

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

September 30, 2025

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

*Office Hours*

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

# Session Six

## Core Evidence-Based Behavioral Intervention Strategies – Part 2

# 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.



JBS International, Inc. has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6442. Programs that do not qualify for NBCC credit are clearly identified. JBS International, Inc. is solely responsible for all aspects of the programs.

# Session Facilitator

**Laura Ross, MS, LMFT, CCTP, CTMH**  
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. *Identifying and Addressing Common Behavioral Health Conditions of Health Center Patients*
2. *An Approach to Team-Based Care*
3. *Use of Structured or Semi-Structured Interventions*
4. *Stages of Behavior Change & Increasing Patient Motivation for Improving Health Outcomes*
5. *Core Evidence-Based Behavioral Health Intervention Strategies – Part 1*
6. *Core Evidence-Based Behavioral Health Intervention Strategies – Part 2*
7. *Assessing Patient Needs and Developing a Plan for Supporting New Skills in Practice*
8. *Plan to Practice: Next Steps for Enhanced Care*

# Today's Agenda



## Session Five Reflection

- Core Evidence-Based Behavioral Health Intervention Strategies: Motivational Enhancement and Mindfulness Skills
- Opportunities for PDSA Cycle Planning



## Problem-Solving



## Behavioral Activation



## Peer-to-Peer Discussion

# Session Objectives

## Participants of today's session will be able to:

- Identify which stages of change may include patient behavior change interventions.
- Describe problem-solving interventions and their application.
- Describe behavioral activation and its application to medical and behavioral health conditions.



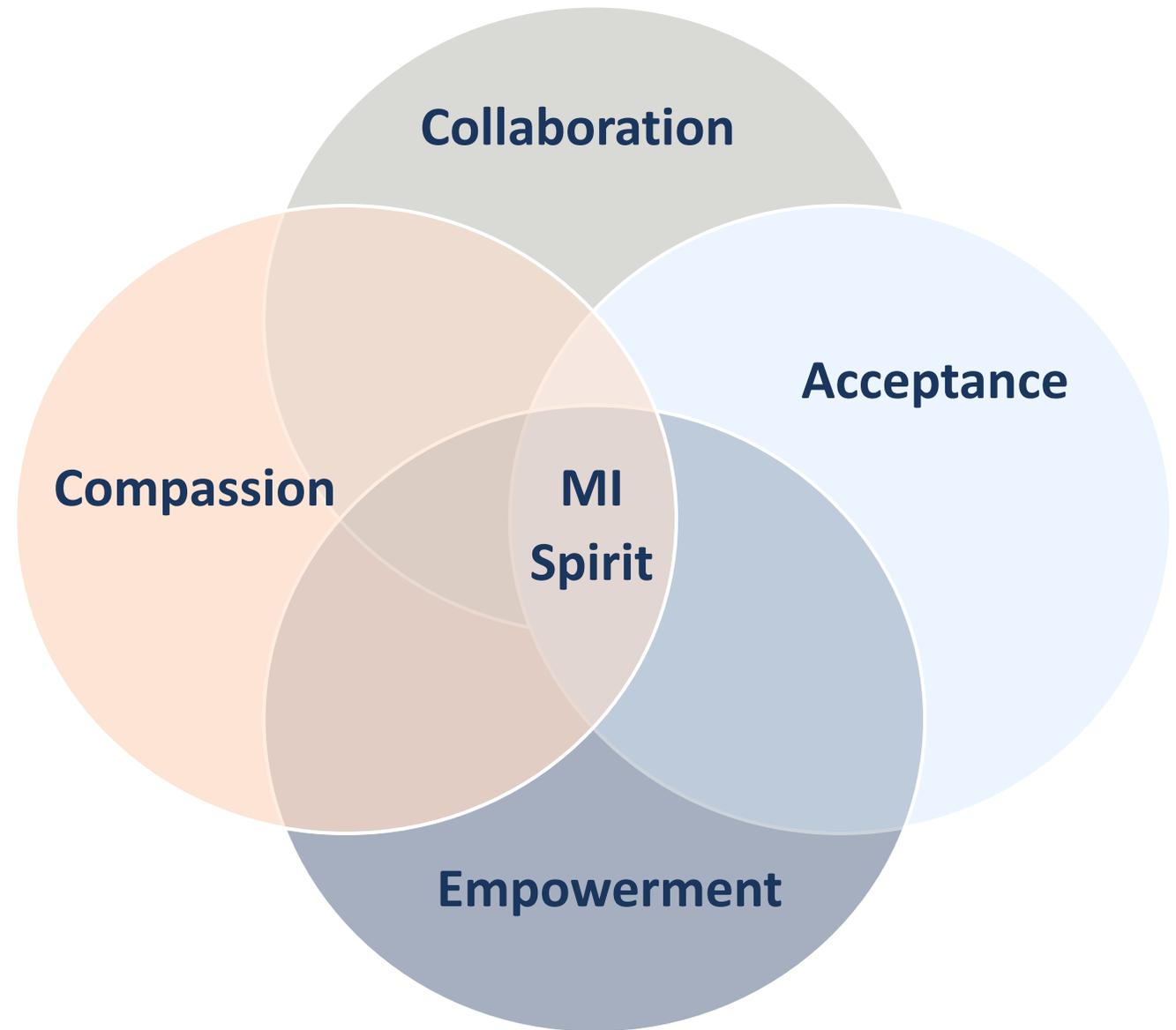
# Behavioral Components of Health Conditions

- Both medical and behavioral health conditions have behavioral components; considering the health conditions most prevalent in your patients, what health behavior changes would most benefit patients?

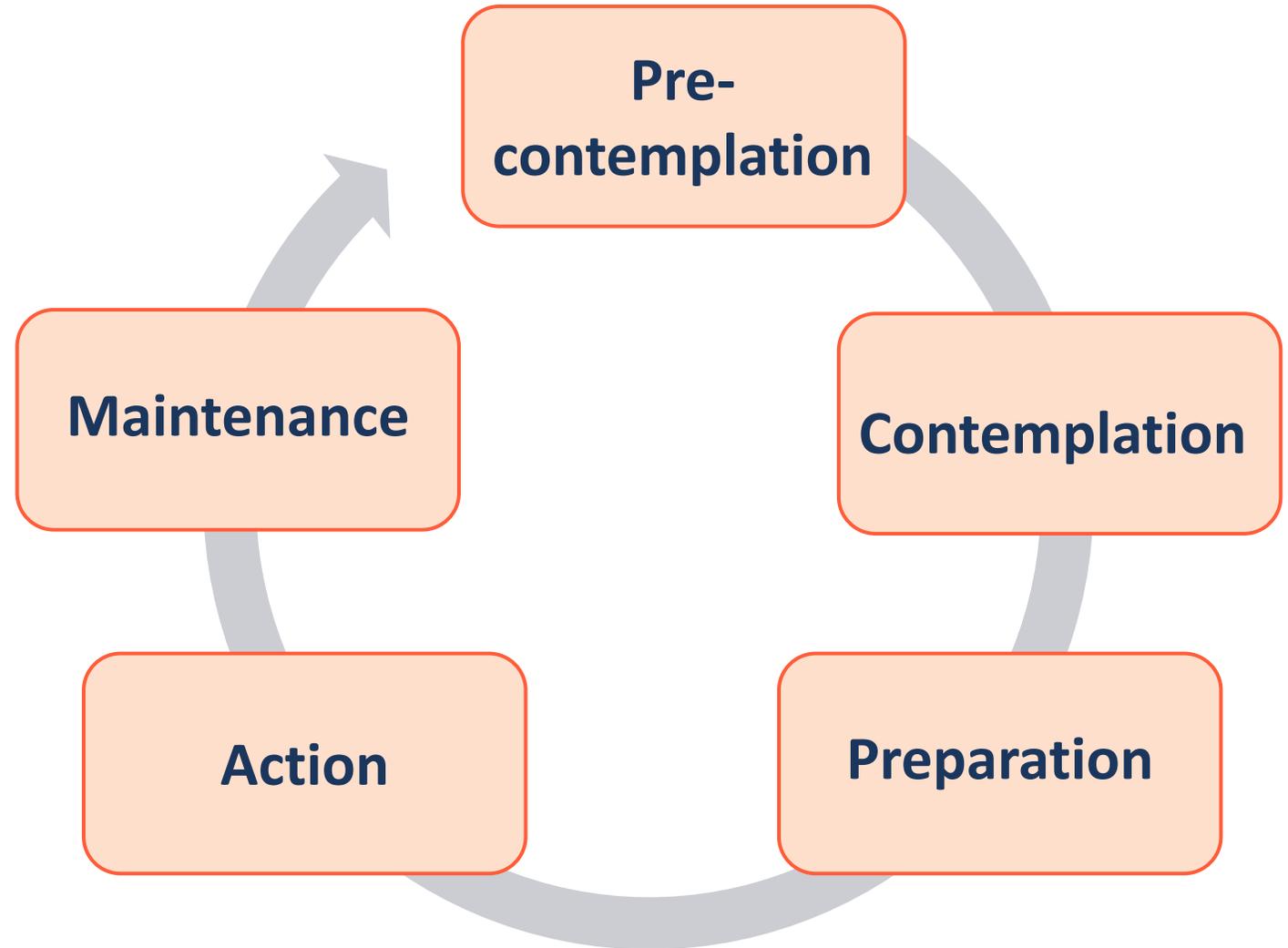


# Problem-Solving

# Enhancing Motivation for Behavior Change: Motivational Interviewing (MI) & MI Spirit



In which stage(s) might we introduce behavior change strategies to patients?



Selecting  
Clinical  
Interventions  
Strategically

# What Is Problem-Solving?

**Problem-solving is a goal-oriented brief therapy framework that helps patients to identify, understand, and evaluate problems.**

Problem-solving:

- Teaches patients to identify elements of challenging situations and to understand how their feelings impact the situation.
- Involves brainstorming options for responding to situations, often in ways new to the patient.
- Builds patient confidence as they learn new skills.
- Equips patients with a knowledge base from which to draw for future challenges.



# Benefits of Problem-Solving



- It is helpful for patients managing chronic health conditions.
- It can benefit patients with mental health conditions of depression and anxiety.
- Brief interventions may be performed in 5 to 15 minutes.
- Interventions may be performed over several sessions.
- Patients apply new skills and follow up to report successes and challenges.

# Problem-Solving Techniques

- Planful problem-solving
- Problem definition and formulation
- Alternate solution generation
- Decision-making strategies
- Solution implementation and effectiveness verification
- Problem-solving multitasking
- Healthy thinking and imagery



# Behavioral Activation

# What Is Behavioral Activation?



**A structured, therapeutic intervention that supports skill building, active learning, and patient empowerment.**

- Focuses on reducing escape and avoidance behaviors, self-defeating thoughts, and mood-dependent behavior.
- Relies on action planning outside of the clinical session to:
  - Change self-limiting, negative thoughts and behaviors
  - Connect with sources of reward in their lives
  - Solve life problems
  - Increase self-efficacy

# Key Elements of Behavioral Activation



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



Identify and align actions with patient's health behavior goals.



Promote between-session activity, monitoring, and support.



Emphasize activity, starting with small and rewarding action steps.



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



Set specific between-session goals.

# Outcomes of Behavioral Activation

- Increased **personal responsibility** for health and recovery.
- Increased **patient role** in managing health outcomes.
- Increased **follow-through** with treatment.
- **Sustained behavior change** and maintenance.



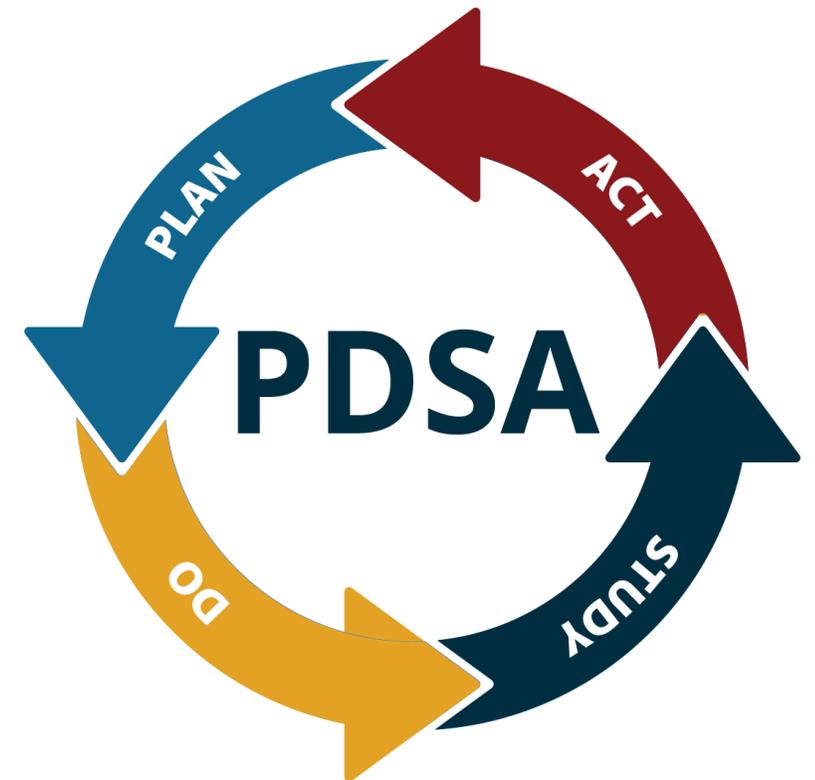
# Behavioral Activation Techniques



- Educating patients about the relationship between health behaviors and medical/behavioral health conditions
- Being aware of and tracking daily behaviors
- Brainstorming and planning activities (develop a plan/schedule)
- Securing resources and supports
- Monitoring and tracking activity daily

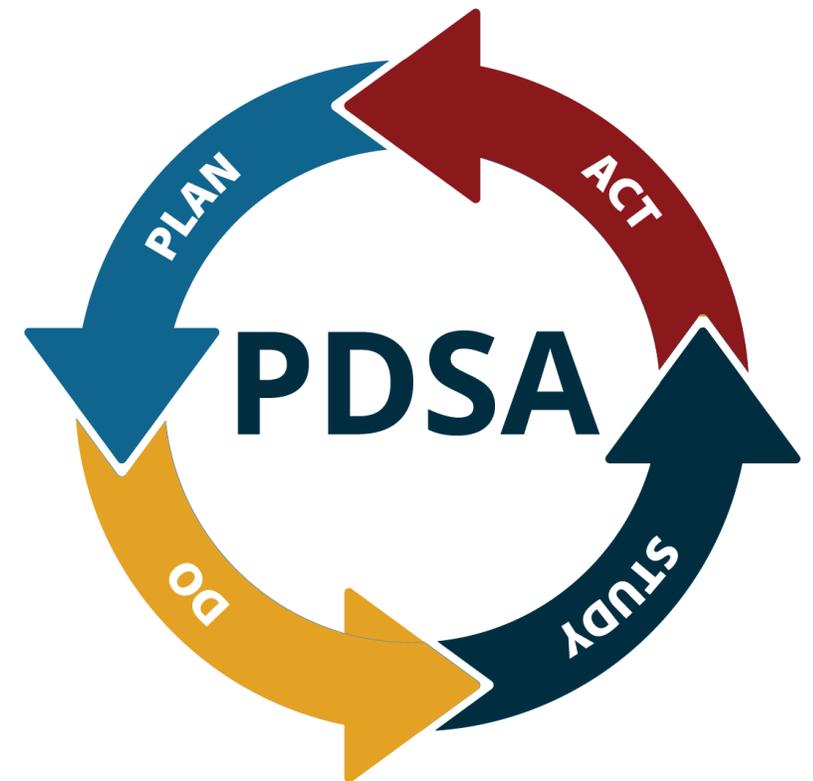
# Incorporating Behavior Change Strategies Reflection and Assessment

- What one or two action steps might your health center take to promote patient behavior changes?
- What one or two action steps might you take to promote healthy behavior change with patients?



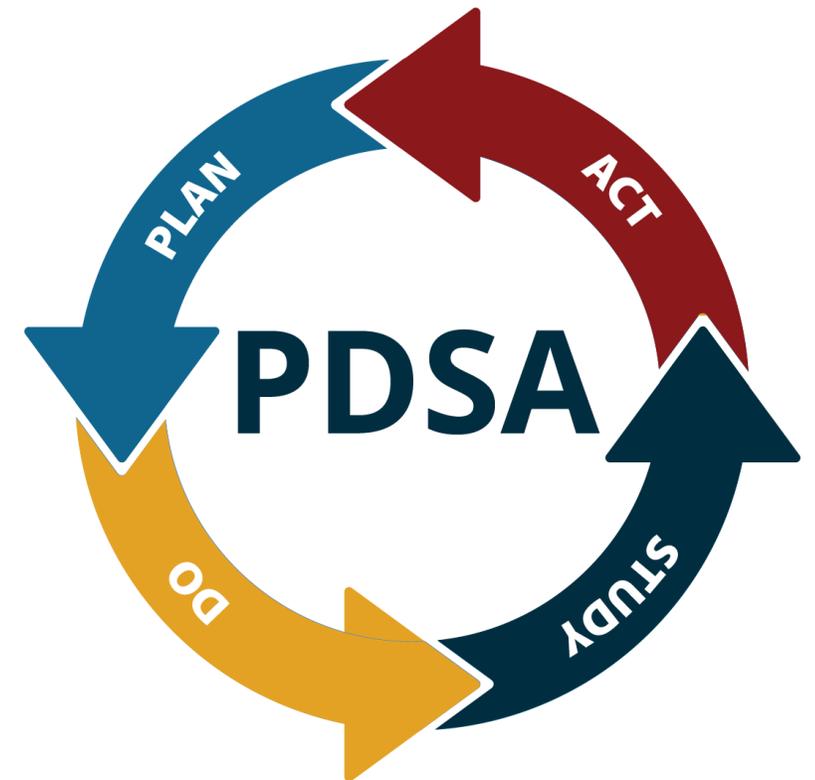
# Supporting Behavior Change in Practice Reflection and Assessment

- How might health behavior changes be incorporated into care planning?
- When and how might you introduce problem-solving and/or behavioral activation with patients?
- How might members of the care team support patients in identifying personal resources that may be leveraged to promote behavior change?



# Advancing Behavior Change Strategies in Practice Reflection and Assessment

- What tools or resources at your health center or in your community can be leveraged to support patients to change their behavior?
- Which clinical or clinical support staff might be leveraged to provide support for patients at various points on their path to behavior change?



Q&A



# Resources

## **Slide 11: Selecting Clinical Interventions Strategically; Slide 14: Problem-Solving Techniques**

National Institute on Drug Abuse. (2012). *Principles of drug addiction treatment: A research-based guide, 3rd edition*. National Institutes of Health.  
[https://nida.nih.gov/sites/default/files/podat\\_1.pdf](https://nida.nih.gov/sites/default/files/podat_1.pdf)

## **Slide 12: What Is Problem-Solving?; Slide 16: What Is Behavioral Activation?**

United States Department of Veteran's Affairs. (March 2025). *Evidence-based therapy. Mental Health*. <https://www.mentalhealth.va.gov/get-help/treatment/ebt.asp>

# 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/CoP3Session6>

# Thank you!

We'll see you on October 14  
2:00 to 3:00 p.m. ET



# Office Hours