



Community Care
OF NORTH CAROLINA

Adult Anxiety Resource Guide

Introduction

In the Fall of 2017, in response to requests from our CCNC Primary Care Providers, a Community Care of North Carolina (CCNC) workgroup formed to create a resource guide designed to assist primary care practitioners in screening and treating adult anxiety in the primary care setting. This workgroup was comprised of Network Psychiatrists, Network Pharmacists, Network Behavioral Health Coordinators, the CCNC Central Office Behavioral Health Team, and physician representatives from area medical practices.

This resource guide is designed to assist busy primary care practitioners in accessing practical, evidence-based tools to help them successfully treat anxiety in adults. It includes algorithms to aid in the initial assessment and corresponding treatment approach of adult generalized anxiety disorder (GAD) and panic disorder, screening tools, a medication guide, and billing and coding guidance. In addition, the resource guide highlights anxiety-depression comorbidity prevalence, and gives suggestions for anxiety-driven referral language and grounding (breathing) techniques that can be performed by both the patient or the practitioner.

Our hope is that this resource guide proves useful, and we greatly look forward to continuing to work together on achieving the highest attainable levels of patient care across our wonderful state of North Carolina.

If you have any questions, or would like assistance in connecting with your local CCNC Network and its resources, please contact a member of the Central Office Behavioral Health Team:

(Current as of Summer 2018)

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