeled outcomes in support of state coverage expansion strategies. She also held senior positions with the Institute for Health Policy Solutions and with Watson Wyatt Worldwide (now Towers Watson). She holds a master's degree in economics from the University of Maryland.

# Choosing Wisely®/Northern New England Practice Transformation Webinar

## "Engaging the Patient in Overuse at the Point of Care"

[Webinar Recording](#)

[Audio Recording](#)

[Presentation Slide Deck](#)

### Featured Presenter



**Chris Moriates, MD**

Dr. Chris Moriates is the Assistant Dean for Healthcare Value and Associate Professor in the Department of Medicine at Dell Medical School at University of Texas, Austin. He is responsible for creating an innovative curriculum for value-based healthcare for undergraduate, graduate, and continuing medical education, as well as building a robust value improvement program that engages healthcare providers across the healthcare community in Austin. Dr. Moriates co-authored the book *Understanding Value-Based Healthcare* (McGraw-Hill 2015) and led the creation of the University of California at San Francisco Cost Awareness curriculum for internal medicine residents, which was described in *JAMA Internal Medicine*, and featured in a perspective article in the *New England Journal of Medicine*. He is also the Director of Implementation Initiatives at Costs of Care, a global non-profit organization curating clinician insights that drive better care at lower cost.