

# Community of Practice (CoP) Behavioral Health Strategies in Primary Care

Tuesday, August 19, 2025

2:00 p.m. to 3:00 p.m. ET

# Session Three

Use of Structured or  
Semi-Structured  
Interventions

# Continuing Education (CE)

- We offer behavioral health (BH) continuing education units (CEUs) for participation in BH/substance use disorder (SUD) integration technical assistance (BH/SUD TA) events.
- You must attend the event and complete the online Health Center TA Satisfaction Assessment Form after the event (2–3 minutes).
- A link with instructions will be provided at the end of the session.
- CE certificates will be sent within 5 weeks of the event from the Health Center BH/SUD TA Team via Smartsheet <user@app.smartsheet.com>.



This course has been approved by JBS International, Inc. as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #86832, JBS international, Inc. is responsible for all aspects of their programming.



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# Session Facilitator

**Laura Ross, MS, LMFT, CCTP, CTMH**  
BH/SUD TA Technical Expert Lead  
JBS International, Inc. (JBS)



# CoP Overview and Schedule

- This CoP occurs every other Tuesday from July 22 to October 28, 2025
- The CoP sessions run from 2:00 to 3:00 p.m. ET
- Optional office hours will take place from 3:00 to 3:30 p.m. ET, immediately after each CoP session.

## SESSIONS:

1. **July 22** *Identifying and Addressing Common Behavioral Health Conditions of Health Center Patients*
2. **August 5** *An Approach to Team-Based Care*
3. **August 19** *Use of Structured or Semi-Structured Interventions*
4. **September 2** *Stages of Behavior Change & Increasing Patient Motivation for Improving Health Outcomes*
5. **September 16** *Core Evidence-Based Behavioral Health Intervention Strategies – Part 1*
6. **September 30** *Core Evidence-Based Behavioral Health Intervention Strategies – Part 2*
7. **October 14** *Assessing Patient Needs and Developing a Plan for Supporting New Skills in Practice*
8. **October 28** *Plan to Practice: Next Steps for Enhanced Care*

# Session Objectives



## Participants of today's session will learn about:

- Evidence-based psychosocial interventions, including common structures within evidence-based practices
- Screening: Universal and targeted
- Use of motivational interviewing (MI) in brief consultation
- Strategies for behavioral activation (BA)
- Core behavioral therapy skills

# Today's Agenda



Check-in & Attendance



Structured & Semi-Structured Evidence-Based  
Interventions



Reflection, Assessment, & Plan-Do-Study-Act (PDSA)  
Planning



Session Wrap-Up & Questions



Office Hours & Interactive Discussion

# Introduction to the CoP Session: Discussion

- What comes to mind when you think of evidence-based structured or semi-structured interventions?
- Are evidence-based structured or semi-structured interventions in use at your health center? If so, which ones?
- How might evidence-based interventions be helpful for patients at your health center?



# Behavioral Health Structured and Semi-Structured Interventions



**Screening: Universal and Secondary Screens**



**Common Structures: Motivational Interviewing (MI) & Brief Consultation**



**Behavioral Activation (BA)**



**Evidence-Based Behavioral Strategies**

# Why Screen in Integrated Care?

- Screening identifies patient needs for a range of interventions that support health and well-being.
- Untreated/poorly managed BH conditions negatively impact physical health and contribute to chronic health conditions.
- An integrated approach bridging physical and behavioral health yields better results for chronic health conditions.
- Screening is easily adapted into workflows: Admission, annual visits, follow-ups, even every clinical encounter for patients with chronic conditions.
- Screening is useful to monitor progress.

## Screening Score Guides Interventions

**If you don't ask,  
you won't know.**

# Benefits Behavioral Health Interventions in Primary Care

**Shared characteristics of evidence-based psychosocial interventions.**



# Considerations for Addressing Substance Use in Primary Care



Only **1 in 6** U.S. adults have ever been asked by a health care professional about their drinking behavior. In binge drinkers, that statistic is **1 in 4**.



**About 50%** of all physician office visits are to primary care providers.

# Interventions Follow a Law of Thirds

## First Third Engagement

- **Build rapport (or check in since last meeting)**
- **Review progress**
- **Review between-session practice**

## Second Third Intervention

- **Provide rationale for intervention**
- **Deliver intervention**
- **Reflect and generalize**

## Third Third Transfer of Learning

- **Summarize**
- **Negotiate between-session practice plan**
- **Negotiate commitment**

# Structured Intervention: Motivational Interviewing (MI)

- Engage
- Focus
- Empower
- Negotiate a plan



# Structured Intervention: Brief Consultation

- Ask permission
- Discuss results, share facts
- Elicit feedback
- Develop a plan
- Ask for commitment



# Structured Intervention: Behavioral Activation (BA)

## What is BA?

- A structured, therapeutic conversation that supports patient learning and empowerment.
- Focuses on reducing escape and avoidance behaviors, self-defeating thoughts, and mood-dependent behavior.
- Relies on following an action plan outside of the clinical session to:
  - change self-limiting, negative thoughts and behaviors
  - connect with sources of reward in their lives
  - increase problem-solving skills
  - improve self-efficacy

# Key Elements of BA Action Planning



Raise awareness of self-limiting thoughts, feelings, behaviors, and beliefs.



Set values-based goals.



Generate behavioral strategies to reduce self-defeating thoughts, beliefs, and avoidance patterns.



Emphasize taking action, starting with small and rewarding action steps.



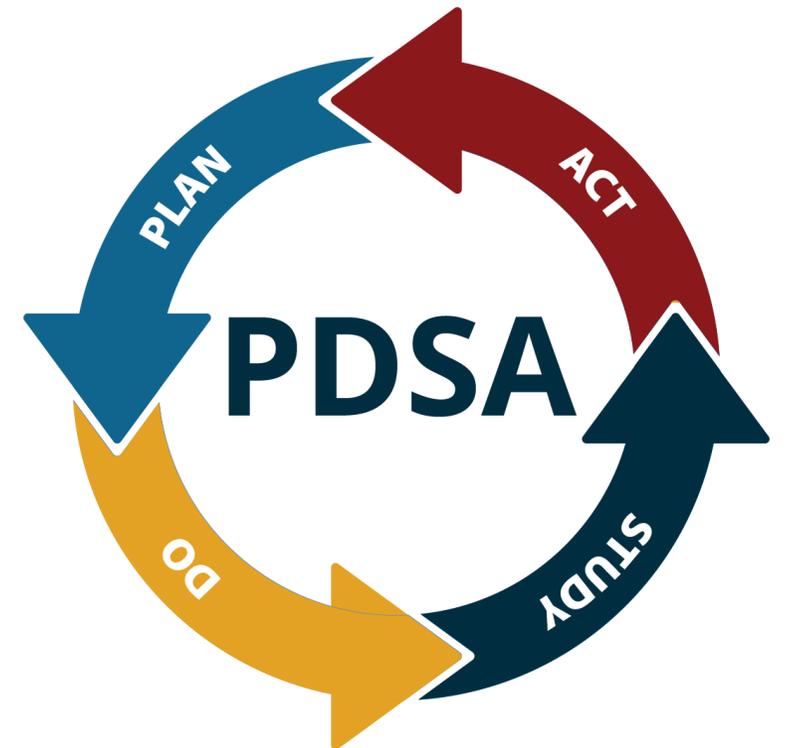
Provide between-session activity planning, monitoring, and support.

# Additional Interventions

1. Motivational enhancement
2. Situational awareness
3. Communication skills
4. Enhancing social supports
5. Healthy replacement activities
6. Problem-Solving
7. Urge-surfing, dropping anchor, distress tolerance
8. Values clarification
9. Decision making (based on values)
10. Mindfulness and meditation
11. Working with thoughts
12. Working with emotions: Fostering some, dissolving others
13. Behavioral activation
14. Self-care

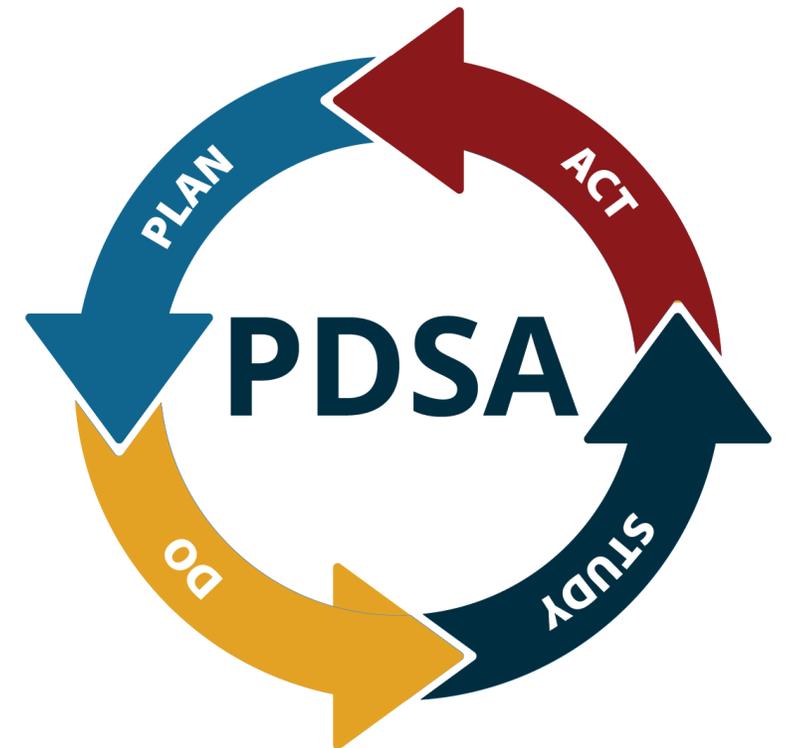
# CoP Session 3 Discussion for PDSA Planning (1)

- What thoughts/reflections do you have about the structured and semi-structured interventions presented here?
- Thinking back on the interventions identified today, which does your organization provide?



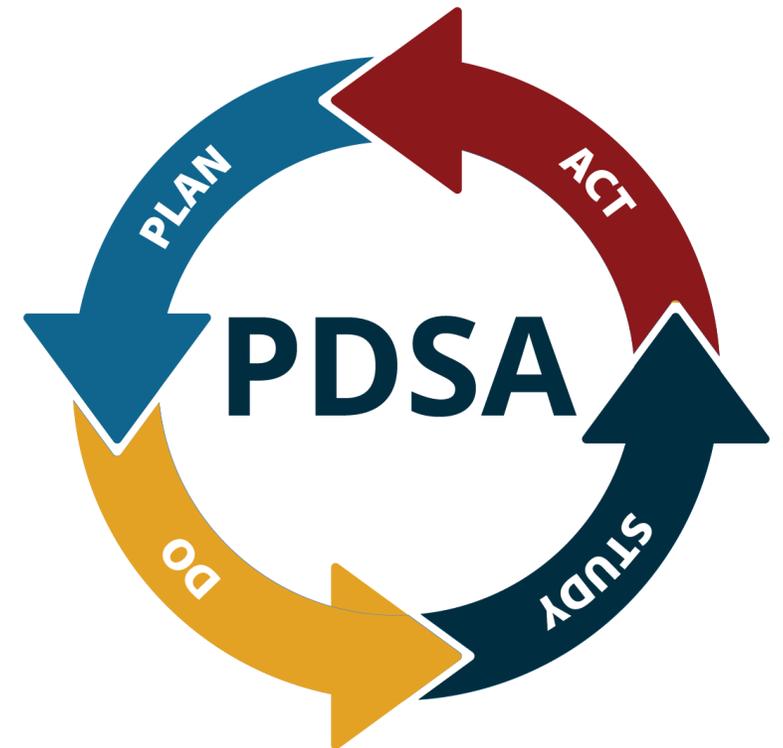
## CoP Session 3 Discussion for PDSA Planning (2)

- Which interventions does your organization do well in providing? Which interventions could be added or improved?
- What strengths does your organization have that would help with implementing evidence-based structured or semi-structured interventions?
- Who might be helpful in implementing these interventions? Who is missing?



## CoP Session 3 Discussion for PDSA Planning (3)

- What challenges might you face in adding or improving your organization's use of evidence-based interventions?
- Who could support efforts to incorporate structured and semi-structured interventions into primary care in your setting?
- How would you describe leadership buy-in and support for implementing evidence-based behavioral interventions in primary care?
- How might you partner with identified champion(s) to further leadership/agency buy-in?



Q&A



# Resources and References (1)

## **Slide 9: Why Screen in Integrated Care?**

Substance Abuse and Mental Health Services Administration (SAMHSA). (2024). *Screening, Brief Intervention, and Referral to Treatment (SBIRT)*. SAMHSA.gov.

<https://www.samhsa.gov/substance-use/treatment/sbirt>

## **Slide 10: Benefits Behavioral Health Interventions in Primary Care**

Steinberg, K.L.; Roffman, R.A.; Carroll, K.M.; McRee, B.; Babor, T.F.; Miller, M.; Kadden, R.; Duresky, D.; and Stephens, R. *Brief Counseling for Marijuana Dependence: A Manual for Treating Adults*. HHS Publication No. (SMA) 12-4211. Rockville, MD: Center for Substance Abuse

Treatment, SAMHSA, 2005. <https://library.samhsa.gov/sites/default/files/sma15-4211.pdf>

# Resources and References (2)

## **Slide 11: Considerations for Addressing Substance Use in Primary Care**

SAMHSA (US); Office of the Surgeon General (US). (2016 Nov.). Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health [Internet]. Washington (DC): US Department of Health and Human Services. Available from:

<https://www.ncbi.nlm.nih.gov/books/NBK424860/#ch1.s17>

Santo L., and Kang K. (2023). National Hospital Ambulatory Medical Care Survey : 2019 National Summary Tables. Available from: [https://www.cdc.gov/nchs/data/ahcd/namcs\\_summary/2019-namcs-web-tables-508.pdf](https://www.cdc.gov/nchs/data/ahcd/namcs_summary/2019-namcs-web-tables-508.pdf)

## **Slide 12: Interventions Follow a Law of Thirds**

Steinberg, K.L.; Roffman, R.A.; Carroll, K.M.; McRee, B.; Babor, T.F.; Miller, M.; Kadden, R.; Duresky, D.; and Stephens, R. (2005). *Brief Counseling for Marijuana Dependence: A Manual for Treating Adults*.

HHS Publication No. (SMA) 12-4211. Rockville, MD: Center for Substance Abuse Treatment, SAMHSA.

Available from: <https://library.samhsa.gov/sites/default/files/sma15-4211.pdf>

# Resources and References (3)

## **Slide 13: Structured Intervention: Motivational Interviewing**

SAMHSA. (2021). Using Motivational Interviewing in Substance Use Disorder Treatment. *Advisory*. Available from: <https://library.samhsa.gov/sites/default/files/PEP20-02-02-014.pdf>

## **Slide 14: Structured Intervention: Brief Consultation**

(2022). *Disaster Technical Assistance Center Supplemental Research Bulletin Disaster Behavioral Health Interventions Inventory*. SAMHSA.gov. Available from: <https://www.samhsa.gov/sites/default/files/dtac-disaster-behavioral-health-interventions-inventory.pdf>

## **Slide 15-16: Structured Intervention: Behavioral Activation (BA); Key Elements of BA Action Planning**

SAMHSA. (2024 Nov. 27). *Issue Brief: Co-Occurring Mental Health and Substance Use*. (2024, November 27). SAMHSA.gov. Available from: <https://library.samhsa.gov/product/issue-brief-co-occurring-mental-health-and-substance-use/pep24-01-008>

# Accessing Training and TA Opportunities



## EMAIL US

[bphc-ta@bizzellus.com](mailto:bphc-ta@bizzellus.com)



## VISIT THE TA PORTAL

[bphc-ta.bizzellus.com](http://bphc-ta.bizzellus.com)



## SUBSCRIBE TO THE HUB IN FOCUS

[bphc-ta.bizzellus.com/subscribe](http://bphc-ta.bizzellus.com/subscribe)

Scan the QR code to subscribe and watch for updates in the Hub in Focus regarding additional TA opportunities



# Continuing Education (CE) Opportunity

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# Health Center Satisfaction Assessment

We'd love your feedback on today's session!

Please take 2 minutes to complete the Health Center TA Satisfaction Assessment.



**Thank you for your time!**

<https://www.surveymonkey.com/r/CoP3Session3>

# Thank you!

See you on

Tuesday, September 2, 2025

2:00 p.m. to 3:00 p.m. ET



## **Office Hours**

**Tuesday, August 19, 2025**

**3:00 p.m. to 3:30 p.m. ET**